

red cross lifeguard written test pdf

red cross lifeguard written test pdf is an essential resource for individuals preparing for the Red Cross lifeguard certification exam. This document serves as a comprehensive study guide, encompassing critical topics such as water safety, rescue techniques, first aid, and emergency response protocols. Access to a red cross lifeguard written test pdf allows candidates to familiarize themselves with the format and types of questions they will encounter during the examination. It also aids in reinforcing knowledge and improving confidence before taking the actual test. This article explores the importance of the Red Cross lifeguard written test pdf, where to find reliable study materials, and strategies to effectively prepare for the exam. Additionally, it covers key content areas typically included in the test and provides useful tips for success. The following sections will guide prospective lifeguards through the essentials of the Red Cross lifeguard written test pdf and how to maximize its benefits.

- Understanding the Red Cross Lifeguard Written Test
- Benefits of Using a Red Cross Lifeguard Written Test PDF
- Key Topics Covered in the Lifeguard Written Test
- How to Find and Use Red Cross Lifeguard Written Test PDFs
- Effective Study Tips for the Lifeguard Written Exam
- Common Question Types on the Lifeguard Written Test
- Additional Resources for Lifeguard Certification Preparation

Understanding the Red Cross Lifeguard Written Test

The Red Cross lifeguard written test is a fundamental component of the lifeguard certification process. It evaluates a candidate's knowledge of water safety, rescue skills, and emergency procedures. The test is designed to ensure that lifeguards have the theoretical understanding necessary to perform their duties effectively and safely. Typically, the written exam includes multiple-choice questions, true/false statements, and situational scenarios that test decision-making skills. The content aligns with the standards set by the American Red Cross, emphasizing prevention, recognition, and response to aquatic emergencies. Mastery of this exam is required to progress to the practical skills assessment and obtain full certification.

Purpose of the Written Test

The primary purpose of the Red Cross lifeguard written test is to assess a candidate's comprehension of critical lifeguarding principles. It ensures that lifeguards possess the knowledge to prevent accidents, recognize distress signals, and respond appropriately to emergencies. The test verifies understanding of first aid techniques, CPR procedures, and the use of rescue equipment. Successfully passing the written exam demonstrates readiness to handle real-world scenarios and protect public safety in aquatic environments.

Test Format and Duration

The written test usually consists of 50 to 100 questions, depending on the course version and location. Candidates are often given 60 to 90 minutes to complete the exam. Questions vary in complexity and cover a wide range of topics related to lifeguarding. The format is primarily multiple-choice, but some tests may include matching or short answer questions. Understanding the test structure is crucial for effective time management during the exam.

Benefits of Using a Red Cross Lifeguard Written Test PDF

Utilizing a red cross lifeguard written test pdf for preparation offers numerous advantages for aspiring lifeguards. PDFs are accessible, portable, and easy to review on various devices, making them convenient study tools. They provide a structured format that closely mirrors the actual written test, allowing candidates to practice under realistic conditions. Additionally, these PDFs often include answer keys and explanations, helping learners to identify areas of weakness and reinforce understanding.

Convenience and Accessibility

A red cross lifeguard written test pdf can be downloaded and accessed anytime, anywhere. This flexibility supports consistent study habits, which are essential for thorough preparation. Whether on a computer, tablet, or smartphone, candidates can review test questions and study materials without the need for physical books or classroom attendance.

Comprehensive Review Tool

Many test PDFs compile questions from various topics covered in the lifeguard certification course. This comprehensive coverage ensures that candidates review the full spectrum of material, from water rescue techniques to emergency action plans. By practicing with these questions, candidates gain a deeper understanding of the test content and improve their retention of critical information.

Key Topics Covered in the Lifeguard Written Test

The Red Cross lifeguard written test pdf typically includes a range of essential topics that reflect the skills and knowledge required for effective lifeguarding. Understanding these topics helps candidates focus their study efforts on the most important areas. The following are key subjects commonly examined:

- **Water Safety and Prevention:** Recognizing potential hazards, enforcing pool rules, and preventing accidents.
- **Surveillance and Recognition:** Identifying signs of distress and drowning in various aquatic environments.
- **Rescue Techniques:** Methods for safely rescuing victims, including reach, throw, and swim assists.
- **First Aid and CPR:** Basic life support skills for treating injuries, cardiac emergencies, and respiratory distress.
- **Emergency Action Plans:** Procedures for responding to emergencies, activating emergency medical services, and managing multiple victims.
- **Equipment Use:** Proper use and maintenance of lifeguard equipment such as rescue tubes, backboards, and automated external defibrillators (AEDs).

Water Safety and Prevention

This section addresses strategies to maintain a safe aquatic environment. Candidates learn about risk factors, common causes of drowning, and how to implement preventative measures to minimize accidents. Understanding the principles of water safety is critical for proactive lifeguarding.

Rescue Techniques and Emergency Response

Effective rescue methods are vital for saving lives during aquatic emergencies. The written test covers various techniques and the appropriate use of rescue equipment. It also includes knowledge of emergency response sequences and communication protocols during incidents.

How to Find and Use Red Cross Lifeguard Written Test PDFs

Accessing a reliable red cross lifeguard written test pdf is a crucial step in exam

preparation. Official Red Cross training centers and authorized providers often distribute study materials that include practice tests in PDF format. Additionally, many educational websites and training platforms offer downloadable PDFs tailored to the lifeguard certification exam.

Sources for Downloading PDFs

Candidates should prioritize obtaining PDFs from reputable sources to ensure accuracy and alignment with current Red Cross standards. Official Red Cross websites and certified training organizations are the most trustworthy options. Some third-party educational platforms may also provide legitimate practice tests, but verifying their credibility is important.

Tips for Using the PDFs Effectively

When using a red cross lifeguard written test pdf, candidates should simulate testing conditions by timing themselves and completing the practice questions without distractions. Reviewing incorrect answers and understanding the rationale behind correct responses enhances learning. Repeated practice with these PDFs supports retention and builds confidence for the actual exam.

Effective Study Tips for the Lifeguard Written Exam

Preparation for the Red Cross lifeguard written test requires a strategic approach to maximize study efficiency and knowledge retention. The following tips can help candidates prepare effectively using a red cross lifeguard written test pdf and other study materials.

1. **Create a Study Schedule:** Allocate regular time slots for studying different topics to ensure comprehensive coverage.
2. **Use Active Learning Techniques:** Engage with the material by summarizing information, creating flashcards, and taking practice quizzes.
3. **Practice with PDF Tests:** Complete multiple practice exams from the red cross lifeguard written test pdf to familiarize with question formats and timing.
4. **Focus on Weak Areas:** Identify topics that are more challenging and dedicate additional study time to those sections.
5. **Review First Aid and CPR Procedures:** Understand key steps and protocols as these are critical components of the test.
6. **Stay Consistent:** Consistent study habits lead to better retention and reduce last-minute cramming.

Common Question Types on the Lifeguard Written Test

The Red Cross lifeguard written test includes various question formats designed to assess different cognitive skills. Familiarity with these question types can help candidates prepare more effectively.

Multiple-Choice Questions

These questions present several answer options, requiring the candidate to select the best choice. They assess knowledge of facts, procedures, and concepts related to lifeguarding.

True/False Statements

True/false questions test the candidate's ability to identify correct or incorrect statements about lifeguard duties and safety protocols.

Scenario-Based Questions

Situational questions present real-life emergencies or challenges that lifeguards may face. Candidates must choose the most appropriate response or action based on their training and knowledge.

Additional Resources for Lifeguard Certification Preparation

Beyond the red cross lifeguard written test pdf, there are several other valuable resources available to support exam preparation. These include instructional videos, interactive online courses, instructor-led classes, and comprehensive manuals provided by the American Red Cross. Combining these resources with practice tests enhances overall understanding and readiness.

Official Red Cross Materials

The American Red Cross provides official textbooks and online learning modules that cover all aspects of lifeguard training. These materials are regularly updated to reflect the latest standards and best practices.

Practice Exams and Study Guides

Supplementary practice exams and detailed study guides are useful for reinforcing knowledge and simulating test conditions. They often include explanations for correct answers, aiding in deeper comprehension.

Hands-On Training

Practical skills are a critical part of lifeguard certification. Participating in hands-on training sessions alongside written test preparation ensures candidates are fully equipped to pass both theoretical and practical components.

Frequently Asked Questions

Where can I find the official Red Cross lifeguard written test PDF?

The official Red Cross lifeguard written test PDF can typically be accessed through the American Red Cross website or provided by certified instructors during the lifeguard training course.

What topics are covered in the Red Cross lifeguard written test PDF?

The test covers topics such as water rescue techniques, CPR and first aid procedures, surveillance skills, emergency response protocols, and pool safety rules.

Is the Red Cross lifeguard written test PDF available for free download?

Official versions of the test are usually not freely available to the public to maintain test integrity, but study guides and practice questions are often available from authorized Red Cross training centers.

How can I best prepare using the Red Cross lifeguard written test PDF?

Review all sections thoroughly, focus on emergency response and rescue techniques, take practice quizzes, and attend hands-on training sessions to reinforce the material.

Are there any sample questions included in the Red Cross lifeguard written test PDF?

Many study materials include sample questions similar to those on the test, which help

candidates familiarize themselves with the format and type of questions asked.

Can I retake the Red Cross lifeguard written test if I fail?

Yes, candidates are generally allowed to retake the written test after reviewing the material and improving their knowledge, but specific retake policies may vary by training center.

Additional Resources

1. Red Cross Lifeguarding: Principles and Practice

This comprehensive guide covers all fundamental concepts required for the Red Cross Lifeguard written test. It includes detailed explanations of rescue techniques, first aid, and CPR, along with practice questions to reinforce learning. The book is designed to prepare candidates thoroughly for both the written and practical exams.

2. Red Cross Lifeguard Review Manual

A concise yet thorough review manual focusing on key topics for the Red Cross Lifeguard certification. It offers summaries of essential lifeguarding skills, safety protocols, and emergency response procedures. Practice tests at the end of each chapter help learners assess their readiness for the official written test.

3. Lifeguard Test Prep: Red Cross Edition

This test prep book is tailored specifically to the Red Cross Lifeguard written exam format. It provides test-taking strategies, sample questions, and detailed answer explanations. The book is ideal for individuals looking to boost their confidence and improve their test performance.

4. Emergency Care and Lifeguarding: Red Cross Guidelines

Focusing on emergency care protocols, this book aligns with Red Cross lifeguard training standards. It covers CPR, first aid, spinal injury management, and water rescue techniques. The clear layout and illustrative diagrams make complex procedures easy to understand, aiding in test preparation.

5. Red Cross Lifeguard Study Guide and Practice Tests

This study guide breaks down the Red Cross Lifeguard curriculum into manageable sections, making it easier to absorb material. It includes multiple full-length practice tests that simulate the written exam experience. Detailed answer keys explain concepts to reinforce learning and retention.

6. Foundations of Lifeguarding: Red Cross Edition

A foundational text that introduces readers to the core responsibilities and skills of a Red Cross lifeguard. The book emphasizes prevention strategies, surveillance techniques, and effective communication in aquatic environments. It also integrates practice questions to assist with written test readiness.

7. Red Cross Lifeguard Exam Workbook

This workbook is filled with exercises, quizzes, and scenario-based questions designed to mirror the Red Cross lifeguard written test. It encourages active learning and critical

thinking, essential for mastering lifeguard knowledge. The interactive format helps learners track their progress over time.

8. *Water Safety and Lifeguard Skills: Red Cross Training Guide*

An all-encompassing guide that combines water safety education with lifeguard skill development according to Red Cross standards. The book highlights risk assessment, rescue techniques, and emergency response plans. It's a useful resource for both initial training and ongoing certification renewal.

9. *Red Cross Lifeguard Certification Exam Prep*

This exam prep book offers targeted practice for the Red Cross Lifeguard certification written test. It features comprehensive content reviews, tips for answering multiple-choice questions, and timed practice exams. The structured approach helps candidates improve speed and accuracy under test conditions.

Red Cross Lifeguard Written Test Pdf

Red Cross Lifeguard Written Test PDF: Your Comprehensive Guide to Success

Ebook Title: Ace the Red Cross Lifeguard Written Exam

Outline:

Introduction: Understanding the Importance of the Written Exam & Test Structure

Chapter 1: Water Safety and Rescue Techniques: Drowning Recognition, Rescue Methods, and Emergency Actions

Chapter 2: First Aid and CPR: Basic Life Support, Injury Assessment, and Treatment Procedures

Chapter 3: Prevention and Risk Management: Identifying Hazards, Supervising Swimmers, and Accident Prevention Strategies

Chapter 4: Legal and Professional Responsibilities: Understanding Liability, Communication Skills, and Teamwork

Chapter 5: Practice Questions and Answers: Sample Test Questions Mirroring the Actual Exam

Conclusion: Strategies for Exam Day and Beyond

Ace the Red Cross Lifeguard Written Exam: A Comprehensive Guide

Becoming a certified lifeguard is a significant responsibility, requiring a deep understanding of water safety, first aid, CPR, and effective rescue techniques. While the practical skills assessment is crucial, the written examination serves as a critical filter, ensuring candidates possess the necessary theoretical knowledge to handle emergencies effectively and responsibly. This comprehensive guide will equip you with the knowledge needed to confidently tackle the Red Cross lifeguard written test. Passing this exam is the first step towards becoming a vital part of a beach, pool, or water park's

safety team, and this guide will walk you through every element.

Understanding the Importance of the Written Exam & Test Structure (Introduction)

The Red Cross lifeguard written exam isn't just a hurdle; it's a testament to your preparedness. This exam assesses your understanding of critical lifeguarding principles, ensuring you can make sound judgments under pressure. It covers a broad range of topics, testing your knowledge of water safety, first aid, CPR, and professional responsibilities. Understanding the exam's structure is half the battle. The test typically includes multiple-choice questions, true/false statements, and potentially some short-answer questions, focusing on both theoretical knowledge and practical application. Familiarity with this format will alleviate anxiety and allow you to focus on answering the questions accurately. The weighting of each section may vary slightly depending on your specific Red Cross chapter's curriculum, but a robust understanding of the core principles will always serve you well.

Water Safety and Rescue Techniques: Recognizing Danger and Acting Quickly (Chapter 1)

This section focuses on the core competency of a lifeguard: identifying and responding to water emergencies. It's crucial to understand various types of drowning, from passive to active drowning, and to know the signs of distress. Learning to distinguish between these different stages is vital for effective intervention. The chapter also covers different rescue techniques, including reaching assists (using equipment like shepherd's crooks or reaching poles), throwing assists (using rings, buoys or rescue throw bags), wading assists, and swimming assists. Each method has its own specific application and limitations, and understanding these is critical to choosing the safest and most effective approach. Furthermore, this section will teach you about the importance of maintaining a strong swimming technique and endurance, essential for navigating challenging rescue situations. It also details post-rescue procedures, like assisting a victim safely out of the water and providing appropriate first aid.

First Aid and CPR: Providing Immediate and Effective Care (Chapter 2)

First aid and CPR are integral components of lifeguarding. This chapter delves into the fundamentals of basic life support (BLS), including checking for responsiveness, checking for breathing and pulse, and performing CPR. It covers both adult and child CPR techniques, emphasizing the importance of proper hand placement, chest compression depth and rate, and rescue breaths. The chapter also covers the use of an Automated External Defibrillator (AED), a vital

tool for treating cardiac arrest. Beyond CPR, it explores various first aid procedures, including the treatment of bleeding, wounds, fractures, shock, and other common injuries encountered in a water environment. You will learn about how to assess a victim's condition, prioritize treatment, and provide appropriate care until advanced medical personnel arrive. This section emphasizes the importance of accurate injury assessment and the application of proper first aid techniques.

Prevention and Risk Management: Proactive Safety Strategies (Chapter 3)

Prevention is key in lifeguarding. This chapter focuses on proactively identifying and mitigating potential hazards. This goes beyond simply being vigilant; it's about understanding the environment and anticipating potential risks. It covers the importance of effective surveillance techniques, including scanning patterns and effective zone coverage. It also explores hazard identification, such as recognizing slippery surfaces, unstable objects, and potential sources of injury. The chapter will delve into strategies for supervising swimmers of different ages and abilities, ensuring appropriate behavior and maintaining a safe environment for everyone. You'll learn about communication strategies for addressing unsafe behavior and educating swimmers about water safety. This section emphasizes the importance of creating a culture of safety and proactively preventing accidents before they occur.

Legal and Professional Responsibilities: Understanding Your Role (Chapter 4)

Being a lifeguard is not just about saving lives; it's about acting responsibly within a legal framework. This section explains the importance of understanding your legal responsibilities, including issues of liability and negligence. It clarifies your role in reporting accidents and injuries and following established procedures. The chapter covers effective communication skills—crucial for interacting with swimmers, supervisors, and emergency medical services (EMS). It highlights the importance of teamwork and collaboration with other lifeguards and staff members to maintain safety and respond to emergencies efficiently. You will learn about the ethical considerations involved in lifeguarding, including maintaining confidentiality and acting professionally at all times. This section ensures you're prepared not only for rescues but also for the legal and professional aspects of your role.

Practice Questions and Answers: Sharpening Your Skills

(Chapter 5)

This crucial chapter provides numerous practice questions that mirror the format and style of the actual Red Cross lifeguard written exam. These questions cover all the topics discussed in previous chapters, reinforcing your learning and allowing you to identify areas needing further review. This section is designed to simulate the exam experience, helping you build confidence and improve your time management skills under pressure. Detailed answer explanations accompany each question, providing a valuable learning opportunity. By completing this chapter, you'll not only solidify your understanding but also improve your exam performance through practice and familiarity.

Conclusion: Exam Day and Beyond

This guide aims to provide a thorough preparation for the Red Cross lifeguard written exam. Remember, understanding the material is only half the battle. Develop effective study techniques, prioritize areas where you need improvement, and utilize the practice questions effectively. On exam day, stay calm, read questions carefully, and manage your time efficiently. Remember, passing the written exam is a crucial step, but it's only the beginning of your journey as a lifeguard. Continued training, professional development, and a commitment to safety will make you a highly effective and responsible lifeguard, ensuring the safety of others.

FAQs

1. What topics are covered on the Red Cross Lifeguard written test? The test covers water safety, rescue techniques, first aid, CPR, prevention strategies, and legal and professional responsibilities.
2. How long is the Red Cross Lifeguard written test? The length varies depending on the specific Red Cross chapter, but it typically takes around 60-90 minutes.
3. What type of questions are on the test? The test includes multiple-choice questions, true/false, and possibly short answer questions.
4. What is the passing score for the Red Cross Lifeguard written test? The passing score varies, but it usually requires a certain percentage of correct answers. Check with your specific Red Cross chapter for details.
5. Can I retake the written test if I fail? Yes, you can usually retake the written test after a specified waiting period. Consult your local Red Cross chapter.
6. Where can I find practice questions for the Red Cross Lifeguard written test? This ebook and other study materials available online and from the Red Cross can provide practice questions.

7. Are there different versions of the Red Cross Lifeguard written test? While the core content remains consistent, minor variations may exist depending on the Red Cross chapter and location.
8. Is the written test difficult? The difficulty varies based on individual preparation and prior knowledge. Proper study can significantly increase your chances of success.
9. What happens if I pass the written test? You'll proceed to the practical skills assessment, which evaluates your ability to perform rescues and provide first aid.

Related Articles:

1. Red Cross Lifeguard Training Course Overview: A comprehensive overview of the entire lifeguard training course.
2. Mastering Red Cross CPR Techniques: A detailed guide focusing specifically on CPR techniques.
3. Effective Water Rescue Strategies: Advanced techniques for water rescues and different scenarios.
4. Understanding Drowning Prevention Strategies: Focuses on preventative measures and recognizing signs of distress.
5. Legal Aspects of Lifeguarding: A deeper dive into legal responsibilities and liability.
6. First Aid for Common Water Injuries: Comprehensive guide on dealing with specific injuries in aquatic environments.
7. Improving Your Lifeguard Surveillance Skills: Advanced techniques for effective supervision and zone coverage.
8. Teamwork in Lifeguarding: Effective Communication: A detailed guide focusing on communication and teamwork skills.
9. Preparing for the Red Cross Lifeguard Practical Exam: Provides information on how to practice skills for the hands-on test.

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red cross lifeguard written test pdf: *CPR/AED for the Professional Rescuer* American Red Cross, 2006 This New American Red Cross CPR/AED for the Professional Rescuer Participant's Manual and course reflect changes based on the 2005 Consensus on Science for CPR and Emergency Cardiovascular Care (ECC) and the Guidelines 2005 for First Aid. Changes to this program and manual include simplifications to many of the CPR skill sequences, which helps improve retention. There have also been changes to help improve the quality of CPR. The integration of CPR skills into the operation of AEDs had changed to help improve survival from sudden cardiac arrest. Professional rescuers are now trained to use AEDs on adults and children. Information has been updated and added to this program to help professional rescuers administer epinephrine, aspirin and fixed-flow-rate oxygen. The skills learned in this course include adult, child and infant rescue breathing, conscious and unconscious choking, CPR, two-rescuer CPR and adult and child AED. Additional training can be added to this course including bloodborne pathogens training and emergency oxygen administration. While the skills and knowledge that professional rescuers use are increasing, this training will help you meet your most important responsibility as a professional rescuer- the responsibility to save lives.

red cross lifeguard written test pdf: *Talking to Strangers* Malcolm Gladwell, 2019-09-10 Malcolm Gladwell, host of the podcast Revisionist History and author of the #1 New York Times bestseller *Outliers*, offers a powerful examination of our interactions with strangers and why they often go wrong—now with a new afterword by the author. A Best Book of the Year: The Financial Times, Bloomberg, Chicago Tribune, and Detroit Free Press How did Fidel Castro fool the CIA for a generation? Why did Neville Chamberlain think he could trust Adolf Hitler? Why are campus sexual assaults on the rise? Do television sitcoms teach us something about the way we relate to one another that isn't true? *Talking to Strangers* is a classically Gladwellian intellectual adventure, a challenging and controversial excursion through history, psychology, and scandals taken straight from the news. He revisits the deceptions of Bernie Madoff, the trial of Amanda Knox, the suicide of Sylvia Plath, the Jerry Sandusky pedophilia scandal at Penn State University, and the death of Sandra Bland—throwing our understanding of these and other stories into doubt. Something is very wrong, Gladwell argues, with the tools and strategies we use to make sense of people we don't know. And because we don't know how to talk to strangers, we are inviting conflict and misunderstanding in ways that have a profound effect on our lives and our world. In his first book since his #1 bestseller *David and Goliath*, Malcolm Gladwell has written a gripping guidebook for troubled times.

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Punctuation offers comprehensive, straightforward instruction.

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red cross lifeguard written test pdf: WALC 6 Leslie Bilik-Thompson, 2004 Provides a comprehensive series of tasks and functional carryover activities allowing for integration of language and cognitive skills for neurologically-impaired adolescents and adults with diverse levels of functioning. Exercises cover a broad scope of skills including orientation, auditory comprehension, verbal expression, and reading comprehension.

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red cross lifeguard written test pdf: Ranger Handbook (Large Format Edition) Ranger Training Brigade, U. S. Army Infantry, RANGER TRAINING BRIGADE. U. S. ARMY INFANTRY. U. S. DEPARTMENT OF THE ARMY., 2016-02-12 The history of the American Ranger is a long and colorful saga of courage, daring, and outstanding leadership. It is a story of men whose skills in the art of fighting have seldom been surpassed. The United States Army Rangers are an elite military formation that has existed, in some form or another, since the American Revolution. A group of highly-trained and well-organized soldiers, US Army Rangers must be prepared to handle any number of dangerous, life-threatening situations at a moment's notice-and they must do so calmly and decisively. This is their handbook. Packed with down-to-earth, practical information, The Ranger Handbook contains chapters on Ranger leadership, battle drills, survival, and first aid, as well as sections on military mountaineering, aviation, waterborne missions, demolition, reconnaissance and communications. If you want to be prepared for anything, this is the book for you. Readers interested in related titles from The U.S. Army will also want to see: Army Guerrilla Warfare Handbook (ISBN: 9781626542730) Army Guide to Boobytraps (ISBN: 9781626544703) Army Improvised Munitions Handbook (ISBN: 9781626542679) Army Leadership Field Manual FM 22-100 (ISBN: 9781626544291) Army M-1 Garand Technical Manual (ISBN: 9781626543300) Army Physical Readiness Training with Change FM 7-22 (ISBN: 9781626544017) Army Special Forces Guide to

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She will walk you through her journey to self-love sharing her belief in journals, love, prayer, soul, spirituality and positive mindset. She's hard-hitting but compassionate. She writes about romantic experiences that may shock you but makes no apologies for her unconventional lifestyle. Nor does she hold back taking responsibility for the things that she believes created her dis-ease. You will definitely question a woman who walks around in denial; then makes a decision to drive, all alone, from Puerto Vallarta, Mexico to Whistler, Canada with undiagnosed Idiopathic Dilated Cardiomyopathy. Men and women are often self-care-challenged and Lynda was no the exception. If you are fighting any kind of illness or dis-ease, you are not alone! Lynda has walked her talk, and after an experience in the summer of 2015 relating to Dr. Wayne Dyer, she is now ready to release her story. Lynda knows how it feels to be told you're not healing or your condition is incurable. At no point will she undermine anything your physicians tell you to do. She is not a medical doctor. She will explain the powerful, yet simple concepts, beliefs, balance and faith that she believes led to her healing. Most of all, she will show you how she used these simple principles to design and live, the fully healed life she now enjoys in 2017. You will shake your head in wonder, laugh, and maybe cry too. If you want less pain, worry, and stress about dis-ease and life in general, you will want to read this simple yet powerful story.

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