

## **Mabel Katz presents her new book: My Reflections on Ho'oponopono**



***Mabel Katz was born in Argentina but she moved to Los Angeles in 1983, where she became a successful accountant, business consultant and tax advisor.***

Even though she was a very successful business woman, there were things that made her feel very angry, and that inspired her to start a search for peace and happiness. In time, that search, took her to the mysterious path of the ancient Hawaiian art of Problem Solving Philosophy, which is called Ho'oponopono. This philosophy is based on forgiveness and reconciliation, and has been performed in Polynesia since ancient times, directed by a family elder or a priest. Ho'oponopono was supposed to heal the person who was physically ill, healing the body through the spirit.

Mabel discovered Ho'oponopono, the one Mornah Simeona updated for modern times, and her life changed forever. She studied it with passion and dedication, to the point where she abandoned her successful accounting career and became a well known international expert, acclaimed speaker, author and teacher of this ancient philosophy.

It is very difficult to reach Mabel Katz nowadays. She is permanently traveling around the world, giving conferences, talks, interviews, leading seminars -- even seminars and talks for children, in English or in Spanish, or attending book signing events. She has an incredible never-ending energy, and she does everything with an angelic smile and peaceful attitude that she transmits to everyone who is near her.

Her presentations, books and digital resources help us to reach what she calls Zero Frequency<sup>®</sup>, so we can find solutions to situations that are tormenting us, causing

depression and anger while helping us change negative attitudes to not only let us move forward to have a happy life, but also affect our health in a positive way.

Mabel is also rapidly gaining acclaim for her work in support of world peace. Honored with the prestigious 2012 Mil Millenniums de Paz Peace Flag acknowledging her world peace initiative "*Peace within IS world peace*", she was officially recognized as one of the world's preeminent Peace Ambassadors and on January 1, 2015 and was awarded the prestigious Public Peace Prize. **The only distinction for peace in the world that is based on the public's choice**

She has spoken in front of national senates and other influential government bodies and has presented at **the** United Nations. She has addressed multi-cultural audiences, including those of diverse ethnicities in the Middle East. In 2013 she was recognized for her humanitarian works and was knighted by the venerable Order of the Orthodox Knights Hospitaller of St. John – Russian Grand Priory, bestowing upon her the title of Dame Mabel Katz.

Today, Mabel maintains a busy global speaking and seminar schedule. She has presented throughout both East and West Europe, China, Central and South America as well as across the United States and Canada. She has authored several books, including a wonderful children's book, and her works have been published in English, Spanish, Korean, Portuguese, Swedish, German, French, Russian, Chinese, Italian, Czech, Hebrew, Japanese, Croatian, Hungarian, Serbian, Polish, Romanian and Finnish.

Mabel has worked so hard, she has done so many important things, that I invite you to visit her site to know more about her books and her work: <http://www.mabelkatz.com/>