

Introduction of Ilene Dillon, MSW

Our speaker has spent a lifetime developing a way of understanding and working with emotions that allows whoever uses what she shares to become an Emotional Master.

She has spent her life helping others to envision, identify and live better and more satisfying lives, lives filled with the peacefulness that floods us when we work *with* the emotions that come up in us, rather than hiding or resisting them.

Nearly 50 years a California-based Marriage and Family Therapist and Psychotherapist, Ilene Dillon is the author of *Emotions in Motion: Mastering Life's Built-in Navigation System*. Ilene is an international speaker, Coach, mastermind leader, and had her own internet radio program for 13 years, focused on “awakening the world to the power and importance of human emotions.”

Having helped 1000's of individuals and hundreds of families, Ilene is with us today to show us the way out of the wilderness of tyrannical emotions and into the light of Emotional Mastery.

Please help me welcome Recovered Angry Person, Ilene Dillon!