

**Author Diane Kurtz Calabrese!**  
(M.S., CTRS, Professor/Therapist)

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**Books For Age 5-18:**  
'Long Island Loves Its Animals'  
'God Loves Sea Animals Too'

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**Books For Adults:**  
'He Is Watching'  
'Meditations For The Mind-Body-Spirit'  
'Mind, Body, Spirit And Discovering  
The Purpose Of Life'

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**Amazon:**  
**Print, eBooks, Audiobooks  
Along With YouTube Videos**

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**Book Banner Created By  
Book Marketing Global Network.com**

Endorsement  
5 Stars  
By Book Marketing  
Global Network.com

**Author Diane Kurtz Calabrese: M.S., CTRS, Professor/Therapist.**

**Author Diane Kurtz Calabrese!**  
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Book Marketing Global Network.com**

Endorsement  
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**Long Island Loves Its Animals by Diane Kurtz Calabrese.**

**YouTube Link:**

<https://youtu.be/vZCM0I4ZncA>

**Poetry For Inspiration.**

Through the art of poetry, I read about educational as well as spiritual facts of Long Island's favorite pets, wildlife, and other extinct and unusual animals that were once native to Long Island.

To compliment my first poetry book 'God Loves Sea Animals too'--this children's poetry book brings you on a journey of Long Island most precious and precarious animals in nature. If you are a nature lover--this the poetry book for you.

Step into the admiration of Long Island's favorite pets--those that bring us the most comfort and joy in our homes and are a steadfast part of our family life.

Take a dive into the past to see what animals once existed here and why they are now extinct.

Take a look into our most unusual animals that roam the grounds of Long Island and discover animals that you probably never thought would be here.

This poetry book brings light, love, and appreciation to all animals of creation--to generate gratitude and respect for nature as well as to shed a sense of wonder on your next journey into the woods, beaches, ponds, and perhaps in your own backyard.



**Awarded 5 Stars By The Editor At Book Marketing Global Network. "Long Island Loves Its Animals" Brings A New Appreciation For Our Pets And The Wildlife Around Us Every Day!**

I invite you to relax with "Long Island Loves Its Animals" by Diane Calabrese.

Each of the thirty chapters begins with a vivid snapshot of a favorite pet or wildlife animal that you will recognize. Diane's poetic description of each animal draws you into the habits and purposes of each animal within our local environment and in our ecological system. Each chapter is educational, and Diane points out the benefits, as well as the spiritual applications associated with each animal.

Diane's focus is on the animals around her Long Island home. You no doubt have one or more of these animals living in your home, yard or local park. This book will help you appreciate the world around you as you rest, work, and play.

Diane dedicates this book to her grandson John, as well as all the children of the world. I encourage adults to share this book with all the children in your lives. Reading books to children brings his or her imagination to life and creates a lasting bond between you.

In Diane's very first book "Mind, Body, Spirit and Discovering The Purpose Of Life", she reminds us "each of us has a purpose, as do all the animals". If you enjoy animal books, be sure to check out her children's book "God Loves Sea Animals Too".

"Long Island Loves Its Animals" should be placed in all libraries, schools, civic centers and environments where children gather.

Diane Calabrese has four other books, "Mind, Body, Spirit and Discovering the Purpose of Life", "Meditations for the Mind-Body-Spirit", "God Loves Sea Animals too; Poetry for Inspiration", and "He is Watching". Recently these books have won awards from the International Impact Book Awards organization. She has been recently published in New York Weekly, USA News, and Digital Journal. She's also been on numerous podcasts, radio and TV interviews.

Diane gained valuable expertise in the field of recreational therapy while working as a recreational therapist for thirty-plus years in hospitals, nonprofit agencies, public schools, and universities. In recent years, Diane worked in higher education for Florida International University and as a recreational therapist for the US Department of Veterans Affairs, from which she recently retired.



#### **5 Star Reviews From Readers:**

[https://www.amazon.com/product-reviews/B0FDJZSDWP/ref=acr\\_dpx\\_hist\\_5?ie=UTF8&filterByStar=five\\_star&reviewerType=all\\_reviews#reviews-filter-bar](https://www.amazon.com/product-reviews/B0FDJZSDWP/ref=acr_dpx_hist_5?ie=UTF8&filterByStar=five_star&reviewerType=all_reviews#reviews-filter-bar)

#### **Product Details:**

Print Length: 75 Pages

Publisher: Diane Calabrese LLC

Publication Date: June 19, 2025

Language: English

Reading Age: 5-18 Years

Children's Poetry

American Poetry

Children's Animals Books

#### **Amazon Hardcover:**

[https://www.amazon.com/Long-Island-Loves-its-Animals/dp/B0FDWJSL6Q/ref=tmm\\_hrd\\_swatch\\_0?encoding=UTF8&dib\\_tag=se&dib=eyJ2ljojMSJ9.bfJ7dcAy96-GhhKLPbE4yxMYqHrEz-](https://www.amazon.com/Long-Island-Loves-its-Animals/dp/B0FDWJSL6Q/ref=tmm_hrd_swatch_0?encoding=UTF8&dib_tag=se&dib=eyJ2ljojMSJ9.bfJ7dcAy96-GhhKLPbE4yxMYqHrEz-)

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**Amazon Softcover:**

[https://www.amazon.com/Long-Island-Loves-its-Animals/dp/B0FDWTGD2L/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&dib\\_tag=se&dib=eyJ2ljojMSJ9.bfJ7dcAy96-GhhKLPbE4yxMYqHrEz-QCZ4nZlUnbfAls8jNAkEpbeZoU2cfxZ2iyYereKAjTJ1vrmQgu69dN\\_7mkjEGe6eCHnYh26jllv3wKczQAHy87vWEEExa6O1ZXi51Mj12XjntnL3WNiu7g8fQ-upH3jo2uX1-3tU9Rj5u7WQHLTIGPwZMpPPTj720yfr\\_uOU4qLIPohPnk42Zsn1nSCceNBKFldS2ufl8GJao.knHsyx3T4wKU4tjihVFR7nBwRt0WaFxBpFsqAeG2eew&qid=1754070459&sr=8-1](https://www.amazon.com/Long-Island-Loves-its-Animals/dp/B0FDWTGD2L/ref=tmm_pap_swatch_0?encoding=UTF8&dib_tag=se&dib=eyJ2ljojMSJ9.bfJ7dcAy96-GhhKLPbE4yxMYqHrEz-QCZ4nZlUnbfAls8jNAkEpbeZoU2cfxZ2iyYereKAjTJ1vrmQgu69dN_7mkjEGe6eCHnYh26jllv3wKczQAHy87vWEEExa6O1ZXi51Mj12XjntnL3WNiu7g8fQ-upH3jo2uX1-3tU9Rj5u7WQHLTIGPwZMpPPTj720yfr_uOU4qLIPohPnk42Zsn1nSCceNBKFldS2ufl8GJao.knHsyx3T4wKU4tjihVFR7nBwRt0WaFxBpFsqAeG2eew&qid=1754070459&sr=8-1)

**Kindle:**

[https://www.amazon.com/Long-Island-Loves-its-Animals-ebook/dp/B0FDJZSDWP/ref=tmm\\_kin\\_swatch\\_0?encoding=UTF8&dib\\_tag=se&dib=eyJ2ljojMSJ9.bfJ7dcAy96-GhhKLPbE4yxMYqHrEz-QCZ4nZlUnbfAls8jNAkEpbeZoU2cfxZ2iyYereKAjTJ1vrmQgu69dN\\_7mkjEGe6eCHnYh26jllv3wKczQAHy87vWEEExa6O1ZXi51Mj12XjntnL3WNiu7g8fQ-upH3jo2uX1-3tU9Rj5u7WQHLTIGPwZMpPPTj720yfr\\_uOU4qLIPohPnk42Zsn1nSCceNBKFldS2ufl8GJao.knHsyx3T4wKU4tjihVFR7nBwRt0WaFxBpFsqAeG2eew&qid=1754070459&sr=8-1](https://www.amazon.com/Long-Island-Loves-its-Animals-ebook/dp/B0FDJZSDWP/ref=tmm_kin_swatch_0?encoding=UTF8&dib_tag=se&dib=eyJ2ljojMSJ9.bfJ7dcAy96-GhhKLPbE4yxMYqHrEz-QCZ4nZlUnbfAls8jNAkEpbeZoU2cfxZ2iyYereKAjTJ1vrmQgu69dN_7mkjEGe6eCHnYh26jllv3wKczQAHy87vWEEExa6O1ZXi51Mj12XjntnL3WNiu7g8fQ-upH3jo2uX1-3tU9Rj5u7WQHLTIGPwZMpPPTj720yfr_uOU4qLIPohPnk42Zsn1nSCceNBKFldS2ufl8GJao.knHsyx3T4wKU4tjihVFR7nBwRt0WaFxBpFsqAeG2eew&qid=1754070459&sr=8-1)

**God Loves Sea Animals Too by Diane Kurtz Calabrese.**

**Youtube Link:**

<https://youtu.be/XxjOtPg2tpA>

**Poetry For Inspiration.**

Long Island Author Diane Calabrese is a retired recreational therapist from the Veteran's Administration Medical Center on Long Island. Diane currently teaches for Florida International University as an Adjunct Professor, and is an instructor for Udemy.com, a continuing online education site. Diane is affiliated with wellmeright.com and heal.me.com as a holistic therapist. Diane is the author of 3 other books, "Mind, Body, Spirit & Discovering the Purpose of Life"; "Meditations for the Mind-Body-Spirit" and "He is Watching" has just been released.



[https://www.amazon.com/product-reviews/B0CX51B5XZ/ref=acr\\_dp\\_x\\_hist\\_5?ie=UTF8&filterByStar=five\\_star&reviewerType=all\\_reviews#reviews-filter-bar](https://www.amazon.com/product-reviews/B0CX51B5XZ/ref=acr_dp_x_hist_5?ie=UTF8&filterByStar=five_star&reviewerType=all_reviews#reviews-filter-bar)

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Poetry For Inspiration  
Reading Age: 6-18 Years

[https://www.amazon.com/God-Loves-Sea-Animals-too/dp/B0CY4WT6KY/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&qid=&sr=](https://www.amazon.com/God-Loves-Sea-Animals-too/dp/B0CY4WT6KY/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=)

[https://www.amazon.com/God-Loves-Sea-Animals-too/dp/B0CYBS2ZRR/ref=tmm\\_hrd\\_swatch\\_0?encoding=UTF8&qid=&sr=](https://www.amazon.com/God-Loves-Sea-Animals-too/dp/B0CYBS2ZRR/ref=tmm_hrd_swatch_0?encoding=UTF8&qid=&sr=)

[https://www.amazon.com/God-Loves-Sea-Animals-too-ebook/dp/B0CX51B5XZ/ref=tmm\\_kin\\_swatch\\_0?encoding=UTF8&qid=&sr=](https://www.amazon.com/God-Loves-Sea-Animals-too-ebook/dp/B0CX51B5XZ/ref=tmm_kin_swatch_0?encoding=UTF8&qid=&sr=)



YouTube:

God Loves Sea Animals Too! Written by Diane Kurtz Calabrese:

<https://youtu.be/nSD9Ne0gtgc?si=z5Ho9ZjPGfLgZfLF>

God Loves Sea Animals Too! Poetry For Inspiration:

[https://youtu.be/Kc5vOiOTDdM?si=i\\_PyBXav9M5ksNSo](https://youtu.be/Kc5vOiOTDdM?si=i_PyBXav9M5ksNSo)

[https://youtu.be/nSD9Ne0gtgc?si=7M\\_xUtCkN7wGnetX](https://youtu.be/nSD9Ne0gtgc?si=7M_xUtCkN7wGnetX)

**He Is Watching by Diane Kurtz Calabrese.**

YouTube Link:

<https://youtu.be/6no9LRhbXfM>

### **“Compelling and Enlightening”**

Christians want to lead a righteous life, yet it can be a challenging desire to fulfill while existing in a society plagued by greed, jealousy, envy, and other sins. As a result, many believers want to know who we are today as a people, a nation, and a world, why we are here, what is life’s ultimate purpose, how we will be judged after death, how God fits into all of this, and much more.

In a thought-provoking presentation, Diane Calabrese shares details from interviews with clergy from different denominations, applicable scripture, peer-reviewed research, and her own insights and reflections to offer an in-depth exploration of the values, morals, and crimes of humanity. Included with stories and books of the mystics, the book of Enoch, and ancient aliens (the fallen angels) as well as other profoundly important phenomena are testimonies from those who had near-death or out-of-body experiences, witnessed paranormal activity, or saw visions or apparitions of the Blessed Mother.

He Is Watching shares insights from clergy, the Bible, research, and a devoted Christian to help believers determine whether they are truly ready to meet Christ one day.



**5 Star Reviews From Readers:**

[https://www.amazon.com/product-reviews/B0D2HHVD46/ref=acr\\_dpx\\_hist\\_5?ie=UTF8&filterByStar=five\\_star&reviewerType=all\\_reviews#reviews-filter-bar](https://www.amazon.com/product-reviews/B0D2HHVD46/ref=acr_dpx_hist_5?ie=UTF8&filterByStar=five_star&reviewerType=all_reviews#reviews-filter-bar)

**Product Details:**

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Publisher: WestBow Press (April 19, 2024)

ISBN-13: 979-8385023660

Language: English

Christian Social Issues (Books)

Christian Commentaries (Books)

Christian Spiritual Growth (Books)

**Amazon Print:**

[https://www.amazon.com/HE-Watching-Diane-Kurtz-Calabrese/dp/B0D28S82RD/ref=sr\\_1\\_1?crd=U123S3BK2E62&dib=eyJ2ljojMSJ9.CZfqYSNb4JvPY-VLk1T6PA.jvuHOT7yViXZVmkHSjxEfEaRTC4YoSZPUDQHTmZLj8o&dib\\_tag=se&keywords=He+Is+Watching+by+Diane+Kurtz+Calabrese&qid=1713989445&s=digital-text&sprefix=he+is+watching+by+diane+kurtz+calabrese%2Cdigital-text%2C102&sr=1-1-catcorr](https://www.amazon.com/HE-Watching-Diane-Kurtz-Calabrese/dp/B0D28S82RD/ref=sr_1_1?crd=U123S3BK2E62&dib=eyJ2ljojMSJ9.CZfqYSNb4JvPY-VLk1T6PA.jvuHOT7yViXZVmkHSjxEfEaRTC4YoSZPUDQHTmZLj8o&dib_tag=se&keywords=He+Is+Watching+by+Diane+Kurtz+Calabrese&qid=1713989445&s=digital-text&sprefix=he+is+watching+by+diane+kurtz+calabrese%2Cdigital-text%2C102&sr=1-1-catcorr)

**Kindle:**

[https://www.amazon.com/HE-Watching-Diane-Kurtz-Calabrese-ebook/dp/B0D2HHVD46/ref=tmm\\_kin\\_swatch\\_0?encoding=UTF8&dib\\_tag=se&dib=eyJ2ljojMSJ9.CZfqYSNb4JvPY-VLk1T6PA.jvuHOT7yViXZVmkHSjxEfEaRTC4YoSZPUDQHTmZLj8o&qid=1713989445&sr=1-1-catcorr](https://www.amazon.com/HE-Watching-Diane-Kurtz-Calabrese-ebook/dp/B0D2HHVD46/ref=tmm_kin_swatch_0?encoding=UTF8&dib_tag=se&dib=eyJ2ljojMSJ9.CZfqYSNb4JvPY-VLk1T6PA.jvuHOT7yViXZVmkHSjxEfEaRTC4YoSZPUDQHTmZLj8o&qid=1713989445&sr=1-1-catcorr)

**YouTube:**

**HE IS WATCHING BY Diane Calabrese NEWLY RELEASED:**

<https://youtu.be/UY9TgsCclxM?si=nSsxcgYCZQjbLOQ5>

**New Book—HE is Watching! Written By author Diane Kurtz Calabrese:**

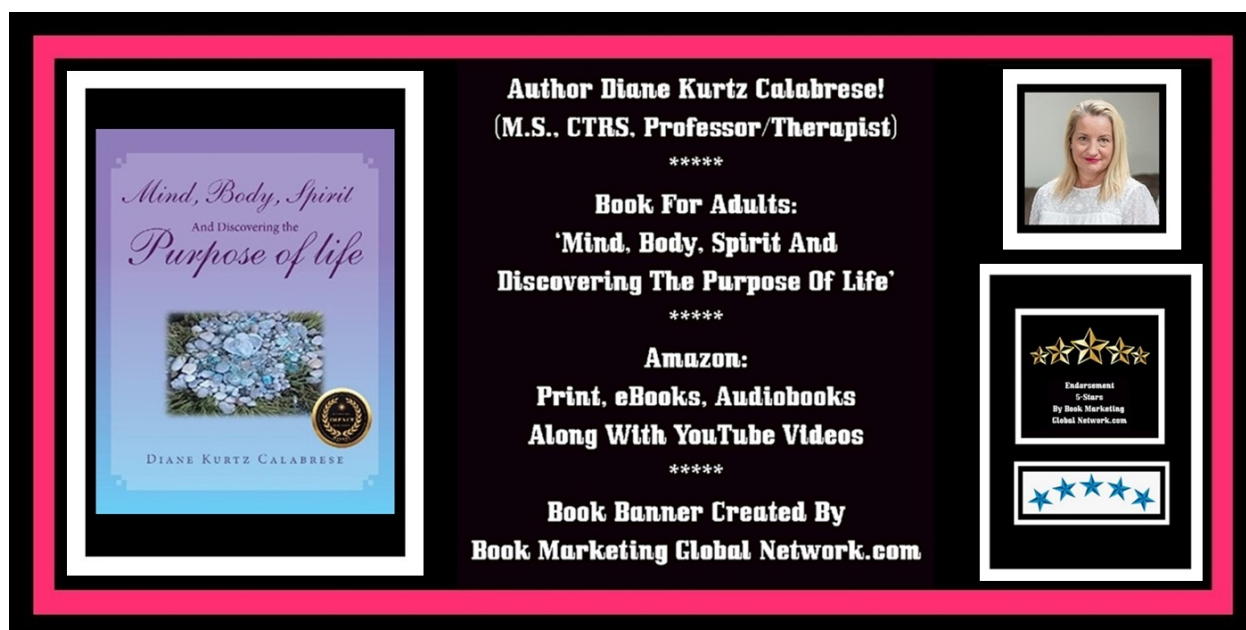
<https://youtu.be/JeJ91gV1Kkl?si=0kDQZJwGI9smKohV>

**He Is Watching written by Diane Calabrese:**

<https://youtu.be/kQJNIXDnCtl?si=thmtHYbj2k5VTYRk>



**“Our Prime Purpose In Life Is To Help Others.  
And, If You Can't Help Them, At Least Don't Hurt Them.” By Dalai Lama.**



**Mind, Body, Spirit And Discovering The Purpose Of Life by Diane Kurtz Calabrese.**

**YouTube Link:**

[https://youtu.be/ryiEZfyv\\_Vg](https://youtu.be/ryiEZfyv_Vg)

The purpose of this book is offering every one of you who reads it the opportunity of having a clearer perspective of life. God's greatest gift.



Life really is a miracle in itself and it is so easy to take that for granted. You are not here by chance; I can assure you that. You are God's miracle, not by luck or chance... but by purpose.

Each and every one of us are here for a divine reason. We are equally gifted by Jesus Christ our life force energy, by God. We are unique in our physical appearance as well as our spiritual essence. We have one soul that is on a journey to learn what it is like to live on the earth's plane. And this is the earth school. We are here for a very short period of time. Don't leave here not recognizing what it is you came here for.

**From The Inside Flap-Introduction:** Our prime purpose in life is to help others. And if you can't help them, at least don't hurt them. Dalai Lama.

The purpose of this book is offering every one of you who reads it the opportunity of having a clearer perspective of life.... God's greatest gift... Life really is a miracle in itself and it is so easy to take that for granted. You are not here by chance; I can assure you that. You are God's miracle, not by luck or chance... but by purpose.

Each and every one of us are here for a divine reason. We are equally gifted by Jesus Christ our life force energy, by God. We are unique in our physical appearance as well as our spiritual essence. We have one soul that is on a journey to learn what it is like to live on the earth's plane, and this is the earth school. We are here for a very short period of time. Don't leave here not recognizing what it is you came here for.

In this book I would like to mentor you on how to utilize holistic healing modalities in your life to help you cope, to help reduce anxiety and stress with life's struggles. We are not in this alone. Whether you are rich or poor, have sickness or in good health, no matter what upbringing or childhood experiences you've endured.... You are not alone. You have never been alone. We have to remember we are all children of God. We have unique personal experiences and encounters in life... but we all came from the same universal life force energy and that is God.

I have worked 35 years in the healthcare industry. As a recreational therapist I worked with emotionally disturbed children in various non-for-profit agencies, I've worked with mentally ill adults, I've worked with the geriatric population, I've worked with the patient's suffering from MS and multiple disabilities; I've worked with the developmentally disabled/Autistic populations; and lastly, I've worked in palliative care and with disabled Veterans. Each experience and position I've held I've felt eternal gratitude to God for the ability to give back to him. It is very rewarding work, and there is a sense of clear purpose going to work knowing what you do does make a difference in the lives of others. The greatest gift for me is for a patient to let me know that what I've said or what activity I've implemented that day made a difference in their life or changed the way they've viewed something in a more positive light. There are challenging days working in healthcare, some good, some bad. As a recreational therapist you have to be cheerful and happy to elevate the spirits of others in your group and there are a variety of techniques and activities a recreational therapist will do to enhance the lives of their patients, to help them discover their interests and passions that stimulates their cognitive, physical, social and spiritual health.

In this book I will cover many holistic healing modalities that anyone can learn and benefit from. The core purpose of holistic therapeutic interventions is to recognize what's already within us, what's in nature, and that we are spiritual beings having a physical experience to learn and grow and be one more like our maker "God".

Many people have difficulty discussing topics related to God or the purpose of life because it reminds them of their mortality. The truth of it is the more we do talk about our existence here, the more focused we will be on our purpose and the less we will be afraid of death. I have found with people in general it is more of a belief system that was instilled in them as a child. We are societies of culture, and cultures are diverse... so depending upon your original family's thoughts on life and how to live will determine your comfort level on discussions of our life's purpose. Having no belief in God and raising children to believe it is survival of the fittest, as in the Darwinian theory of evolution will only lead to depression and anxiety from fear that there is nothing. We are spirits of energy, we have souls, and we are capable of much more than we can even imagine. Some people utilize their gift of intuition on a stronger level of vibration than others. It is less about them being more gifted, and more about their trust and faith of God and their understanding that they are more capable and intelligent than they can imagine. We are creatures of God. We are supreme beings. How we spend our time here on the earth and what we think of ourselves is up to us. What you think you become. There is a poem on that.

#### **How Do you Think (author unknown):**

- If you think you are beaten, you are.
- If you think you dare not, you don't.
- If you'd like to win, but think you can't, it's almost certain you won't.
- If you think you'll lose, you've lost.
- For our way in the world, we find.
- Success begins with a fellow's will.
- It's all in the state of mind.
- If you think you're outclassed, you are.
- You've got to think high to rise.
- You've got to be sure of yourself before.
- You can ever win the prize.
- Life's battles don't always go.
- To the stronger or faster man.
- But sooner or later the person who wins.
- Is the one who thinks he can.

**From The Back Cover:** Diane was practicing as a recreational therapist for 30 years and has been certified by the National Council of Therapeutic Recreation since 1992. Diane holds a master's degree of Science in Healthcare Policy and Management, and a bachelor's degree of Science in Therapeutic Recreation. More recently Diane has continued her education getting certificates in various holistic healing modalities- that is her passion today.

Diane has worked in many diverse healthcare settings and was a pioneer in the establishment of a Saturday Youth Program for ED children at the Family Service League back in 1995; the program mentored children in the development of appropriate social skills offered to families of special needs. Diane was also a pioneer in the establishment of the first afterschool program advocating for recreational therapy services as part of the student's IEP through East End Disabilities, Inc. Diane has been a seasoned adjunct professor for Florida International University since 2014. Diane also has a diverse background in healthcare management. Diane served on two boards at Stony Brook Medicine- the Healthier U Committee & Subcommittee and the Programming and Budgeting Committee- promoting healthcare initiatives for the hospital employees. She has also served on Stony Brook Medicine's- Mental Health Advisory Board.

Diane has written professional publications for Creative Forecasting and did a cable interview on the Public Access Channel with Dr. Larry Weiss, Associate Director of The Family Service League called "The Center of the Issue", regarding the establishment of their Saturday RECESS program for emotionally disturbed children. Diane's long dedication to the healthcare field led her to teaching higher education to foster that passion with students in the field of recreational therapy.



**5 Star Reviews From Readers:**

[https://www.amazon.com/Mind-Body-Spirit-Discovering-Purpose/dp/1982272007/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&qid=&sr=#customerReviews](https://www.amazon.com/Mind-Body-Spirit-Discovering-Purpose/dp/1982272007/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=#customerReviews)

**Product Details:**

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ISBN-13: 978-1982272005

Self-Help: Mental & Spiritual Healing

Self-Help: Personal Transformation

**Amazon Print:**

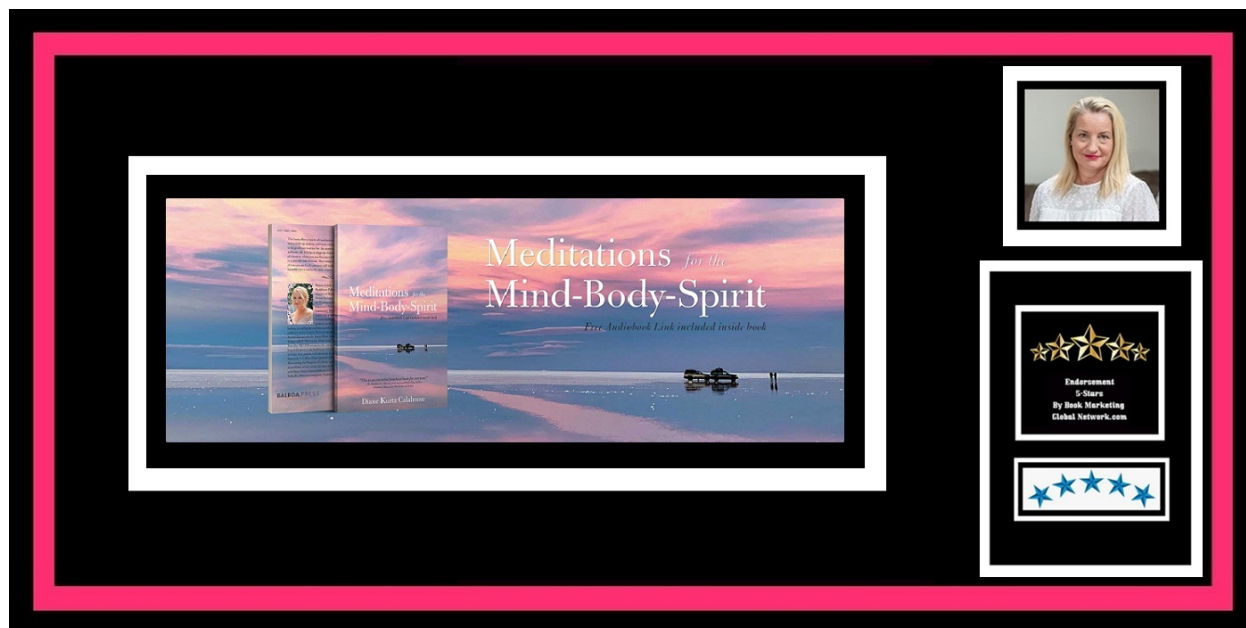
[https://www.amazon.com/Mind-Body-Spirit-Discovering-Purpose/dp/1982272007/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&qid=&sr=](https://www.amazon.com/Mind-Body-Spirit-Discovering-Purpose/dp/1982272007/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=)

**Kindle:**

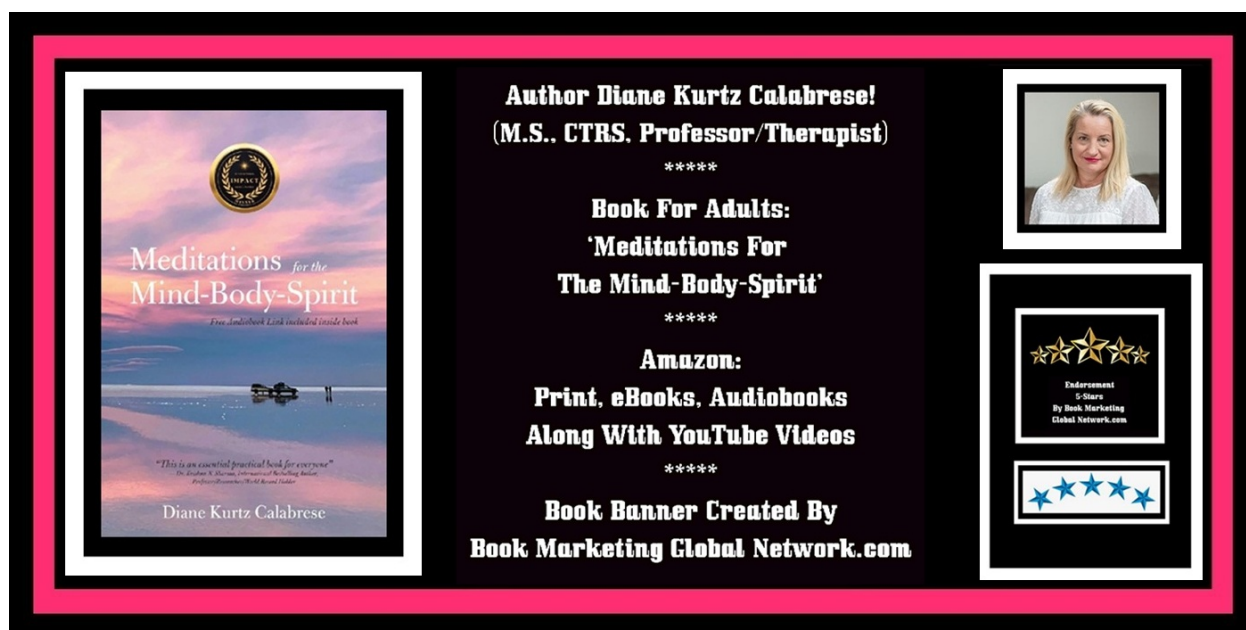
[https://www.amazon.com/Mind-Body-Spirit-Discovering-Purpose-ebook/dp/B09GS13CVN/ref=tmm\\_kin\\_swatch\\_0?encoding=UTF8&qid=&sr=](https://www.amazon.com/Mind-Body-Spirit-Discovering-Purpose-ebook/dp/B09GS13CVN/ref=tmm_kin_swatch_0?encoding=UTF8&qid=&sr=)

**You Tube Link:**

<https://youtu.be/FYysfTSU5eE?si=H2u1izOHOgrfQpTG>



Holistic Healing Practices.



Meditations For The Mind-Body-Spirit by Diane Kurtz Calabrese.

YouTube Link:

<https://youtu.be/fxifqK5gJDA>

This book offers a variety of meditations to enable one to release their daily stress, built up tension, and toxic energy. Guided meditations are a way to let go of your worries for the moment and bring you back to your true, authentic self. It helps re-align the chakras of your body to their natural state of vibration- where you can live more fully, love more abundantly, and react in a peaceful state of mind. Your mind,

body & spirit are the essential parts of you-you are God's precious gift to the world and there is nothing more beautiful than a soul in the state of peace.



**5 Star Reviews From Readers:**

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**You Tube Link:**

<https://youtu.be/2f9OqOyMDXs?si=vgmKYTB3NAMdDyEU>



**About The Author:** What inspired Diane to draft this book was her 30 years working as a recreational therapist. Diane wanted to share special self-help information and holistic healing modalities that not only helped her patients, but herself through life. Recognizing one's strengths and gifts doesn't come easy to most. We are forever changing and evolving into a more magnificent soul each day.

Diane Calabrese has been included in Marquis Who's Who. Ms. Calabrese obtained a Bachelor of Science in therapeutic recreation from Saint Joseph's College and a Master of Science in health care policy and management from Stony Brook University. While at Stony Brook University Diane served on various boards including the Mental Health Advisory board, and the Healthier U board including the programming and budget subcommittee.

Ms. Calabrese gained valuable expertise in the field of recreational therapy working as a recreational therapist for 30+ years in hospitals, nonprofit agencies, public schools, and universities. In recent years, Diane worked in higher Education for FIU, and as a recreational therapist for the U.S. Department of Veterans Affairs, from which she recently retired.

While Ms. Calabrese continued to excel as an adjunct professor for Florida International University--she certified two courses through Quality Matters--(LEI3542: Principles of Parks, Recreation and Sports Management, and LEI3723 Assistive Technology Lab course.) Diane has also taught LEI4705: Program Planning in Recreational Therapy, and currently teaches LEI4720/6726 Trends, Issues, and Managerial Aspects of Recreational Therapy as well as two holistic healing labs: LEI3723 Reiki Lab and LEI3723 Aromatherapy Lab.

Ms. Calabrese also has an Aromatherapy course open to the public through Udemy Virtual E Learning: <https://www.udemy.com/course/aromatherapy-for-holistic-therapy-interventions/>

Ms. Calabrese continues to work as a therapist through a virtual platform with Well Me Right. She is a contributing writer for the Journal of Modern Healing, IPHA, Integrative Pain Healers Alliance. She is also a member of the Long Island Author Group. You can find her at many holistic and wellness fairs across Long Island, NY.

Due to her considerable breadth of knowledge, having written two books: "Meditations for the Mind-Body-Spirit" and "Mind, Body, Spirit and Discovering the Purpose of Life, she has been interviewed on podcasts, radio and T.V. regarding her publications.



**Amazon Author's Page:**

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Here's a link to Diane Calabrese's YouTube channel Handle: @DianeCalabrese-mindbodyspirit

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