

**ELFREDA PRETORIUS****Author, *Stop Struggling and Start Living***

Elfreda Pretorius has been actively involved in training, professional coaching, and public speaking for more than twenty years.

Stop Struggling and Start Living is the fruit of a lifetime of reading, studying, research, and personal experience, fuelled by an insatiable quest for knowledge of the esoteric and spiritual world.

Her knowledge and experience now benefit those who seek her out for private counseling, or attend seminars she leads individually or in conjunction with other professionals.

Elfreda's love for writing began in her childhood. Her work has been published in several magazines including *Avatar* and *Personal Excellence* in the United States, and the *Bay Street Bull* in Toronto, Canada. Elfreda only recently decided to share her insights and perception with wider audiences by authoring *Stop Struggling and Start Living*.

She has in-depth knowledge of the information she shares with her audiences, underscored by a life-changing experience in coaching a critically injured child back from the brink of death by applying the principles of the *Stop Struggling and Start Living*. The story of his miraculous recovery is the subject of her next book.

A certified hypnotherapist and an expert in the functioning of the human psyche, she maintains that the average person can have far better control over the complexities of his or her personal and professional life. By understanding the rules of the game we can gain a measure of mastery previously thought impossible.

Elfreda was born in Cape Town, South Africa, but since 1994 has made her home in Ontario, Canada, where she lives with her husband and three sons. She continues to write and teach.