



Beverly
Golden
multifacetist

Biography

stimulating ideas + inspiring conversations



Beverly Golden is a writer, raconteur, wordsmith, singer, songwriter, soul hippie, peacenik and self-professed guinea pig, who loves testing unconventional ways to shift paradigms in the playing fields of health care, storytelling and of course, world peace. With the heart of a compassionist, she views the world as a full glass optimist and courageously uncovers the humour in life's crazy situations, offering hope, while promoting inner wisdom through the written word. "Trust your intuition even when no one else sees your point of view" is her signature mantra. A curious observer of human nature, she loves challenging complacency, stimulating ideas and inspiring conversations. Most recently, her writings can be found on the [Huffington Post](#) and [Intent Blog](#), among others.

Her first book, *Confessions of a Middle-Aged Hippie*, bursts with anecdotes from her years in the entertainment industry, coupled with her stories of survival from a life lived with health issues. The stories in this unconventional memoir really were written in eight days, another example of her passion for turning the "impossible" into possible. Beverly is a media savvy speaker and loves to talk about lifestyle and topical current issues relating to health and well-being, peace, creativity and the arts. She lives in Toronto, Canada.

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