



## Ann M Mracek

Author - Speaker - Healing Arts Advocate

Great Niece of Antonín Dvořák

“Music is the owner’s manual to the universe. The laws of frequency and music, when applied to your life, empower you to create the reality your desire.” Ann Mracek

### SPEAKING TOPICS

- ▶ **Healing the Inner Child:** Sending love and acceptance back in time to the child still living within
- ▶ **The Laws of Music as a Healing Force:** How frequency, vibration, and musical principles transform your life
- ▶ **My Broken Atlas. My Greatest Teacher:** Healing a shattered C1 vertebra - refusing surgery and recovering through visualization and the laws of music.
- ▶ **Rewriting Your Story:** Overcoming the scripts of fear and self-doubt imposed by others
- ▶ **Emotional Intelligence in Action:** – Aligning thoughts, emotions, and actions with your deepest values.
- ▶ **The Art of Retrospection:** Using your past as a powerful elixir for personal growth
- ▶ **Self-Acceptance & Forgiveness:** – letting go of old battles and embracing compassionate understanding.
- ▶ **Living Your Symphony** - Orchestrating your unique life with grace, harmony, and resilience.
- ▶ **Objects as Gateways:** - How material things trigger memory, healing, and self-discovery.

**ABOUT ANN** Ann Mracek is an author, and composer of 300+ works. She holds a master’s degree in Music Composition from the University of Kansas. After suffering a broken neck - shattered C1 vertebra - Ann refused surgery and healed through visualization and the laws of music. Her Symphony No. 1 Shadow Dragon, stands as a testament to music as a healing art.

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526K Subscribers 9M+ Views

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## SYMPHONY OF SELF

Compose Your Life



Finalist - International Impact Book Awards  
Author for the Year

“Empowering and deeply human - Mracek’s blend of personal story and healing practice is a rare gift

- Reader’s Favorite - 5 Star Review

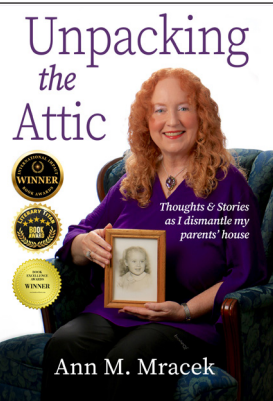
“A guiding light illuminating the path toward profound healing.”

- Literary Titan

### The First Experiential Self-Help Book

Every one of the 15 chapters includes a QR code linking to a 10-minute guided meditation - original music composed to the frequencies and rhythm to emotionally incorporate each chapter’s teaching.

“We cannot think our way into transformation we must feel it.”



28 Time Award Winning Book

International Impact - Literary Titan - Book Excellence  
NY Big Book - Literary Global - Firebird - and more

“Score 96/100 - A memoir like no other. Ann Mracek has created something very special.”

Outstanding Creator Review

“Deeply personal and universally resonant - a tender and honest path toward healing.”

The Prairies Book Review



THE WALL STREET JOURNAL

