

“Millions of Knots offers an honest and inspiring story of going through cancer and chronic illness to one of healing, self-discovery, and empowerment. Sharon provides insightful recommendations for anyone struggling with their health and yearning for support and growth along the way. Her model of whole-body health represents the wave of change that is putting health back into the patient’s hands and is quickly changing the face of healthcare for the future.”

Dr. Tracey Clark, Doctorate and PhD in Integrative
Medicine, Manual Osteopath, Advanced
BodyTalk Instructor and Practitioner

“Sharon’s book was so compelling I could not put it down. I am amazed by all that she experienced and her authentic sharing. Not only did she come through it, and then some, she turned her lessons into a more positive path for others. Sharon’s story is a relatable and inspiring and will be a lifeline to millions of women for years to come.”

Heather Skoll Founder of the Reset Zone app,
www.resetzone.ca

“I read your book in two days as it was hard to stop! It was moving, vulnerable, and courageous. Women facing similar situations can draw strength from your words and encouragement. I loved the spaces where there was a pause and a paragraph of hope and wisdom. My favourite line of the book is, ‘Even warriors leave the battlefield to regroup and rest.’ Well done!”

Lynn Pelzer, President FemCity Toronto

“Millions of Knots is a gift for any woman who has experienced cancer or a life-threatening illness, and for her loved ones who walk beside her. Sharon speaks from the heart on how she embarked on a healing journey during a difficult time. She shines her light and is a voice of encouragement with resources that need to be in the hands of all woman to become wellness warriors.”

Jessica Valor, Host of the Jessica Valor Show,
Founder of The Healer’s Academy, Author,
and Master Energy Healer

“As Sharon imparts her experiences, the reader is drawn into her life immediately and feels empathy for the circumstances she found herself in. There’s such power in her words. As a breast cancer survivor and now breast cancer coach, I’ve been through this journey too. I’ve heard many different stories from the women with whom I’ve worked. Each story is unique, like the woman herself. Sharon’s story is also unique, and very well-written. Her message matters, especially where she describes the necessity to be kind, loving, and gentle with yourself, and to put the Super Woman cape down for awhile and not be afraid to ask for help while going through a life-threatening disease. This book is highly recommended to anyone going through breast cancer. It gives hope, inspires, and it will definitely help you through your journey.”

Marnie Clark, Breast Cancer Coach,
www.marnieclark.com