

Joey Donovan Guido — GUTS Bio/Intro

GUTS

Joey Donovan Guido has been practicing mindfulness and meditation for many years, and is a long-time student on the subjects of self-care, the brain, psychology, spirituality, and relationships — including the relationship we have with ourselves.

Nearly five years ago, Joey's desire to dig deeper into these practices increased when his wife became sick with a severe case of fibromyalgia. In a very short time, work and home life were turned upside down, and the importance of self-care became increasingly clear.

As anxiety, fear, worry and exhaustion began to engulf him, Joey realized that self-care is not selfish — it's a necessity in order to maintain one's mental, physical, emotional and spiritual health — and effectively serve others.

These experiences have led Joey to begin hosting a podcast called, Getting Under The Surface (GUTS), as well as workshops like the one you are participating in today. His goal is to share his experiences, and what he's learned, in order to help others on their path.