

BIO- DR. SHANNON SOUTH

Dr. Shannon South, “The Joy Doctor”, is the source for people who are ready to experience more joy and empowerment in their lives. After having a spiritual experience in 1994 that permanently healed her debilitating anxiety and depression, her passion became helping others experience lasting joy. As a spiritual psychologist, an Amazon Best Selling Author and an international trainer, she teaches others to Ignite! the power of their mind-body and spirit.

She is the creator of the “Joy IQ” and the Ignite! programs and upcoming book, *Ignite! Turn off the Chaos and Turn on the Joy*. Over a half of a million readers voted her “Best Therapist in Western NC”. To ignite your joy go to www.WhatsYourJoyIQ.com and www.drshannonsouth.com

