

Petrea King

Founder, Quest for Life Foundation

Petrea King has brought warmth, humour and wisdom to thousands of people since her unexpected recovery from leukemia in 1984.

A qualified naturopath, herbalist, homeopath, yoga and meditation teacher and counsellor, in 1990 Petrea established the Quest for Life Foundation - a registered charity to provide education and support for people living with illness, loss, grief and trauma. In 1998 she established the Quest for Life Centre, a guesthouse set on nine acres in the heart of Bundanoon, NSW where she helps others by counselling, facilitating support groups, running residential programs and lecturing widely on health and healing.



Petrea conducts programs around Australia and consults to professionals in every Australian state and territory. Her national reputation is aided by her positive and realistic approach to diet, health, healing, natural therapies and her ability to work in conjunction with medical staff and treatments.

"Real health is not just the absence of disease but a dynamic state of being in which our creativity, humour, spontaneity and self-confidence flow effortlessly in our lives" says Petrea King. How we can achieve that state, is what she talks about.

Petrea has been a regular guest with Richard Glover on ABC 702 and an occasional guest with Christopher Lawrence on Radio National. In 1992 a joint Channel 4/ABC documentary was made of her work called *Quest for Life - A Year With Petrea King*. Her other media work includes numerous television appearances, radio interviews and newspapers and magazines articles.

In 1993 Petrea was awarded the Advance Australia Award for her contribution to the community and in 1998 received the Vocational Service Award from the Rotary clubs of the Southern Highlands.

She is the author of the best-selling books, *Quest for Life*, *Spirited Women*, *Sometimes Hearts Have to Break* and *Your Life Matters*. She has produced over fifteen relaxation and meditation tapes.

Petrea King talks about:

Petrea's Peace of Mind - The Four C's Workshop examines how achieving inner peace is not a passive wishy-washy state of acceptance, but a dynamic state in which individuals feel fully alive and able to embrace each new moment, regardless of how challenging it might be.

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