

Bio for Diana Navarro, M.S.



Diana Navarro, M.S., is a natural Empath who is a writer, coach and trainer provides a new brand of compassionate but honest, raw and humorous Intuitive Self-Care Lifestyle Consultations, Commentary, Spiritual Coaching, and Trainings. She is also a singer and storyteller who works from New York City but her work is available to the world.

Her background is a culmination of over 25 years of crisis counseling, crisis intervention, academic/professional advising, intuitive/psychic consulting and research. She has a Bachelor's in General Psychology, Master's of Science Degree in Industrial/Organizational Psychology and studied three additional years at the doctoral level conducting research on Environmental Psychology. In addition to thousands of personal and celebrity clients, she also worked with corporate clients that include Estee Lauder, Time-Warner, Macy's, Progressive, Insurance and Skanska Construction Group.

Diana Navarro grew up in the South Bronx. She endured and has overcome extreme adverse environments of domestic violence, rape and witnessed countless violent occurrences. Diana had decades to master converting adversity into resilience and turning potential victimhood into victor-hood. She was born an Empath and uses her empathic abilities to provide healing and help others come back to wholeness.

She has been able to maintain the ability to express love for people and animals, build healthy boundaries and share what she has learned with the world. She is able to use her experiences and learn more about them in academic and therapeutic forms to facilitate healing from traumatic events and bringing beauty back into one's life.

He has specifically introduced *Power Self-care* with the use of Beauty for Pain--purposely bringing in things and healthy pleasure inducing experiences which are imbued with beauty in order to release natural hormones that provide pleasure and reduce pain.

Power Self-Care is about something we forgot to do: that is listen to our body, mind and spiritual needs. It consists of actionable, conventional and unconventional tools and techniques, including using beauty to relieve chronic pain and stress (Beauty for Pain).

Acclaim and Testimonials on Writing, Consultation, Speaking Singing, Intuitive and Other Services

--“The spiritual search begins when life and the world as you once knew it transforms into something other, something often unexplainable and incomprehensible. This book will introduce you to ancient thoughts and concepts to help guide you on your way. Trust the journey.”

~Bruce Joel Rubin, Screenwriter, *GHOST, JACOB’S LADDER, MY LIFE*, 1991 Academy Award for Best Original Screenplay. Screenplay for the 1990 psychological thriller *Jacob’s Ladder*.

--“Diana Navarro’s new book ‘You’re not Crazy, It’s Paranormal!’ is a must read for anyone bold enough to embrace his or her own spirituality. For those who experiences massive doses of the sixth sense the question really is, ‘How do you know you are not going crazy?’ Diana Navarro does a wonderful job of explaining how one’s spiritual awakening is indeed a natural process and how it can be exciting, beguiling, and at time unsettling. As Diana correctly points out, those of us who take that courageous step toward embracing enhanced sixth sense sensitivity are not mentally imbalanced. The spiritual journey is not an easy one, yet is rewarding beyond measure. This book is for anyone open minded enough to realize that there is more to a person than what meets the eye. And, it is for those who realize that healing is a gift from God which is sent to us in many beautiful forms.” ~Mark Anthony the Psychic Lawyer®, Author of *Evidence of Eternity* and *Never Letting Go*

--"You are full of energy and ideas – and have a lot to offer to others...Very few people show your kind of initiative and intelligence."

~Kenneth Roman, former CEO of Ogilvy & Mather Worldwide, Author of *The King of Madison Avenue: David Ogilvy, The Making of Modern Advertising, and Writing That Works*, Second Edition

--"A spiritual soul, performer and writer, Diana Navarro approaches the still-somewhat "taboo" topic of the paranormal with insight, thoughtfulness and wit. She adds a slice of humor to a world that many feel is forbidden. She makes those of us who harbor a sixth or seventh sense feel as though we're part of the norm, not outcast. Blending the practical with the ethereal, she also suggests techniques to enhance and expand ones spiritual skills.

From the historical to the philosophical, "You're Not Crazy, It's Paranormal!" will make you feel like a Kid with a balloon , simultaneously floating on air and skipping on the ground. Like most things the general population has not yet accepted, the paranormal is in that limbo category of " not yet accepted"-- Diana is doing her utmost to lasso in the paranormal back into the corral of acceptance and warm heartedness."

~Mia Berman, Blogger Huffington Post, Radio host, Mia's World City World Radio Network

--"There are 8 million real-life stories in the naked city, some involving the paranormal and things that defy conventional explanations—and native New Yorker Diana Navarro, drawing on her own experiences, brings a decidedly urban perspective to the subject of the paranormal in the intriguing 'You're Not Crazy! It's Paranormal!?'"

~Alex Henderson, Journalist, Political Reporter, Cultural Critic
(AlexVHenderson.com)

--"This is more than a primer into the world of the paranormal. It's an informed guide to the mystical and fantastic. Diana Navarro not only writes about the paranormal and how to navigate through its mysteries - she's lived it! Thought provoking, at times chilling, but always with Diana's gentle urging to not be afraid and accept what at first seems unreal, YOU'RE NOT CRAZY, IT'S PARANORMAL is a must read."

~Hunter Shea, Author of *Forest of Shadows*, *Evil Eternal* , *Swamp Monster Massacre* , *Sinister Entity*, *Hell Hole*, amateur cryptozoologist, and Co-Host Monster Men video podcast

--"Diana is really easy to work with, gets it right the first time. Plus, she always seems to be happy about what she's doing, which always makes everything better."

~Stu Chamberlain, musician

--"I love Diana's song choices, and she sings like a lady Ink Spot! Always charming, never drops a beat and it's a real pleasure to accompany her."

~Steven Lowenthal

"Your singing is lovely and true. I like it. You are a total package"

~Rick Bogart

--"Oooh, Diana! you were right about everything! You are so special!" K.

--"You are truly wonderful and I keep giving your name out to folks." L. M.

`"This is wonderful..... I love it....." S.J.

--"I love your website page it's great. Thanks for sending it to me!" Jillian

"Thank you for the inspirational e-mail/newsletter [and services]. Wish you continued success with your work, R. R.

--"Very nice Thanks" JG "Diana, Looks good." D. L. "Hey Diana, great site."

"Keep me on your list." A.

--"Great Website Diana I enjoyed it F.M.S." "WOW...DIANA, YOU ARE AMAZING.THANK YOU SO MUCH.I WILL PASS THE WORD ABOUT YOU"
EC

--“Hi Diana, Thank you SO much for the very thorough reading which I felt was very, very positive. I have not expected something so detailed and want to express my appreciation for you doing so. I will be very happy to refer to you people who are interested in this kind of thing when the occasion arises.”
J.H.

--“Fabulous website. Love what she says and about Feng Shui. She is in the "know" for sure.” A.N.

--“I am enjoying how your site is developing and how the various links work, so nice and neat - it looks and works great.” RP

--“I love Diana's website - love all that she has in it, and so very enlightening. I just made a stepping stone with the symbol of Om. She is really open and has awakened. I also want to Feng Shui my home. I have many books on how to do it, plus I took a class about it which helped a great deal.”

--“Many thanks for this!!!” P CA

--“I really enjoyed the excuses we use not to exercise. I so identified with so many of them. What a great website!!!!!!”

--“Great Website Diana – and coaching on well being. I never took pictures of myself when I was 35 pounds heavier but I did save one pair of size 14's to keep reminding myself WHY I have to exercise & eat good foods. Thanks for sharing!” A. L. “Dear Diana, I enjoyed your website and link. Way to go! Best, Dr J.H.”

--“Keep me on your list-you are one of "the few" 1%'s I do read. You always keep me motivated and humored and I LOVE the cat photos... do you still ever come out to sing?you have such a pretty voice!” L.R.

--“Thank you...Your coaching was pretty amazing I’m impressed love.” E.N.