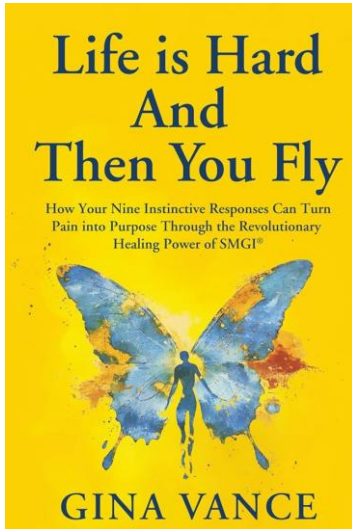


Podcast Interview One-Sheet

Gina Vance

Author • Speaker • Trauma Healing Educator Creator of Somatic Mindful Guided Imagery® (SMGI®)



Life Is Hard and Then You Fly

How Your Nine Instinctive Responses Can Turn Pain into Purpose Through the Revolutionary Healing Power of SMGI®

Publisher: Next Page Publishing

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ISBN-13: 978-1998393404

✦ WHO THIS CONVERSATION SERVES

- People healing from trauma, stress, or chronic overwhelm
- Therapists, coaches, healers, and bodyworkers
- Anyone who feels they've lost themselves—and wants to come home

📖 Short Introduction

Gina Vance is the author of *Life Is Hard and Then You Fly* and the creator of **Somatic Mindful Guided Imagery® (SMGI®)** a trauma-informed, body-based healing method. After healing her own severe and physically disabling PTSD, she has spent the last 20 years helping people transform trauma through body-based inner journeys that restore safety, agency, and connection to her client's 'true' selves.

🦋 Long Introduction

Gina Vance is the author of *Life Is Hard and Then You Fly* and the creator of **Somatic Mindful Guided Imagery® (SMGI®)**, a trauma-informed, body-based healing method that helps people transform pain into purpose.

After healing her own severe and physically disabling PTSD, Gina dedicated her life to understanding *how* real change happens—not just in the mind, but in the nervous and

energy systems and in the body where survival patterns live. For more than two decades, she has guided thousands of clients, students, and practitioners through inner journeys that restore safety, agency, and connection to one’s authentic self.

Blending science, story, and soul, Gina’s work gently reveals that our instinctive survival responses are not flaws to fix, but intelligent messengers pointing the way home. Her book weaves personal narrative with practical, experiential tools readers can use immediately to calm the body, reclaim energy, and begin to fly.

Gina trains practitioners worldwide in the SMGI® method and speaks with warmth, clarity, and hope about healing that is both profound and humane—because healing doesn’t have to be grueling, and you are not broken.

SUGGESTED PODCAST QUESTIONS

Origin & Big Picture

- Why *Life Is Hard and Then You Fly*?
- What do you mean when you say pain is not the problem—but the portal?

The Book

- What are the Nine Survival Responses, and why do they matter?
- How is this book different from other trauma-healing books?

The Method (SMGI®)

- What is Somatic Mindful Guided Imagery®?
- Why is working with the body essential for real healing?

Training & Transformation

- Who is drawn to SMGI® training?
- How does this work change practitioners personally and professionally?

Closing

- What does “flying” actually look like in real life after healing?
- Where should listener’s begin?

LINKS & NEXT STEPS

 **Book:** <https://www.amazon.com/dp/1998393402>

 **Sessions:** <https://www.MindBodyJourneys.com>

 **Training:** <https://www.SomaticMindfulGuidedImagery.com>

 **Author Site:** <https://www.LifelsHardAndThenYouFly.com>