Aundrea De Leon lives in Colorado and enjoys life with her husband, 4 children, 2 dogs, and a cat. Her tenacity to live a life of love, joy, and fun is contagious to anyone who spends time with her. When she's not working, or managing a busy family life, Aundrea is a life-long learner and considers herself a professional life changer. Aundrea is a certified Reiki Practitioner who works with people to find their deep wounds from traumatic life experiences, and empowers them to harness the power of energy healing in order to free their hearts and truly experience self-love. She is pragmatic about life in general and uses her ability to break down complex concepts into simple and relatable lessons in her career, personal life, and community. You can find more of her short stories and life lessons online at:

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