



# JOHANNA SPARROW

Life Coach | Author

Antoinette M. Watkins



[WWW.JOHANNASPARROW.COM](http://WWW.JOHANNASPARROW.COM)



**Antoinette M. Watkins**  
Life Coach | Author

Antoinette M. Watkins writes under the pen name Johanna Sparrow. She's been writing for over 20 years and has published a variety of works that include children's books, novellas, and self-help books on the topics of relationships, personal growth, and conflict resolution.

# Heart Bruised Conscious Connection Renewal

## Improving relationships since 1995

Sparrow used knowledge and experience to create a system called, Heart Bruised Conscious Connection Renewal codes (HBCCR). She's used this system to improve relationships since 1995. It's also known as Breakthrough: Understanding Life Lessons, which is something we all have the power to do. With thirty-one written and published books under her belt, Sparrow plans to write many more on an array of issues.

In 2015, Johanna Sparrow rolled out her powerful and inspiring HBCCR system. It was created to help everyone find common ground within daily connections. Over many years, Sparrow has researched and studied the spiritual connection that every human has with each other. Her research's conclusion was that understanding your connection to nature and each human being is an essential step to understanding that love is the substance that permeates everything in the universe. Love can guide us to become the greatest version of ourselves.



# LIFE COACH ● ● ●



When she's not writing, Johanna Sparrow is a life coach that enjoys helping people via phone and face-to-face coaching sessions. It doesn't matter what you're struggling with, Sparrow knows how to tap into your emotions and help you understand that a promising future lies ahead. You'll walk away from her coaching sessions with knowledge, wisdom, and understanding about your situation.





# Online Radio Show

## Common Sense Talk with Johanna Sparrow

Sparrow has a weekly online radio show called, Common Sense Talk with Johanna Sparrow. On that show, she shares her perspective on relationships and conflict-resolution topics. It airs every Thursday at 12 p.m. EST/11 a.m. CST on [AMFM247.com](http://AMFM247.com).

### Shows On which I have been on.....

1

**Frankie Boyer**  
[www.frankieboyer.com](http://www.frankieboyer.com)

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2

**Blog Talk Radio**  
[www.blogtalkradio.com](http://www.blogtalkradio.com)

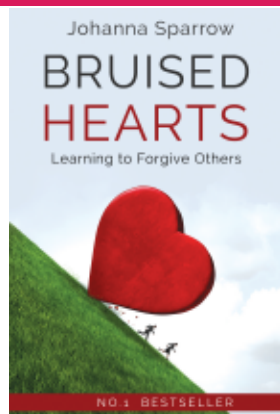
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# Self-Help Book

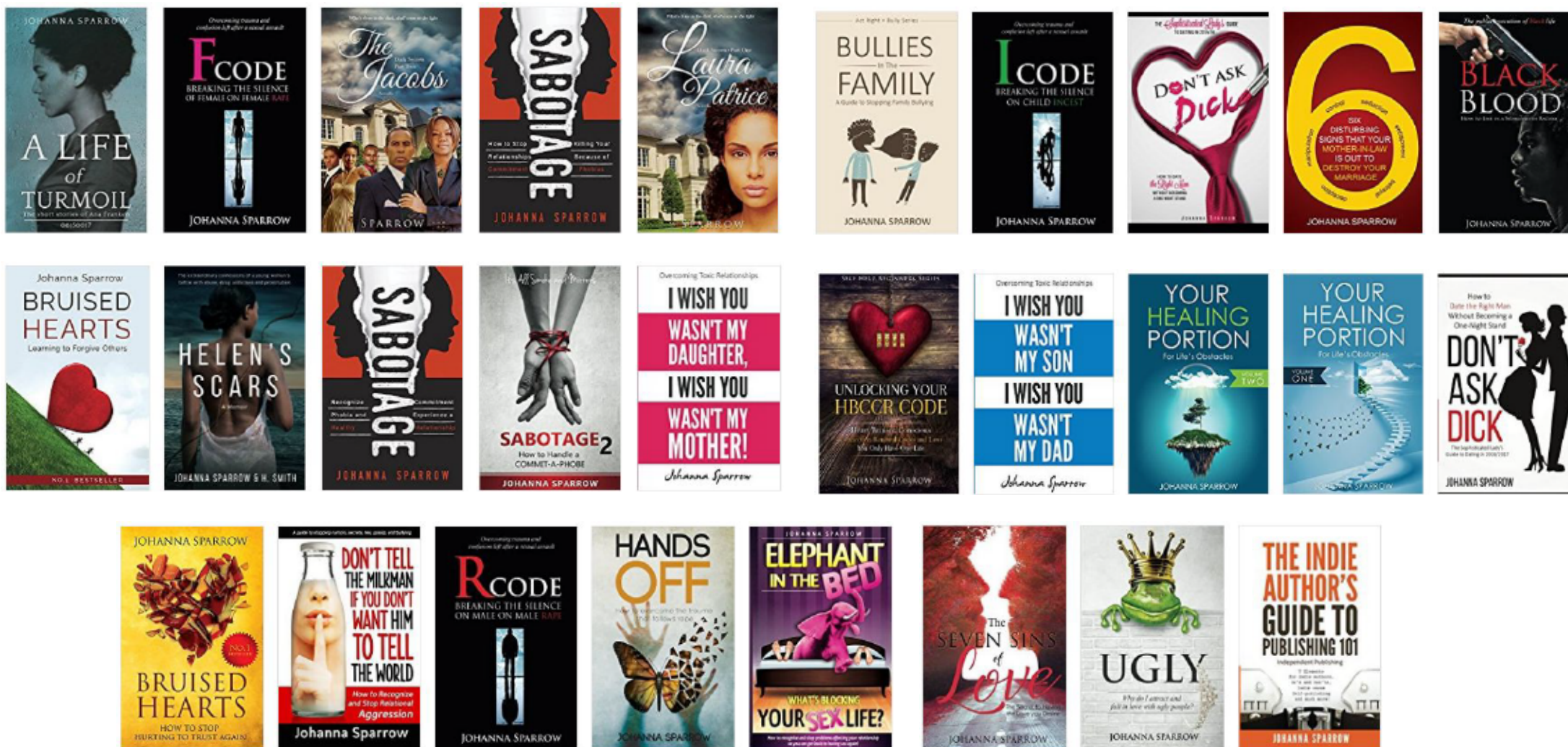
In 2014, Johanna Sparrow released her first self-help book, which dealt with relational aggression in the forms of bullying, gossip, and lies. It's entitled, *Don't Tell the Milkman if You Don't Want Him to Tell the World*. During the same year, Sparrow released two more self-help books that detailed conflicts that affect people's sex lives and commitment phobias. The titles of those books are, *The Elephant in the Bed* and *Sabotage*. Johanna Sparrow's self-help books focus on relationships from a male-female perspective. Since 2014.

**New Books** | **COMING OCTOBER 25, 2017**



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# Johanna Sparrow Books List



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amazon.com

# Purchase Johanna Sparrow's Self-Help Books & Novels at

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Johanna Sparrow is a member of the Writers' League of Texas

[www.writersleague.org](http://www.writersleague.org)

and Authors Guild – [authorsguild.net](http://authorsguild.net)

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