"INCREDIBLE - Typhoon Honey starts the reader on a personal journey with all the coordinates turned on - intellectual, visceral, emotional. We can't help but discover ourselves, understand ourselves, and accept ourselves in the process, and become prepared to shape our futures with a new outlook. The authors are true to their word...everything is connected."

– Stacy Feiner, Psy.D. Business coach and Author of *The Talent Mindset*

"From working with Kris and Candace for years and seeing their commitment to transformation take form in this text, I can say firsthand that *Typhoon Honey* is worth the read.  If you have ever wondered whether all you have dreamed of in life is possible, you'll want to take notes and apply the lessons in *Typhoon Honey*."

– Michael Strasner, Transformational coach and trainer, author of *Mastering Leadership*, and *Living on the Skinny Branches*

“*Typhoon Honey* blows your mind with gale force winds. Kris and Candace succeed in connecting the essence of life into a parable of drip feed stories with the science to back it all up. This is a must read for anyone wanting to level up in their life.”

– Andy Chaleff, Mentor, speaker and author of *The Last Letter* and *The Wounded Healer*.

"Sjogren and Girrell are quite simply an inspiration. Their work and writing help us gain a true understanding of what it means to be the source of our results in life, not the product of them. Their promise is to help us not only create real results, but to leave a lasting impact on the world."

- Omri Dahan, Chief Revenue Officer, Marqeta, Inc

“Written by two masters of coaching and transformation, *Typhoon Honey* delivers salvo after salvo that will catapult the reader into a new dimension of reality – a reality that only they can create. The exercises, tools and tips inside this text are a treasure trove of how to make things happen. Translating transformational technologies into a readable text is a feat in itself, but Kris and Candace have actually managed to make it enjoyable as well.”

– Conor Neill, Lecturer in organizational management, IESE Business School, Barcelona, President of Vistage in Spain.