



## **Clinical Psychologist Dr. Shefali Tsabary and Author Tim Storey to Headline the Nov. 29, 2017, O, The Oprah Magazine Adventure of Your Life Caribbean Cruise**

August 9, 2017

*SuperSoul 100 Members to join O, The Oprah Magazine books editor Leigh Haber on Holland America Line's ms Koningsdam*

Seattle, Wash., Aug. 9, 2017 — Guests on the Nov. 29, 2017, *O, The Oprah Magazine Adventure of Your Life Cruise* aboard Holland America Line's *ms Koningsdam* will be joined by SuperSoul 100 members and thought leaders including clinical psychologist, best-selling author and international speaker Dr. Shefali Tsabary and author, speaker and life coach Tim Storey. *O, The Oprah Magazine* books editor Leigh Haber also will be on board the 11-day Caribbean cruise leading *O's* Reading Room, a book club discussing a book to be named in advance of the sailing.

The November departure is the first of four special Adventure of Your Life cruises with Holland America Line and *O, The Oprah Magazine*. The three additional sailings — which will also feature to-be-announced SuperSoul 100 members — depart March 3, 2018, seven-day Tropical Caribbean cruise aboard *ms Nieuw Amsterdam*; Aug. 11, 2018, seven-day Alaskan Explorer cruise aboard *ms Eurodam*; and Oct. 28, 2018, seven-day Eastern Caribbean cruise aboard *Nieuw Amsterdam*.

"Our Adventure of Your Life cruises with *O, The Oprah Magazine* are designed to inspire and encourage a deeper emotional connection from within, and it's a privilege to have renowned talent like Dr. Tsabary, Tim Storey and Leigh Haber join us," said Orlando Ashford, president of Holland America Line. "In addition to learning from thought leaders of this high caliber, guests may take part in special onboard programming inspired by *O, The Oprah Magazine*, providing them an exceptional opportunity to enjoy a unique and uplifting cruise experience."

Special programming during the Nov. 29 cruise will allow guests to gain insight and knowledge from the two visionaries and learn from their expertise.

### **Clinical Psychologist, Best-selling Author and Speaker Dr. Shefali Tsabary**

Dr. Tsabary's mission is to help set our children free, and she believes that the only way to do this is if we, as parents, shift the parenting paradigm and revolutionize it. Dr. Tsabary has devoted her life's work to ending the obsession with "fixing" the child and focusing instead on our own "raising" as parents. Through our own transformation, she believes, we will allow our children to emerge into their most authentic and awakened selves.

Dr. Tsabary is a clinical psychologist with a Ph.D. from Columbia University. Born in India, she integrates Eastern mindfulness and Western psychology in her work with families. She has a private practice in New York City, where she lives with her husband and daughter. She is the author of three books: *The Conscious Parent*, *Out of Control* and her latest tour de force, *The Awakened Family: A*

### **Author, Speaker and Life Coach Tim Storey**

Tim Storey is a gifted speaker and top-selling author, well known for inspiring and motivating people of all walks of life. Known as the Life Coach to the Stars, he has shared his insight to diverse crowds in more than 70 countries. His most recent book, *Comeback & Beyond*, has been praised by some of the world's most influential leaders.

In addition to a rigorous speaking calendar and private life-coaching sessions, Storey engages audiences monthly at the spiritually motivated gatherings in Hollywood, Calif., called The Study and teaches weekly at his church, The Congregation in Yorba Linda, Calif. A SuperSoul 100 member, he was interviewed on OWN's SuperSoul Sunday and was a featured speaker at SuperSoul Sessions. He has been featured on Steve Harvey's Act Like a Success Conference, PTTOW, Grant Cardone's 10XConference, Paul Mitchell's The Gathering, Mastermind Conference, Emerge Miami and many other forums.

### **Books Editor Leigh Haber**

For the past five years, Haber has been books editor for *O, The Oprah Magazine* and a coordinator of Oprah's Book Club. She began her career in book publishing as a news aide for the *Washington Post's* Book World. For years she was a publicity director for various publishing houses, and thereafter held senior editorial positions at Scribner, Hyperion and Rodale. Over the years she has worked with numerous authors, among them Alice Walker, Gloria Naylor, Steve Martin, Al Gore, Terry Gross, Lou Reed and others.

### **Holland America Line and *O, The Oprah Magazine* Partnership**

Holland America Line and *O, The Oprah Magazine's* exclusive partnership unites the soul-stirring power of travel with *O Magazine's* deep commitment to connection and personal growth.

In addition to the four Adventure of Your Life Cruises with SuperSoul 100 members and special guests from the magazine, more than 300 Holland America Line cruises sailing from North America from August 2017 through 2018 will offer a variety of engaging activities developed with the magazine's editors and designed to nourish body and soul.

Four unique programs will be featured:

- **Just Breathe!**, offering meaningful meditation and movement.
- **O's Reading Room**, allowing guests to discover new authors and stories.
- **Love That!**, delivering a workshop on style advice and the essential pieces every woman needs for travel.
- **Let's Eat!**, providing tips on indulging in good food without guilt and learning a lifetime of healthy habits.

Fares on the Nov. 29 Adventure of Your Life Caribbean cruise start at \$999 per person, double occupancy. Taxes, fees and port expenses are additional.

For more information, contact a travel professional, call 1-877-SAIL HAL (1-877-724-5425) or visit [hollandamerica.com](http://hollandamerica.com).

**Editor's note:** Photos are available at <https://www.cruiseimagelibrary.com/c/zjifdgvn>.

Find Holland America Line on [Twitter](#), [Facebook](#) and the [Holland America Blog](#). Access all social media outlets via the [Online Communities](#) quick link on the home page at [hollandamerica.com](http://hollandamerica.com).

**About Holland America Line [a division of Carnival Corporation and plc (NYSE: CCL and CUK)]**

Holland America Line's fleet of 14 ships offers more than 500 cruises to more than 400 ports in 98 countries, territories or dependencies around the world. From shorter getaways to 113-day itineraries, the company's cruises visit all seven continents, with highlights including Antarctica explorations, South America circumnavigations and exotic Australia/New Zealand and Asia voyages; four annual Grand Voyages; and popular sailings to the Caribbean, Alaska, Mexico, Canada & New England, Bermuda, Europe and the Panama Canal. The line welcomed *ms Koningsdam* in 2016 and has a second Pinnacle-class ship, *ms Nieuw Statendam*, to be delivered in December 2018. A third Pinnacle-class ship, due for delivery in 2021, recently was announced.

The company is undergoing \$300 million in brand enhancements to secure its position as the leader in premium cruising. Fleetwide, the ships feature innovative initiatives and a diverse range of enriching experiences focused on destination immersion and personalized travel. Guests can expand their knowledge through an exclusive partnership with *O, The Oprah Magazine*; during an America's Test Kitchen show; at Explorations Café presented by *The New York Times*; and by taking a Digital Workshop powered by Windows. Outstanding entertainment fills each evening at venues including Lincoln Center Stage, Billboard Onboard and B.B. King's Blues Club. The dining experience can be savored at a variety of restaurants with menus that feature selections from Holland America Line's esteemed Culinary Council, comprising world-famous chefs who design dishes exclusively for our guests.

**About *O, The Oprah Magazine***

*O, The Oprah Magazine* ([oprah.com/omagazine](http://oprah.com/omagazine)) encourages confident, intelligent women to reach for their dreams, express their individual style and make wise choices, guided by the values of one of the most charismatic women in the world, *O* editorial director Oprah Winfrey. With an emphasis on personal growth, the magazine inspires, addressing every aspect of a woman's life — the material, the intellectual and the emotional — and deeply connects with more than 18 million consumers every month (MRI Spring 2016, Comscore multi-platform, December 2016). From the moment it launched, *O, The Oprah Magazine* carved out a unique position in the marketplace and created an entirely new category in women's magazines, delivering the Live Your Best Life message through thoughtful, ever-evolving content and the trusted advice provided by well-known experts. Throughout the years, *O, The Oprah Magazine* has been recognized with the publishing industry's highest honor, winning multiple American Society of Magazine Editors (ASME) awards. Follow *O, The Oprah Magazine* on Twitter @O\_Magazine and Instagram at @OprahMagazine.

*O, The Oprah Magazine* is a co-venture between Harpo Print, LLC and Hearst Magazines, a unit of Hearst, one of the nation's largest diversified media and information companies. With 21 titles in the U.S., Hearst is the leading publisher of monthly magazines in terms of total paid circulation (AAM 2H 2016), reaching 77 million readers (Fall 2016 MRI/GfK) and 80 million site visitors each month (comScore), with a social media following of 117 million.

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