

About the Author



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Cynthia Aliza Blake is a passionate writer, health and wellness consultant and life coach and co-founder and advisor for OneGiving™. Cynthia inspires and empowers others to recognize their inherent gifts, radiate health, and attain success in their lives. Cynthia is committed to empowering the world through gratitude and giving. Having grown up on the fringes of society, the product of mixed cultures, her dream and vision of empowering others is truly from her heart.

Cynthia has spent her life personally living and learning the lessons of health, wellness, creativity, and success. Her extensive experiences have presented opportunities for growth and change. Her compassion and charismatic personality remain with her clients and audiences. She has journeyed into remote regions of the world, living with and sharing culture, spirituality, and native healing arts. Cynthia lives a life of purpose and passion on the island of O'ahu where she enjoys expanding her portfolio of photography and art. Her outdoor pleasures incorporate the magic and spirit of Hawaii and spending time with her husband, two of her sons, and plenty of animal children.