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## Mama Said: Words of Wisdom That Enlightened My Life

By Barbara A. Westmaas

Xlibris Corporation. Paperback. Book Condition: New. Paperback. 232 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. With her motivational and inspirational approach to life, Barbara Westmaas has coached hundreds of individuals to help them make their life dreams come true. She returned to college when her three children were in grade school. Barbara completed a Bachelors degree in Behavioral Science in 1984 from the University of Michigan. She began her seminars in Detroit, Michigan where she provided life-changing assistance to many people making the transition from welfare to work. Having made an impact on the Mid-West, she and her family moved to Atlanta, Georgia where she worked with the homeless. Fourteen years later she and her family moved to Southern California where she served as a career counselor helping individuals find employment, and housing assistance. Barbaras positive approach to lifes challenges has been greatly inspired by her parents. The closeness that she and her mother Alma had continues in the spirit as one can see in this book. Today Barbara resides in Southern California with her husband, Mark. Since her retirement in 2003, she has enjoyed the love of her children, and grandchildren. Barbara is currently working on a screenplay as she...



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