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About Shea Vaughn: A personal trainer for Oprah executives, Chicago Bear teammates, and every so often, her own son, Vaughn has made her mark as a profes

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Breakthrough by Shea Vaughn (yes, she is actor Vince Vaughn's mother) is fittingly dedicated to the breakthroughs that allow us to find the most relevant and

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Shea vaughn | keeping fit

Vince Vaughn's mom, Shea Vaughn, She s also Vince Vaughn s mom. This month, Shea is launching her book Breakthrough: The 5 Living Principles to Defeat Stress,

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Shea Vaughn's approach to wellness is based on what she calls the Five Living Principle's. The following is from her website, Sheanetics: The Five Living Principles

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Shea Vaughn is the mother of actor Vince Vaughn. At 69-years-old, she is a certified personal trainer to Chicago Bear football players, Oprah executives, and hundreds

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