



## BUZZ McCARTHY

### Life Coach

Buzz McCarthy, Life Coach and Anthony Robbins trainer, recently returned from Tuscany where she ran a highly successful food experience.

Based at her villa "I Cinghiali" in the Garfagnana, one of Italy's better secrets where life is still lived according to ancient rites and

customs, the group blended an array of expert cooking classes with local markets, sight seeing, walking and eating/drinking at restaurants and bars selected using Buzz's 18 years of local knowledge. Same time next year (24 May - 3 June) for up to 8 adventurers or you can rent "I Cinghiali's" two spaces any other time.

Buzz has also written a book "Interlude with Wild Boars" on her experiences in Italy.

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