



Dr. Cheryl Meier has been a psychologist for over 20 years. She helps people navigate their psychological and spiritual path. She is an author, influencer, mom, and a former co-host of a national call-in radio program. Some people call her a “lyrical psychologist” now, because she teaches deep spiritual and psychological truths using pop song lyrics!

I wish you so much Love! In Christ, our Lord, Amen.

The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated.

~ Plato

12 WAYS to Heal from Trauma

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Spiritual & Psychological

**DR. CHERYL MEIER,
PSYCHOLOGIST**