

JANUARY 2019

turningpoint

YOUR LIFESTYLE, YOUR WELL-BEING

BECOME YOUR OWN HERO:

WHO ARE YOU WAITING FOR?

EXCLUSIVE

CARLA COOKE, DAUGHTER OF LEGENDARY ARTIST SAM COOKE, IS ALL LOVED UP WITH LOVE FOR LIFE, MUSIC, GOD AND THE LEGACY OF HER FATHER

RANDI CHILDS New York Street Photographer
Captures More Magical Moments

Lots of Surprise Giveaways inside



FLAIR WON

The Eccentric
Creative, Defining
Creativity in the UK

JIMMY THOMAS, SINGER

Songwriter still Jamming: Life
after Ike and Tina Turner



It's all about Truth and The Music

JOE HARRIS

FROM CELEBRATED GROUP
'UNDISPUTED TRUTH' KEEPS IT REAL



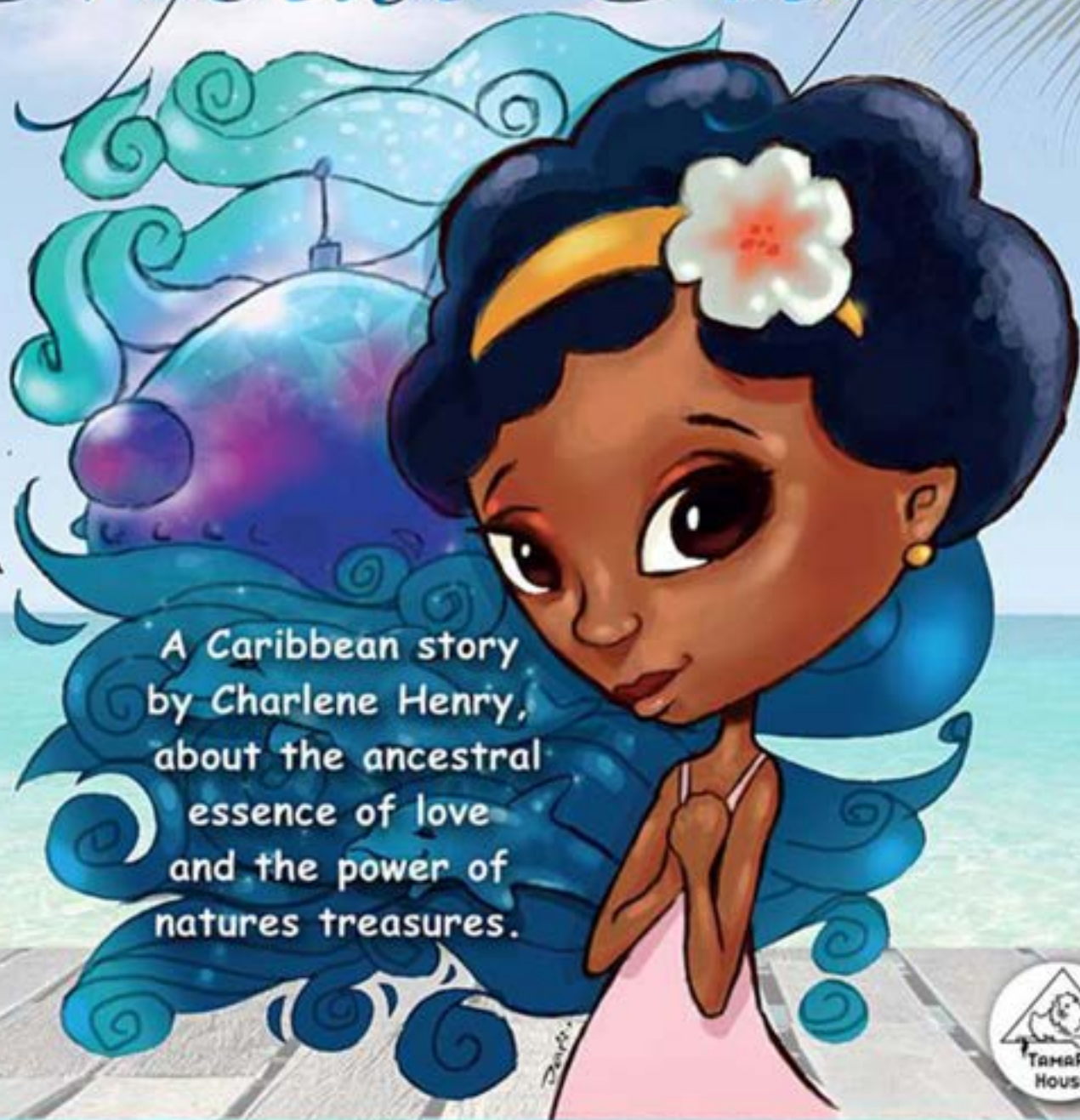
ANIMAL HOUSE, 'SHOUT'
LLOYD G WILLIAMS
STILL HAS IT GOING ON



Nalani

and the

Crystal City



A Caribbean story
by Charlene Henry,
about the ancestral
essence of love
and the power of
nature's treasures.



Available at: TamareHouse.com | amazon.co.uk

UK: £8.99 | US: \$11.99



E-WATER RADIO

TRANSFORM YOUR LIFE, TRANSFORM YOUR MINDSET

**Dynamic Interviews with
Ordinary People doing
Extraordinary Things**



**On the Sofa with Esther
Broadcast live from London
every other Saturday
12:00 pm – 2.00 pm PST,
3:00 pm- 5.00 pm EST,
8:00 pm – 10 pm GMT
on E Water Radio.**

A two hour power packed,
fun-filled show of transformation
and inspiration, dynamic interviews,
inspirational content, and great music.

INSPIRING YOU TO BECOME THE BEST VERSION OF YOU!

Details of Shows: www.estheraustinglobalradioshow.com

EWater Radio Show Updates: www.ewaterradio.net

 <https://www.facebook.com/estheraustinglobalradioshow>

 https://twitter.com/esther_show  [estheraustinglobalradioshow](https://www.instagram.com/estheraustinglobalradioshow)

For interview opportunities, please contact:

Debra Burley, Glammedia PR

📞 818.219.8512 | ✉ glamgirl91604@gmail.com

CONTENT

EDITORS NOTE | 05

Experience at Crisis



EXCLUSIVES | 07

Carla Cooke about Love, Music and Her Legendary Father

Lloyd G Williams, the Original Voice from 'Shout' shares his Journey with Motown

Interview with Joe Harris from Undisputed Truth, The Journey of a Legend

TRUE LIFE STORIES | 25

Karen Ruimy: From Corporate to Spiritual Understanding and Freedom

Kwame McPherson, How I Discovered my very Own Hero

Anonymous Contributor: From Abuse to Safety: Becoming My Own Hero for the Sake of my Child

Ailsa Frank: My Amazing Life



A MATTER OF TRUTH | 41

David Mills, Authentic Freedom and the Woman on the Bus

HEALTH AND WELL-BEING | 44

Sistahintheraw - Become Your Hero & Claim Your Self-Care Crown



ENTERTAINMENT | 49

Jimmy Thomas: Life After Ike and Tina Turner, Jimmy's Still Got the Groove

Brian MacFadden, His Tribute to Otis Reading and How he Found his Soul Purpose

FINE DINING | 61

Tony Jackson Delivers Another Fine Dining Review on Clos Maggiore Restaurant



ART, ACCEPTANCE, DIVERSITY, CREATIVITY | 68

Flair Won, Creative Debonair Locs Stylist talks Creativity, Spirituality and Individuality

Randi Childs, Street Photographer Captures More Magical Moments

PERSPECTIVE | 79

Rebecca Weef Smith - An Upfront and Personal Chat with my Inner Hero: What a Discovery!!



HUMOUR | 82

Esther Austin - Celebrating Becoming your Hero as you Grow Older, Hopefully Gracefully