



From Crisis to Cure:  
How Personalized  
Treatments Are  
Transforming  
Eating Disorder  
Recovery

A groundbreaking trial at UofL  
brings new possibilities for patients  
facing life-threatening disorders

Impact of Eating Disorders

Every 52 minutes, someone dies from an eating disorder. EDs have the second-highest psychiatric-related mortality rate, next to opioid addiction. ED imposes a \$391 billion cost due to healthcare, informal care, as well as losses in productivity, efficiency, and well-being, based on 2018-2019 data.

What are the Main Eating Disorders?

There are three major eating disorders, namely anorexia nervosa, bulimia nervosa, and binge eating disorder. Anorexia involves severe restriction of food intake, intense fear of weight gain, and dangerously low body weight. Bulimia consists of cycles of binge eating, followed by purging behaviors like vomiting, laxatives, and over-exercising. Binge eating is defined by repeated incidences of overeating without purging.

Treatment Gaps

Even though eating disorders take countless lives and create serious health and financial burdens, there are still no proven treatments for adults with anorexia nervosa (AN). Moreover, enhanced cognitive-behavior therapy (CBT-E), the leading treatment for bulimia and binge eating, only helps half of the people with these disorders.

The low response rate to treatment for eating disorders (EDs) is mainly due to a wide variation in symptoms, even among people with the same diagnosis. In other words, no two patients “look” quite like another person. Consequently, current "one-size-fits-all" treatments often fail to address these differences. As a result, clinicians must rely on their own judgement on which symptoms to focus on during treatment. However, their



“Why Eating Disorders are So Hard to Treat  
and How UofL Scientists are on the Verge  
of a Breakthrough Treatment”



WHEN

Monday, September 15, 2025  
5 – 7 p.m. EST  
Networking and Refreshments  
5 – 5:30 p.m.

LOCATION

University of Louisville Clinical &  
Translational Research Building  
Room 101/102  
505 South Hancock Street  
Louisville, KY 40202

REGISTRATION »

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judgment can be biased. Consequently, there is an urgent need for treatments that improve response rates to ensure treatment works for all patients with EDs. These treatments require both easy application and feasible expansion into the healthcare system so clinicians can use them to effectively treat ED.

Groundbreaking Personalized Treatment for Eating Disorders

The initial findings from a randomized controlled trial conducted by clinicians at the University of Louisville suggest that a groundbreaking, evidence-based, personalized treatment for ED (EBPT-ED) outperforms traditional enhanced cognitive-behavioral therapy (CBT-E) in improving treatment outcomes. EBPT-ED uses continuously collected data from each patient (e.g., heart rate, heart rate variability, stress levels, sleep patterns) to understand their specific challenges better. This advancement is significant because personalized treatment allows therapists to address the complex nature of eating disorders better. With a focus on contexts and triggers relevant to each patient, EBPT-ED offers hope for more (cont. on pg. 2)

What to Do in the Lou

- 9/9 Neighbor Night 7PM-9PM Old Louisville Brewery 625 W. Magnolia Ave 502.365.4886  
9/9 Star Trek: First Contact: Hollywood Classics Under the Stars 8PM Iroquois Amphitheater 1080 Amphitheater Rd.  
[www.iroquoisamphitheater.com](http://www.iroquoisamphitheater.com) \*Free  
9/10 Louisville Photo Biennial Reception & Keynote Speaker Sam Abell 5PM-8PM  
Speed Art Museum 2035 S. 3rd St. [www.speedmuseum.org](http://www.speedmuseum.org) \*Free  
9/10 Coffee & Connections 9AM-10:30AM Brew & Sip Coffee Bar 2860  
Packerland Way [www.nawbokentucky.org](http://www.nawbokentucky.org)  
9/10 The Connect Networking Event 6PM-8:30PM Hotel Genevieve 730 E. Market  
St. [www.posh.com](http://www.posh.com) \*Free  
9/11 Twilight Thursdays 4PM-8:30PM Churchill Downs 700 Central Ave  
[www.churchilldowns.com](http://www.churchilldowns.com)  
9/11 Magic for Adults: An Adult-Only Comedy Magic Show 8PM Louisville  
comedy Club 110 W. Main St. [www.louisvillecomedy.com](http://www.louisvillecomedy.com)  
9/12 Sunset Social: A Friday DJ Series 5PM High Stakes Rooftop Grill 710 E.  
Jefferson St. [www.highstakesrooftop.com](http://www.highstakesrooftop.com) \*Free  
9/12 Sunset Yoga 7PM-9PM Norton Commons Amphitheater 10920 Meeting St.  
Prospect, KY 502.653.7961  
9/12 MC Lyte: 1 of 1 Reflections of Lyte Tour 8PM Headliners Music Hall 1386  
Lexington Rd. [www.headlinerslouisville.com](http://www.headlinerslouisville.com)  
9/12 V-Groove at Derby City Gaming Downtown 8PM-11PM Derby City Gaming  
Downtown 401 W. Main St. 502.678.5600  
9/13 2025 Sista Strut Louisville 8AM Louisville Slugger Museum 103 N. Preston St.  
[www.sistastrut.org](http://www.sistastrut.org)  
9/13 Bourbon & Beyond 5K 8AM KY Fair & Expo Center 937 Phillips Lane  
[www.mayorthon502.com](http://www.mayorthon502.com)  
9/13 College Day at Churchill Downs 11:45AM Churchill Downs 700 Central Ave  
[www.ticketmaster.com](http://www.ticketmaster.com) \*Free w/college ID  
9/13 Cecil Day Block Party 12PM-6PM Cecil & Greenwood 502.389.9627  
9/13 Fantasia & Anthony Hamilton 8PM KFC Yum! Center 201 W. Main St. [www.ticketmaster.com](http://www.ticketmaster.com)  
9/14 Market at Mellwood 11AM-4PM Mellwood Art Center 1860 Mellwood Ave 812.989.0653  
9/14 Tyler Park Jazz Festival: Sundays in September 5PM-7PM Tyler Park 1363 Tyler Park Dr. [www.tylerpark.org](http://www.tylerpark.org) \*Free  
9/15 Eating Disorders & Breakthrough Treatment 5PM-7PM 505 S. Hancock St. <https://bit.ly/KnowledgeXchange>  
9/15 The Writers’ Room 6PM-9PM The Presley Post 734 W. Main St. Suite 106 502.916.2013 \*Free  
9/15-20 Legacy Week The Presley Post 734 W. Main St. [www.legacyweeklou.com](http://www.legacyweeklou.com)  
9/16 The Blend: Giving in Motion 6PM-9PM Dasha Barbour’s 217 E. Main St. <https://forms.gle/dWfN3RYpS1D2r1V6>  
9/18 9th Annual Smoketown Neighborhood Celebration 6PM 755 S. Hancock St. \*Free/family friendly

In This Week’s  
Issue!

- (Pg. 1) From Crisis to Cure: How  
Personalized Treatments Are Transforming  
Eating Disorder Recovery  
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Lentils and Peas  
  
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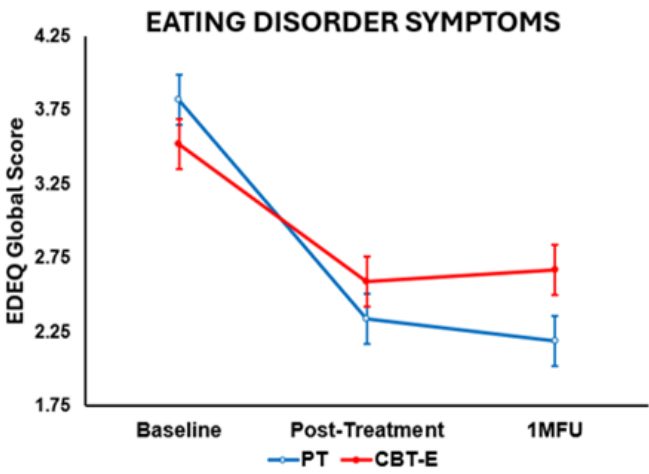
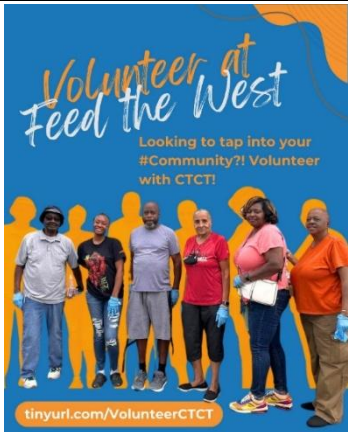


Paid Canvassing Opportunity

Change Today Change Tomorrow is offering a paid canvassing opportunity to make a difference in your community. CTCT is looking for outgoing, passionate people who love talking to people, being outside, and creating real change. You'll go door to door helping to spread the word about the West End Farmers Market and all the amazing work that CTCT does in the community.

You will receive a \$50 virtual gift card, training and support with no experience required while meeting new people and uplifting the community. All you need is good energy, reliability and willingness to speak up.

Sign up at [www.tinyurl.com/CTCTCanvas](http://www.tinyurl.com/CTCTCanvas) or contact [changetodaychangetomorrow@gmail.com](mailto:changetodaychangetomorrow@gmail.com).



(cont. from pg. 1) effective recovery pathways compared to conventional methods. The clinicians of precision ED include PI, Dr. Cheri A. Levinson, and Co-Is: Dr. Irina Vanzhula, Dr. Juan Hernandez.

Upcoming Knowledge Exchange Session

We're proud to feature Drs. Levinson, Vanzhula, and Hernandez, remarkable leaders of eating disorder research, will present their groundbreaking research at our upcoming Knowledge Exchange Session on September 15th, 5-7 pm, at UofL, 505 S. Hancock St, KY 40202.

They will share a TED Talk-style presentation to both scientists and community members on "Why Eating Disorders Are So Hard to Treat - and How UofL Scientists Are on the Verge of a Breakthrough Treatment".

Join us to shine light on new solutions <https://bit.ly/KnowledgeXchange>. Vendors & sponsors are welcome to make this an accessible and welcoming event for all attendees. Parking vouchers for our garage available upon request.

Date: Monday, Sept. 15 Time: 5-7 PM (Networking & Refreshments 5-5:30 pm)

Event Host: Dr. La Creis Kidd, Dr. Kelli Bullard Dunn, Dr. Shantoria Gonya, Rodriguez Holt, Cortney Britt

ABOUT THE SPEAKERS



Dr. Cheri Levinson - Licensed psychologist, clinical supervisor, and Full Professor at UofL in the Departments of Pediatrics and Psychological & Brain Sciences; Director at the Louisville Center for Eating Disorders.



Dr. Irina Vanzhula - Assistant Research Professor at the UofL Eating Anxiety Lab, currently leading a clinical trial on personalized eating disorder interventions.



Dr. Clarissa Ong - Assistant Professor in UofL's Department of Psychological & Brain Sciences and Director of the Process-Oriented Intervention Science Lab.



Editor: La Creis Kidd, PhD, MPH, Co-Coordinator of Community Engagement & Outreach

PICKUP LOCATIONS

- Xquisite Nutrition 2631 S 3rd Street
- Small Business Administrative 600 M. L. King Jr. Pl.
- Franco's 3300 Dixie Hwy
- Pocket Change 1510 Crums Lane
- Tim Pages 2922 Taylor Blvd
- AMPED 4425 Greenwood Ave
- KY AAHC 1701 W. Muhammad Ali Blvd
- Urban League 1535 W. Broadway
- AMPED RTBI 1219 W. Jefferson Street Suite 206
- Molo Village 1219 W. Jefferson Street Suite 204
- The Presley Post 734 W. Main Street Suite 106
- The Gruv 434 W. Market Street
- Rooftop Grill 414 W. Oak Street
- Southern Express Soul Food 418 W. Oak Street
- Roots 101: AA Museum 124 N. 1st Street
- House of Earlisious 4925 Poplar Level Road
- W.E.B. DuBois Academy 3901 Atkinson Square Drive
- SKS Accounting 812 Lyndon Lane
- D'Luxe Hair & Cuts 3707 Bardstown Road
- Russell Neighborhood Health Ctr 1425 W Broadway
- My Hub 2900 W. Broadway inside the NIA Ctr
- Nia Center 2900 W. Broadway
- Goodwill West Louisville 2820 W. Broadway
- Chestnut Street YMCA 930 W. Chestnut Street
- Republic Bank Foundation YMCA 1720 W. Broadway
- The Fish House & Grill 2124 W. Broadway
- Wing Station 2119 Crums Lane
- Hair La Flaire 1859 Berry Blvd
- Discount Tint & Auto 1857 Berry Blvd
- Wags Hair 801 W. Broadway
- Mahogany Salon 1860 Mellwood Ave
- Double Deuce 2529 W. Broadway
- Good Vibes Smoke Shop 2710 Rockford Lane
- Opportunity Corner 636 S. 18th Street
- Shawnee Library 3912 W. Broadway
- Bates Memorial Baptist Church 620 E. Lampton
- Southern Hospitality 3402 W. Broadway
- Black Jockey's Lounge 630 S. 4th Street
- Blak Koffee 1219 W. Jefferson St.
- G Starks Realty 1219 W. Jefferson Suite 107
- Smoketown Family Wellness Center 760 S. Hancock St. Suite B100
- Pro Nails 801 W. Broadway #2

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# Finding and Keeping Joy: A Daily Practice

Written by Ryan Gipson

Joy isn’t something we stumble upon—it’s something we cultivate. It begins with noticing the small wins in life: a warm cup of tea, a kind word, a moment of stillness. To find joy, we must first slow down and pay attention. Gratitude is its gateway. When we acknowledge what’s good—even in chaos—we create space for joy to grow.

Keeping joy requires intention. It’s choosing connection over isolation, movement over stagnation, and purpose over routine. Surround yourself with people who lift you, engage in work that aligns with your values, and protect your peace like it’s sacred. Joy doesn’t mean constant happiness—it means resilience, presence, and meaning. Even during rough times, joy can coexist with struggle. It’s not the absence of hardship, but the presence of hope. So plant it, nurture it, and let it grow—because joy, once rooted, becomes a force that carries you through.

Ryan Y Gipson  
Owner of Yaniks Essentials  
All natural skin care products  
yaniksessentials@gmail.com @yaniksessentials

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- 1 1/2 oz Rivulet Liqueur
- 1 oz bourbon
- 1/2 oz Campari

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Martini Glass

**Instructions:**  
Combine ingredients in shaker tin over ice. Shake and strain into martini glass.

**Garnish:**  
Orange peel  
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# Teaching Local History Can Help Prevent Youth Violence

Written by Donovan C. Taylor, MBA, JD

*"A people without the knowledge of their past history, origin and culture is like a tree without roots."* Marcus Garvey’s words remind us that history grounds identity, and identity grounds purpose. For young people, especially in communities facing cycles of violence, learning and understanding history is more than education — it is prevention.

Youth violence is often rooted in disconnection — from self, from community, from opportunity. Local history bridges those gaps. It provides context for present struggles, offering lessons from the past that can guide better decisions today. Understanding history helps young people avoid repeating generational mistakes and instead build upon the strengths, resilience, and triumphs of their communities.

Local history also teaches the origins of systemic injustices. By studying discriminatory practices like redlining, urban renewal, and biased policing, youth gain insight into the structural causes of poverty and violence. This knowledge empowers them to respond thoughtfully, perhaps by leading organizations much like the Student Non-Violent Coordinating Committee (SNCC) during the Civil Rights Movement — turning frustration into advocacy rather than conflict. Equally important, local history builds pride. When youth learn about their community’s landmarks, cultural contributions, and struggles for justice, they inherit a counter-narrative to stereotypes that devalue them. This sense of pride strengthens self-esteem and fuels civic engagement. Instead of feeling powerless, youth see themselves as leaders in a living story — capable of shaping safer, stronger futures.

History also forges bonds. A shared understanding of where a community has come from helps its members, young and old alike, unite around where it is going. Youth who feel connected to their neighborhoods are more likely to engage in positive, prosocial activities and less likely to resort to violence. Even culture today — music, media, and entertainment — can be reframed through historical understanding. While some argue current culture promotes negative behaviors, local history can highlight traditions of resilience, creativity, and collective action. These stories remind youth that their culture is not defined by outside stereotypes but by the rich legacy of their own people.

Family and community history, in particular, provide powerful reinforcement. Knowing the sacrifices and accomplishments of parents, grandparents, and ancestors gives young people a stronger sense of self, purpose, and responsibility. That grounding can help them resolve conflicts peacefully and make better choices.

Incorporating local history into schools, youth programs, and community spaces is not just educational enrichment — it is violence prevention. By rooting young people in their history, we nurture self-knowledge, pride, and responsibility, giving them the tools to grow into strong leaders and compassionate neighbors. Local history can be the grounding force that transforms cycles of violence into cycles of empowerment.

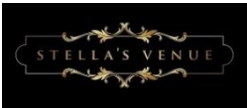
The West Louisville Neighborhoods History Tour was designed to share the great and varied history of the nine neighborhoods of the West End community in Louisville, Kentucky. Its mission is to expand knowledge of local history, strengthen appreciation for local landmarks and amenities, and increase civic engagement. For youth, the Tour provides more than education — it offers identity, pride, and connection. By walking through the history of their own neighborhoods, young people can see themselves as part of a powerful legacy and a promising future.

West Louisville youth can benefit greatly from the Tour and similar programs, which foster leadership, positive decision-making, and conflict resolution — all key ingredients in violence prevention. By investing in initiatives like the West Louisville Neighborhoods History Tour, we do more than preserve our past — we empower our youth and safeguard our future.



Donovan C. Taylor, MBA, JD [dctayloresq@gmail.com](mailto:dctayloresq@gmail.com)

*Donovan C. Taylor is a West End community native and resident committed to enhancing the area through collaborations with residents, community groups, businesses and other stakeholders. Graduate of Central High School, Florida A&M University (BS, MBA) and University of Kentucky College of Law (JD).*





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Healthy Recipes



Beans & Rice w/ Lentils and Peas

Serves: 3-4 Est. cost: \$4.10 Est. cost per serving: \$1.20



Ingredients:

- 1 ea 13oz can black beans, drained and rinsed
- 1 ea 13oz can dark kidney beans, drained and rinsed
- 1 ea 13 oz can peas, rinsed
- 1 ea 13 oz can lentils, rinsed
- 1 tsp cumin
- 1 tsp black pepper
- 1-2 bay leaves
- 1/4 cup onion, chopped OR 1 tbsp onion powder
- 1 ½ cups rice (basmati, white, brown)
- 4 cups water (or broth)
- 1 tsp paprika
- To taste, salt and pepper

Optional Toppings:

- Fresh squeeze of lime juice
- 1 tsp beef bouillon paste (1 cube)

Equipment: 1 large saucepan with lid, can opener, spoon, bowl, fork, strainer (optional),

Directions:

Lentils:

- Rinse your lentils with fresh water before boiling to remove any dust or debris.
- Cook on the stovetop, using 3 cups of liquid (such as water or stock) to 1 cup of dry lentils. Be sure to use a large enough saucepan as the lentils will double or triple in size.
- Bring to a boil, cover tightly, reduce the heat, and simmer until they are tender.
  - For whole lentils, the cook time is typically 15-20 minutes. For split red lentils, the cook time is typically only about 5-7 minutes. Be sure to season with salt after cooking. If salt is added before, the lentils will become tough.
  - Canned / Steammed lentils are also another great time saving option – just be sure to rinse them under fresh water for about one minute

Beans & Rice with Peas and Lentils:

- In a saucepan over medium-high heat, add 4 cups of water (or broth), cumin, onion, salt and pepper, and bay leaves.
- Add the black kidney beans, peas, and lentils. Mix well. Cook for 5-7 minutes.
- Reduce the heat to medium. Add rice and bouillon paste (optional).
- Allow it to cook for 10-12 minutes, stirring occasionally.
- Turn off the heat, take out the bay leaf, and set aside.
- Add paprika to the rice and fluff with a fork.
- Top with sauteed vegetables, walnut meat, or roasted corn. Enjoy!

Health Benefits:

**Kidney beans** are a wonderful source of trace minerals, especially manganese which is essential in energy production and defense against foreign invaders of the body, having strong antioxidant properties.

**Paprika** is the ground powder of a type of red pepper. It helps to improve flavor and contains the compounds capsicum (cap-sehkum) and beta carotene (beh-tah karo-teen) that provide vibrant color and health benefits like pain relief and heart protection

References:

- Recipe provided by LA Dixon, 2024
- How to cook Lentils: <https://www.lentils.org/recipes-cooking/how-to-cook-lentils/>

Horoscopes

**Aries 3/21-4/19** Your theme for the week is successful application of strength – or, more specifically, emotional fortitude. The King of Cups is a person of insight and is very emotionally balanced and in control. Receiving this card is a reminder to harness your emotional maturity as you deal with a curveball life has thrown at you recently. Your initial instinct may have been to repress any emotions you had about this situation. Conversely, you could have let your emotions get the best of you. This card is urging you to use your heart AND your head as you navigate this personal challenge.

**Taurus 4/20-5/20** You can run, but you can’t hide this week! The 7 of Swords acknowledges you may be trying to avoid or escape a situation you’re better off confronting head-on. Have you been putting off a tough conversation with a friend? Not yet ready to talk with your partner about where your relationship is headed? Are you letting professional tension build rather than dealing with it? Remember, dodging this issue won’t make it better. In fact, it could even make it worse. The time to deal with this matter is now.

**Gemini 5/21-6/20** Temperance is a card of balance and moderation. Receiving this card signifies a need to keep a more go-with-the-flow attitude, practicing patience and adaptability as best you can. Perhaps you’ve been resisting a change in your life or letting a stressful situation get the best of you. If this is the case, change your approach this week. Allow things to slide off your back instead of meeting them with resistance. By finding your inner balance, you set yourself up to find your outer balance once again.

**Cancer 6/21-7/22** Aren’t you quite the social butterfly? The Queen of Wands indicates that a charming and enthusiastic energy is overflowing from within you this week, and others won’t be able to help but take notice. In fact, you could find yourself smack dab in the center of the attention! This is the perfect time to put yourself out there, connect with others, and integrate yourself into a group of like-minded individuals. Don’t hold back – your enthusiasm could end up being contagious.

**Leo 7/23-8/22** The 2 of Cups recognizes that partnership is going to be center stage for you this week. This partnership could be of the romantic variety, or it might be a something you’ve built with a platonic or professional ally. Even though the relationship you have with this person is still in the early stages, it has the potential to grow into something that will benefit the both of you long-term. Spend time cultivating this relationship now, while also rejoicing in the fact that your combined forces and mutual admiration will take you both far.

**Virgo 8/23-9/22** It’s time to take a break from your everyday life! The Hermit is indicating that you may have a need to withdraw and reflect this week. It could be that you’ve been immersed in many new experiences or spent much of your time recently socializing. Now it is necessary to go for a walk in the forest, take a long bath, book a weekend getaway, or anything else that helps you disconnect from the outside world and reconnect with your inner world. Recharging your spiritual batteries will help you re-emerge with a renewed perspective.

**Libra 9/23-10/22** Victory is yours this week! The 6 of Wands is a card of resolution and honor. It’s indicating that not only have you worked hard and achieved your goals, but you’re starting to gain recognition because of them. Have you gotten praise from higher ups at your company for your efforts on a project? Have you put a new health regimen into place and others are taking notice? Soak it in. You may be inclined to brush off this kind of recognition, but now is not the time to bashful. It’s OK to be acknowledged for your achievements, so bask in this moment.

**Scorpio 10/23-11/21** Are your beliefs aligned with your actions in the world? Have you been making choices that reflect your highest self? That’s the question the Justice card wants you to ask yourself this week. This is especially important if you’re facing a major decision right now. What you do could have a long-lasting impact – either positive or negative – on both you and the people around you. Connect with your intuition and allow it to be the compass that leads you down the right path, so you can avoid unintended consequences down the road.

**Sagittarius 11/22-12/21** Everything is coming up roses in your domestic world this week! The 10 of Cups is a very positive card, signifying uplifting emotions and successful relationships. You may end up spending more quality time than usual with your family, or it’s possible you’ll see things blossom in matters of the heart. Take the time to look around you and give thanks for all the blessings that are coming your way. It’s not very often we get to float on cloud nine, so enjoy every second of it!

**Capricorn 12/22-1/19** The 8 of Swords is indicating that you are feeling trapped right now, believing there isn’t a way out of your current circumstances. This week you’re being called to question whether you’re truly stuck ... or if you’re simply in a prison of your own design. Insecurity, fear, and doubt are often feelings that keep us in situations far longer than we need to be. Examine this matter more closely. You may find that self-imposed limitations have been holding you back this entire time.

**Aquarius 1/20-2/18** Get ready to sit high upon your throne this week! The Queen of Swords is incredibly perceptive, embodying an intellectual sharpness and maturity that helps her tune out the noise of emotion and outside opinion. You could be facing a decision now or in the near future, and this card is serving as a reminder to rely on your logic and to look at all the facts before proceeding. You have an abundance of experience and wisdom that you can draw upon, so make sure to utilize it.

**Pisces 2/19-3/20** An opportunity could present itself to you this week, and the King of Wands is acknowledging that you have the strength and fortitude to accept it! Have you shied away from leadership roles in the past? Have you felt overwhelmed by taking on more responsibilities? Now is the time to stand firm in your power and own the visions you have. The key to success is becoming very clear about where you want to go and setting realistic goals that will help you get there. Go out there and grab the brass ring!

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