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IMPORTANT NOTE: All content on the Crazy for Me CD is commentary or opinion. This CD is not an attempt to give medical advice. The information on this CD is provided for educational and inspirational purposes only. It is not intended as a substitute for professional medical advice. Crazy-for-Me.info, Miss Inspiration Productions and Wambui Bahati assumes no responsibility for the use or misuse of this material.

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WAMBUI BAHATI

This spirited survivor rose to new heights when everyone around her felt her life as a productive citizen was over. After all, her doctors told her she would spend the rest of her life in and out of mental institutions.

When it seemed like her life couldn't get any worse, she decided she only had two options - she could either live, or she could die. Wambui Bahati chose to live. However, if she lived, she told herself it would be on her own terms.

For the past 10 years she has researched, studied and explored various "quality of life" altering strategies. Her mission was to find out how to have a life of joy, peace and fabulous health – the best life possible! This inspiring woman not only 'got up' when everyone thought she was 'out for the count', but rose to new heights and continues to soar.

Today, she shares inspiration, motivation, celebration and the strategies and techniques that were instrumental in her reclaiming and turning her life around. She reveals how she nurtures her mind, body, and spirit as she continues to re-invent herself. She reminds audiences of how wonderful and powerful they already are and about the God she found in her and the God that resides in each of us.

Today, her passion is "Reminding YOU of YOUR Magnificence."



Me in *Godspell* - my first Broadway show - and the show I was performing at Ford's Theater in DC when . . .



Mom and Dad in the 1950's. They even named me after my daddy.



"It wasn't until I got crazy for and about **me** that I was able to turn my life around." ~ Wambui



I am Addaperle, the Good Witch of the North in *The Wiz*. One of my many Broadway show tours.



Me in *Balancing Act*. Mama exclaimed, "A show about your mental illness?"

This CD represents the first in a series of *Crazy for Me™* products.



1. Crazy for Me 8:38
2. My Story 28:53
3. Priceless 18:03
4. What I Did 18:24