

## PRESS RELEASE

### How to become more conscious of relationships and NOT BE a statistic!



**According to the state of divorce in the US statistics in 2018:**

- 66% of divorces are filed by women
- 43% of children in the US are living without their father involved in their lives
- 41% of 1<sup>st</sup> marriages, 60% of 2nd marriages and 73% of 3<sup>rd</sup> marriages end in divorce

"This is life with Lisa Ling - November 17, 2018

"The Dad Dilemma S 5 E 7".

#### Author Bios

**Sandra Alexcae Moren**, B.Ed. (minor in psychology) is a colorful and insightful teacher and spiritual counselor with 40 plus years of working with individuals and groups. Her authenticity, inspirational and intuitive approach is complemented by her ability to cut through to the truth of the matter without worrying what you think of her. Born with the ability to see beyond the veil she is on a mission to assist individuals to integrate their non-physical spirituality with physical practicality.

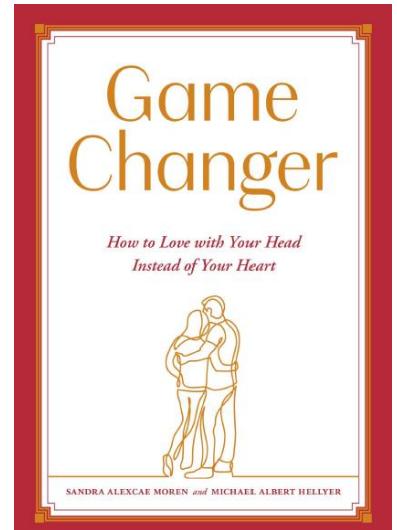
**Michael Albert Hellyer** found himself single in his early 50's going through a painful divorce. This experience activated a deeper questioning of the nature of healthy relationships. The valuable finding of which he now shares with others, so they can avoid the pitfalls. Michael brings authentic and practical wisdom gained through real life experiences and lessons learned the hard way. He needed this book a long time before it was written.

Game changer will awaken you to the realization that one of the biggest investments in your life is a choice of who to have a monogamous relationship with. Stop living on autopilot and become captain of your own ship, then you can experience the authentic, long lasting, relationship you deserve. The wrong one will break you financially, emotionally, intellectually and spiritually, destroying you and the family unit - lost souls of the children. Change the relationship game; a new evolutionary Relationship Model with interactive exercises which challenge you to be more conscious of who you are and creates a deeper awareness of who your potential partner really is. Put on your track shoes and run from the wrong one. The toolbox gives you strategies to make life changing choices and decisions.

"I love this book. It addresses key issues that all of us need to explore. Self-exploration and self-actualization are key elements in one's quest to find real, authentic love. When used properly, the contents of this book can help anyone to reach those two critical goals." - Dr. D. (Ivan) Young ([www.drdivanyoung.org](http://www.drdivanyoung.org))

"Game Changer, we found to be a positive, inspirational and thought-provoking self-discovery relationship model for everyone of all ages. It brings clarity and truth which could be taught in high school." - Ken and Lesley Donaldson ([www.itrpolygraph.com](http://www.itrpolygraph.com)) [YouTube: ITR Polygraph](#)

"This is a wonderful book for anyone navigating through life at a difficult time. The insights Sandra & Michael have displayed is second to none. Reading through the pages is a realization we need to be supportive of ourselves and others." - Dorothy Briggs ([www.womanition.com](http://www.womanition.com))



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- [https://www.audible.ca/pd/Game-Changer-Audiobook/B07QRVJR5Y?qid=1557192590&sr=1-1&ref=a\\_search\\_c3\\_IProduct\\_1\\_1&pf\\_rd\\_p=65c74350-6dfb-47fa-85fd-1459a4762abd&pf\\_rd\\_r=NSBFFAEREQNECSK07S1X](https://www.audible.ca/pd/Game-Changer-Audiobook/B07QRVJR5Y?qid=1557192590&sr=1-1&ref=a_search_c3_IProduct_1_1&pf_rd_p=65c74350-6dfb-47fa-85fd-1459a4762abd&pf_rd_r=NSBFFAEREQNECSK07S1X) **Link to purchase the audio book**
- <https://youtu.be/zIXwdqLEMHO> **Link to You Tube book trailer video**

## Websites:

[www.mypersonalmuse.com](http://www.mypersonalmuse.com)

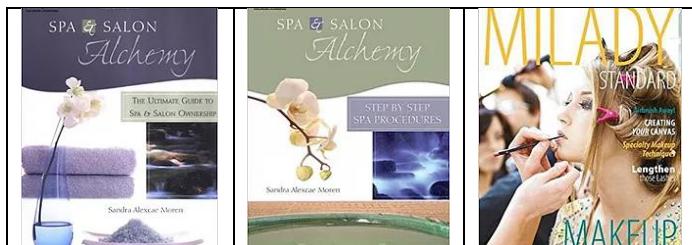
## Available for Public Speaking Engagements and Workshops

### Self-Discovery Tools

#### NON-FICTION

Family & Relationships / Marriage & Long-Term Relationships

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## Excerpts from Game Changer

### 1<sup>st</sup> Excerpt

**Who Am I?** Who are you right now in this moment as you read this book? Do you even really know anymore with all the hustle and bustle? In our hectic and busy lives, it is hard to set a date with Self. Many of us never **stop** to take a time out to just **Be.** ***Self-reflection and self-discovery is not a luxury; it needs to become a habit that we make the time for on a daily basis.*** With a new respect for the human Spirit, you will become mindful and aware through bringing the unconscious to the conscious level. Through embracing your intuition, you can trust your inner guidance and higher wisdom. You will just know!

**The 1<sup>st</sup> and most important relationship is with self. Better people make better partners.**

The ancient adage; "**Know Thyself**"; 2 powerful words that have travelled from antiquity and throughout history are still considered wisdom.

***The body is a unified energy field; an integrated Whole, where Body, Mind and Spirit are One.***

**Your Soul is not separate from you; your Soul is your true essence and existence.**

Knowing this, we can have that sacred, first most important relationship with ourselves. This experience allows for self- love, self- expression, personal power and self- mastery. Recognize you have your own unique personal frequency. The **Game Changer** aids you in understanding and keeping your vibration high. You are like a magnet that attracts great energy into your life. Love, money, people and everything else we desire is energy.

So, the question is, do you know and love yourself? That will determine how you acknowledge, honor, cherish and respect self at both the Soul and physical level. In short, who you are as a human being. If you were your best friend, would you be aware enough to make the right choices, decisions and exhibit the behavior that **fits and enhances** your life, allowing for forward momentum? Through self-discovery, we understand our unique core values and beliefs.

The old model of relationships does not suit the era; however, the new model has individuals in transition. We have created a unique process to discover your own personal **Energy Signature**, which is your Soul's vibration. It is imperative that you are 100% honest and authentic in your responses to the exercises provided

### 2<sup>nd</sup> Excerpt

Don't hold up the kids as a bargaining tool or otherwise threaten each other with them. Always think about what will be best for the children. Don't run away as nothing gets resolved or settled with an absentee partner. Again logical, calm communication is very helpful. Don't ever have someone else waiting in the wings allowing for the break up to happen that much easier. Remember all the bills that matter are being paid by you and your partner, not by the person encouraging the break up. They just

deal with the gravy and get to say, "You have beautiful blue eyes" and benefit from all the assets you have received from the breakup of the family. Get real here! Karma is a bitch."

This is the "***Voices of all those children***", who now get a chance to be heard and perhaps even part of the decision to keep Mom and Dad together. This is what they would say.

I want my Mom and Dad together. I want their guidance, wisdom, nurturing, caring and loving me. I need their guiding light and example at whatever age I may be. I need my Mom and Dad to tuck me in and say good night and be there in the morning when I wake up knowing how great I slept the night before. Secure in the world my parents have provided for me. I know I take for granted that you will always be together. However, that's what I want, and I need. I want my parents sitting side by side in the stands watching my performance at the school play, the soccer field or wherever. I want to bring my friends or my date home to meet my parents. No matter how old I am, I want my home to be that safe place where I will always be welcome. I want Christmas together; to be able to celebrate anniversaries and birthdays together.