

Life coach aiding adoptees

Business Spotlight >
'Coaching Cafes' hosted in LA

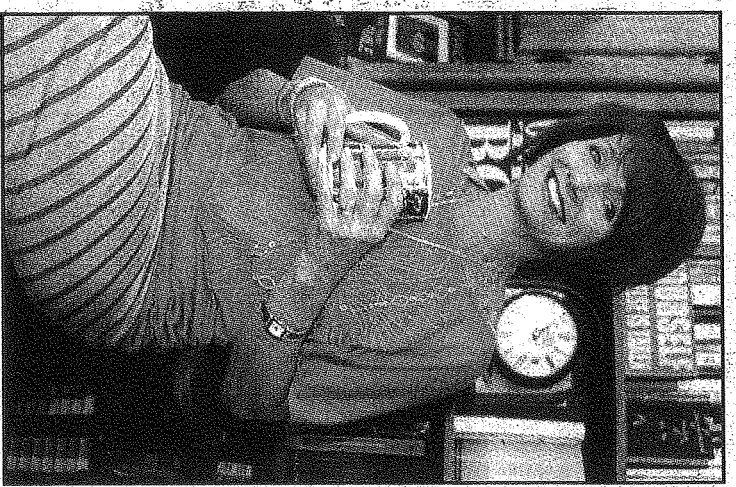
ents really love me?"

LeAnne Parsons, a life coach in Los Alamos, was adopted and spent years struggling to understand herself and her place in the world.

While growing up she experienced grief and loss, shame, identity issues, relationship challenges and control issues. All the while she felt like she was keeping her adoption story locked away in the closet.

She understands the turmoil that people who have been touched by adoption go through. Even though there were times when she felt she was merely coping with life, she has discovered that she has a choice in how she shows up in this

See **COACH**, 3



Life coach
LeAnne Parsons has a mission with her practice to help adopted children cope with the difficult emotions they experience. Parsons is currently raising funds to produce a video to help adoptees and their families.

Courtesy

BY MANDY MARKSTEINER
Special to the Monitor

People who have been adopted may ask themselves practical, yet unanswerable, questions like, what their birth parents look like or what kind of diseases run in their family.

Not knowing the answers can be frustrating. Other, more painful, questions may also creep in and undermine an adoptee's sense of inner peace.

Questions like, "Are my birth parents ashamed of me?" "Do my adopted par-