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Biobytes: Joanna Wasmuth

August 28, 2006

Joanna Wasmuth, 31, launched Harmony Coaching Group (www.harmonycoaching.com) last year to help people with chronic pain from injury or illness make a comeback in their lives. The former design and marketing consultant brings her 17-year experience of living with fibromyalgia to her job as a life coach and trainer. The Washington state native lives in Hillcrest with her husband. Her love for travel has taken her to more than 25 countries, and she has lived in five of them. The avid reader and author also enjoys discovering new wines and funky restaurants.



JOHN GIBBINS / Union-Tribune

RECOMMENDED WEB SITES

How Stuff Works

www.howstuffworks.com

I am very curious, always wondering how stuff works. This site is my first go-to source when I come across something I want to learn more about.

World Vision

www.worldvision.org

This is a great resource for learning about worldwide poverty-related issues and how individuals can make a difference. You can read about the current needs from the perspective of relief workers who are on the



front lines. What I really like is that it also tells you the positive stories about the difference your donations make.

Ancestry.com

www.ancestry.com

A few years ago, my husband and I got interested in tracking our genealogy. The first night we looked at this site, we found relatives we didn't know we had. That led to rich new relationships, including an ancestry research trip to Europe together.

How has technology helped you?

Mobile technology has played a dramatic role in helping me reinvent my life. My laptop frees me from having to sit at a desk, and enables me to work from the couch or bed (or poolside), if I need to. With the recent ease of tele-classes and readily available CD/DVD home-study courses, I've been able to really step up my professional and personal development from the comfort of my home.

■ For more information on Biobytes, e-mail personaltech@uniontrib.com.

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