



Contact Sonia to
get energized and inspired!

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Praise for: *Freeways to Flip-Flops: A Family's Year of Gutsy Living on a Tropical Island*

"Sonia is an exceptional connector and communicator. She has the unique ability to bring people together within a global community and is a tremendous resource for that community, gathering and disseminating information both on her blogsite and in her writing."

—Kimberly Keilbach

Author of *Global Warming is Good for Business*

"Sonia's blog has become one of my favorites! She is smart, informative, & witty. I look forward to reading her posts; she is full of insight & drive!"

—Connie Visconte

President, Spectrum Specialties and Awards

"During your presentation you had everyone spell bound! You were great!"

—Stella Togo

Author of *In Honor of Women*
Co-Founder of WomenROK

"I know some wonderful writers who are shy about sharing their work; myself included. Sonia, you helped me come a little bit more out of my own shell. For that, I thank you!"

—Rhonda

"You did an excellent job of presenting useful information at the Laguna Woods Writers Club yesterday. You stimulated a lot of audience members to seriously consider your ideas. Your handout was packed full of useful ideas, too."

—California Writers' Club Orange County