

## Our Pain is Our Path To Healing and Freedom with Hope Morgan

### Warrior Arise! Podcast [Show Notes]

*The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, Connie will impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean her expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.*

*As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promise land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.*

Hope Morgan's journey through her own struggle and bondage led her to a life of freedom and authenticity. She shares that facing her own inner pain was the catalyst to breaking free from a long battle with an eating disorder and alcohol addiction, which led to the discovery of her passion and purpose.

Now as a Professional Therapist and Nutrition Coach, she encourages and empowers others to participate in their own transformation so they can break out of their individual prisons. With compassion and wisdom, Hope inspires us to show up in our life, be curious about our pain, and participate in our healing so we can live bravely, freely, and authentically in the life of our design.

#### **In this Episode, Hope:**

- Shares how she discovered her sensitive and compassionate side during her formative years that led to her purpose of connecting people.
- Discusses her emotional struggles and how she conquered them through therapy and pivotal moments that awaken her soul to the right path.
- Discusses how eating right and being active helps her embrace the connection she has with her body and how she guides her clients in a unique journey towards their progress.
- Shares the spiritual guidance she experienced throughout her awakening and the impact she wants to leave in this world.

Hope Morgan has always had a passion for nutrition, fitness, and overall wellness. She has worked in the field of psychology for over 15 years, as a licensed professional counselor for 10 years, and currently owns her own private practice in Tyrone, GA. She has experience working with individuals, couples, and groups in multiple areas of the field of mental health and addictions. including anxiety, depression, addiction, disordered eating, self-esteem, stress, co-dependency, divorce, marriage/relationship enhancement, women's and men's Issues, phase of life issues /major transitions, and more. She believes in treating the mind, body, and spirit to achieve ultimate healing. Her collaborative approach allows each client to grow as individuals and provides flexibility in creating a path on their personal journey towards happiness, acceptance, and healing.

Hope's understanding of nutrition and the impact it has on our emotional health and overall well-being makes her a great addition to the Crossfit Shakerag team as a Nutrition Coach and Gym Manager. Hope is an avid crossfitter and when she is not testing her physical and mental stamina in the gym, you will find her competing at local crossfit competitions. On the weekend, you may find her working at her family's produce stand selling fresh produce from her grandfather's farm. Her love of food and nutrition stems from growing up around fresh produce on both sides of her family.

#### **Quotes from this Episode:**

"You can use pain as a resource to find out what's going on at the moment." – Hope Morgan

"My goal is to really let them see pain and not be afraid of it so they can break through it." – Hope Morgan

"There is something bigger than you and you don't have to go through it alone." – Hope Morgan

"Motivation comes when you do something and it can be super small." – Hope Morgan

#### **Resources:**

Website: <http://www.tcffp.org/>

Website: <https://crossfitshakerag.com/>

LinkedIn: <https://www.linkedin.com/in/hope-morgan-37566962/>

#### **Golden Timestamp:**

**40:38 – 41:52:** Hope Morgan shares the wisdom she gained through 37 years of ups and downs by seeking help and deciding that she didn't want to be stuck anymore.

**55:56 – 56:06:** The quote that you want to hear just when you feel like everything is falling apart.

---

[#WarriorArisePodcast](#) [#iamawarrior](#) [#warriorarise](#) [#livebravelyfreelyauthenticallyyou](#)

[ConnieJonesCoach.com](http://ConnieJonesCoach.com)

[Facebook](#) | [Instagram](#) | [LinkedIn](#) | [YouTube](#)

Warrior Arise! Podcast © 2021 Connie Jones Coaching