



ANGELINA MUSIK PRESENTS THE

ENTERPRISING

Women's Project

EnterprisingWomensProject.com



**Awarded Twice by the U.S.
Small Business Administration**

"Learn from and be inspired by the backstories, businesses and insights from these enterprising women I have come to know, like, and trust, so that you may too!" Angelina Musik



As seen in...

Entrepreneur
MAGAZINE
UNITED
Hemispheres
MOMPRENEURS
Portland
PHOENIX
SCOTTSDALE

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For media inquiries and permission requests, contact Angelina Musik, 480-440-4740;
Angelina@EnterprisingWomensProject.com/AngelinaMusik@Gmail.com

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<https://WellnessbyChoice.com>
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<https://EnterprisingWomensBook.com>
<https://BusinessWomenNews.com>



Support this project, or join me, as I continue to bring together 100 Enterprising Women of Integrity to raise the standard on how to excel as a trustworthy woman in business.

Over time, the women in this book I have personally come to know, like and trust so that you may too! Many I've met in person you will see in our included road tour photos.

Enjoy reading and learning from their backstories why they started their business, how what they offer matters, what clients say about them, and learn from their 'did you know' insights to bust some myths, or fill in the gaps of what you may not know, or have an incomplete understanding of.

These women are a resource for your benefit. Please reach out to them for expertise, products or services, and share this with someone you know.

Book these niche experts to interview, speak or teach at your organization.



Angelina Musik

Awarded Twice by the U.S. SBA, 1 of the first 10 female web tech CEOs, Creator of the Enterprising Women's Project, MOMtrepreneurs & Business Women News Network, Wellness by Choice Network. (Txt/Call Angelina at [480-440-4740](tel:480-440-4740))

THE ROAD TOUR



Angelina and husband Daniel



Sanger, CA (2019)

(2020)

Sanger, CA (2022)



Lakewood, WA (2019)

(2020)

San Diego, CA (2019)

(2020)

New York City (2020)

Reno, NV (2019)



San Antonio, TX (2021)

(2020)

San Antonio (2020)

Watauga Falls, TX (2022)

(2020)

Reno, NV, (2021)

(2020)



Portland, OR (2019)

Portland (2020)

Portland, OR (2022)



(2020)

Phoenix, AZ (2023)

Palm Desert, CA (2019)

(2020)



Phoenix, AZ (2019)

(2020)

Phoenix (2021)

(NYFW 2022)



New York (2020)



(2020)

New York City (2020)

Reno, NV (2019)



(2020)

(2020)

(2020)

(2020)



WHAT WOMEN SAY WHO

*Much gratitude to Angelina for this incredible opportunity. Thanks to her I now have clients all over the US, Canada and I just got my first client in Eastern Europe today! ** My experience of Angelina has been lovely and unexpected! Her commitment to really assist people with their professional goals is unique and rare. She is entertaining, warm, approachable, and fun to work with and exudes creativity with genuine concern. ** What better way to use our skills and our gifts than to be surrounded by other professionals that can help you get down the path of your greater good. ** When Angelina invited me to participate, without hesitation I said "Yes"!! I am so very excited, honored, and deeply humbled to participate with an amazing group of authentic, genuine, and the "real deal" women who are ready to lead, enrich, and empower others to make a difference in their lives and create more well-being in the world. ** W.O.W. The Enterprising Woman's Project has so many fantastic ladies with special gifts to share! I understand your search continues as you are striving to include 100 women! J.O.Y. fills my heart to be included in this esteemed collective of enterprising women! ** Thank you for all your hard work! THIS is an amazing group of authentic, genuine, and "real deal" women ready to lead, enrich, and empower others to make a difference and create more well-being in the world*

*** The Enterprising Women's Project is a group of soul driven, authentic, powerful and purposeful women who, like me, want to help others feel empowered and connected to their own passion and purpose, and be able to trust the integrity of this vetted group. ** I joined this project to be a part of collaborations with other women, who, like me, want to help educate, guide, and empower women to take back control of their health and happiness one choice, one action and one reaction at a time. Together we are committed to helping women succeed in their businesses at the highest level with integrity ** These women entrepreneurs are great at creating empathetic connections which is critical in this day and age in life and in business ** Angelina, thank you for all your diligent work and resilience throughout our navigating COVID, before and after! We are strong, resilient warriors who will persevere and shine!*

ARE IN THE PROJECT

*I am so grateful to be surrounded by these beautiful and amazing friends as we journey together toward our aspirations! ** With Angelina, I felt that we absolutely aligned. She's very intentional and on purpose. She vets you and spends the time to get to know you to ensure that you are valuable to her people who trust her. ** I found a safe place to share my strengths and weaknesses I needed help without the slightest hint of judgment and with guidance to help me shape my message with confidence. Sharing it has been a joy and relief! I'm no longer alone to figure 'things' out!*

*** Angelina it's such a honor to be in this book with you and all these amazing women thanks again for believing in me!*

*** This project has been a blessing from God. I am eternally grateful He has brought us together. I'm excited for the future of this project and all the ladies in it! ** I'm excited to be part of the Enterprising Women's Project with some pretty incredible women entrepreneurs who offer a wide variety of products and services with authenticity and integrity. ** I'm so grateful to be part of Angelina' vision to bring women to the forefront because authentic people are sometimes drowned out by predators and that's why the project comes about! ** I've been looking for creative ways to grow my business to new heights. The universe sent me Angelina. Once I met this dynamic woman I jumped right in! The more I interact with her, the more that it has solidified my belief that this is the right platform to have my vision come to life. ** Angelina has great personal, professional, and financial commitment in helping women grow their businesses. Her passion is simply contagious! ** First of all, I was really inspired by Angelina. I'm super excited to participate in Angelina's Enterprising Women's Project because she has hand-picked people with a track record of integrity who has the values of wanting to help people. ** Looking back on my life, the times I've really made great strides, experienced real change, and achieved positive growth is when I've stepped out of my comfort zone to play bigger. THIS IS THE BIGGER I'VE BEEN LOOKING FOR AND I'M READY TO SOAR!*

the CREATOR + the PROJECT's BACKSTORY



After a fifteen-year sabbatical from a traumatic brain injury, I felt it was time for a reboot and once again start marketing trustworthy women in business.

Hi! I'm Angelina Musik. I founded MOMtrepreneurs in 1990 while owning and running a state registered home childcare around raising my kids. Then in the mid-90s, I segued to fund my Christian Pop Album out of the profits of my Heavenly Help Cleaning and Organizing Business, while coaching clients in life and business.

In 1999, entrepreneurship helped me fund fleeing a domestic violent marriage from TX to WA state with two kids. Through the support of the WA State YWCA & WorkFirst program, I continued to teach myself web technology and programming, a skillset I had started teaching myself a couple of years earlier. At thirty-three years old, while in hiding with my two kids from my eventual ex, I became a cofounder of a media, marketing, and web technology company with my now husband of twenty-five years, Daniel. We'd build one of the first designs of the UPS tracking system, custom portals for Fortune 100 companies, and hired as 'out of the box' geeks until we decided no longer.

Instead, we are passionate about helping small business owners as that's who we had been prior to meeting in our own micro-enterprises. First we'd move back to Texas to search, find and win back custody of my two kids. Though we succeeded they were never the same again. I was thirty-five. I didn't understand that my kids needed me more as an accessible mom than as a workaholic awarded MOMtrepreneurs' success story. Plenty of regrets!

In 2002 I was promoting enterprising women through my MOMtrepreneurs TV show, radio show, events, expos, and print. This effective multi-platform dance fueled many of my education-based business development and marketing makeovers. Two weeks after being awarded by the U.S. SBA in 2004, a phone call from Mark Burnett Productions extended an invitation to consider becoming a contestant on the Apprentice TV Show, Season 3 'Books Smarts vs Street Smarts'.



Five days before filming I was hit by a truck from behind and suffered a traumatic brain injury. I mistook cerebral spinal fluid dripping from my nose as allergies until a neurologist recommended inducing a coma to reduce brain swelling. I finally understood how bad it was!

I couldn't function professionally anymore. The absence of recognizing faces to forgetting names of people I knew to flipping words around. I could no longer driving due to my PTSD I still struggle with today.

In 2005, I'd also decline an invitation to be a judge on Simon Cowell's American Inventor TV Show, after having retired "the Angelina TV Show" on PAXTV and my "My Believe and Achieve" Radio Show on KSLR. I withdrew from everything. Years would go by as I learned how to heal my brain. I'd worked quietly withdrawn from the world. These challenges would pale in comparison to the death of my 31-year-old son Chris January 5th, 2021 from ignored kidney stone symptoms.

Fall 2012, Wellness by Choice was innovated as a response to patients who shared traumatic outcomes from trusting the wrong products or practitioners. These web tech strategies I'd apply to create MOMtrepreneurs 2.0, a nationally syndicated Business Women News Network.

February 2018, Daniel and I started RVing full time to meet hand-picked entrepreneurs participating in the Wellness by Choice project, and then in 2019 I started meeting women in business face to face to start promoting them for the Enterprising Women's Project.

March 2020, our first full page ad on page 23 of Entrepreneur Magazine would introduce these two projects. Announce our first Wellness by Choice Expo and Enterprising Women's Conference that September 2020, at the Phoenix Convention Center! Alas, the COVID shutdown! Since being resilience in tough times is key, I continued to promote and recognize these amazing women additionally in Jun-Nov 2020 Issues of Phoenix Magazine, 2022 Scottsdale Magazine, 2023 Dallas Magazine; 2023 United Airlines Inflight 'Hemispheres' Magazine.

The Enterprising Women's Project's goal is to recognize and promote 100 enterprising women of integrity and resilience I've come to know, like and trust so that you may as well. Enjoy their free gifts in this book and reach out to learn, engage, hire, book and support them!

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"My Wellness, by Choice as an Enterprising Woman"



Born to a teenage mom, in München, Germany, at three years old my military stepdad from Guam joined us which changed my life forever.

Unaware of their cultural incompatibility, my parents' request to clean my room each defined differently. To cope, I learned at a very young to how compartmentalize, reframe, and master strategy for 'good'.

Being raised by a military dad meant I was trained on emotional deflection and reframing to grow my resilience, patience, understanding, curiosity, and confidence on how to observe then interact with others.

In the 1970s, being bullied for having a brown dad and speaking with a German accent while attending a U.S. base school was painful.

Mom's well intended boiled eggs provided me with sulfate breath which repelled kids to play with. One day forgotten eggs in a bag hanging under my sweater by a vent caused a school evacuation!

After working at the Army hospital, dad also managed the base movie theatre. THIS became my sanctuary. Here I'd transform my accent, behavior, envision and design my future self. I became fascinated how a single message from a stage impacted the emotions of its audience.

I was fourteen when we left Germany for Ft. Sam in San Antonio, Texas. Still a fish out of water, one day I saw a casting call for 'Dames at Sea'. Having never auditioned for a musical I proceeded with my MO (mode of operation) in life. Watch, learn, mimic, adjust, and repeat.

From the back of the theatre, to understand the process, I observed those auditioning before me. Hand sheet music to a pianist, sing and be questioned by panel behind a table. How hard could this be?

It's now my turn! Instead of being nervous I was curious. Confident in my 'what if' mode. The pianist asked for sheet music and the director asked me to sing one of the songs in the musical. Oops, I didn't know!

THEN, jaws dropped in awkward disbelief, with toes tapping under the table, as I boldly sang a Capella ABBA's song "Take a Chance on Me"!

IF PAIN IN MY LIFE CAN HELP REDUCE A TEAR IN YOUR EYE OR AN ACHE IN YOUR HEART IT IS WORTH IT

Today is December 5th, 2023. In one month, I will recognize another year of my son Chris having died at 31 years old on January 5th, 2021.

Good grief! No words to share the plethora of emotions. Has having mastered how to reframe emotions helped or hurt me in this journey?

None of what I have achieved in life and business matters in moments like these. I'm forced to ask myself what to do with THIS. Now what?

I thought we were past COVID. Then I got text messages from my seventy-seven-year-old mom and aunt, who I saw five days ago. They tested positive. I texted them, "Put on your body that wellness patch I gave you to prevent this while being airline travelers back home!"

Why don't we listen when people try to guide us, where don't I listen?

I designed this book for my Enterprising Women's Project and am producing my Wellness by Choice Book, Network and GPT to become a corpus over time to guide myself and others, with the help of experts, for those moments we are seeking, open to listening and applying.

Imperfect yet trustworthy resources we can go to when in need, and with the assistance of AI, like an 'ol fashion librarian who used to help us when we couldn't find what we were looking for in the index cards.

During different ages of my growing up, I was taught guidelines or imprinted with three cultures. German, Guamanian and American.

Nature vs. Nurture. My husband Daniel, a late in life diagnosed with highly functioning Asperger, recently tells me that I'm probably on the spectrum too. Originally, we assumed that while he was born with it, I was probably environmentally influenced growing up as a coping tool.

What's the difference between being stubborn and fixated, or how one manages emotions navigating challenges in life? I prefer being committed demonstrated through actions. Clifton's Strengthsfinder says my top strength, beyond futurist and strategy, is responsibility.

Wellness by Choice was birthed from a sense of duty. A commitment to apply innovative methods to distribute useful information by experts I'd come to know and trust to help others learn how to live well.

The Enterprising Women's Book Project and Business Women News Network now launches similarly to help reduce the pain and improve the journey of entrepreneurship for women. Read, learn, and apply insights by these trustworthy women who can nudge you closer to the destination you have envisioned for yourself, and those you love.

DID YOU KNOW

The words we wake up to daily impact the trajectory of relationships we treasure, desire to attract and cultivate, and can also repel mightily. What echoes from our minds, hearts and from our mouth sets the pathway of our future self for that next moment, hour, day, week, or month. Accumulative for that year, and even decades going forward.

Having a poker face can work to your authentic advantage. Limited emotional expressions. How many overly enthusiastic people have disappointed you who were politely positive yet not honest? Between playing poker growing up and dad's military training, part of his discipline at home was challenging us on how to strengthen our B.S. meter.

O-nus pro-ban-di is the obligation to prove an assertion or allegation that one makes, the burden of proof. I try to lead by evidence, and my examples will include mistakes. One day a childhood friend pointed out minnows in a creek. I said, "I think these are the little fish I eat for breakfast or as a snack?" and they responded with, "Prove it!". I went home and opened the fridge, and showed the 'manahak' from Guam.

To spreadsheet one's goals and future self invites the analysis of timelines, resources, and percentages of success. This helicopter view displays the competence of what's possible by detailing and associating the data to outcomes. This nurtures confidence on what's probable at different scales. Feedback from a trusted source is vital as we're 100% wrong 50% of the time. Test, refine and duplicate for all of your ideas.

It's a really good decision to reflect and learn from history to avoid repeating the negative consequences already experienced from it. Simply put, the next time you see dog crap in the grass don't just change your shoes and still step in it, change your path to avoid it unless you are hopelessly devoted to the familiarity of it! No, Not I!

When I learn from those who have gone before me, I work harder on myself to pass that experience to the next generation. I hope to go above and beyond what's minimally required, imperfectly as I am at times. I pay attention to new discoveries with eyes wide open to try and become a pillar of hope, inspiration, instruction and wisdom.

NEXT STEP

Schedule a Complimentary Discovery Call.



Angelina Musik

Founder, Wellness by Choice

WellnessbyChoice.com

Enterprising Women's Project

EnterprisingWomensProject.com

Click to TXT/Call 480-440-4740

LinkedIn.com/in/AngelinaMusik





"The Choices You Make in Words Matter"

Growing up, I had dreams of becoming a writer. My desire grew stronger as I got closer to retiring. I couldn't wait to begin my writing journey.

Telling people's stories through writing is now what gets me up in the morning. To help lift them up and make them shine.

What inspires me as a writer is getting to know my subject through an interview process which provides me with insights on how to best articulate, communicate and share their stories through my words.

The choices you make in words matter as there are many different elements to our words. Listening, speaking and body language reveal and are important aspects of word usage. Words are everywhere!

What attitude are you portraying when you talk or write? Considering how your message will be received in the end helps you decide which words to use. Being positive or negative can be the deciding factor in how someone responds to you, or not.

What you write or speak can be powerful, exciting, encouraging, or can break a person. Words can hurt or be a beacon of hope for a person.

Motivate, ask questions, debate, and have stimulating conversations. Words that matter will go a long way in making you either fail or shine.

The choice is yours. Go forth and be the exception. My dream as a writer has been realized as a poet and through stories I write about individuals who I lift up and make them shine.

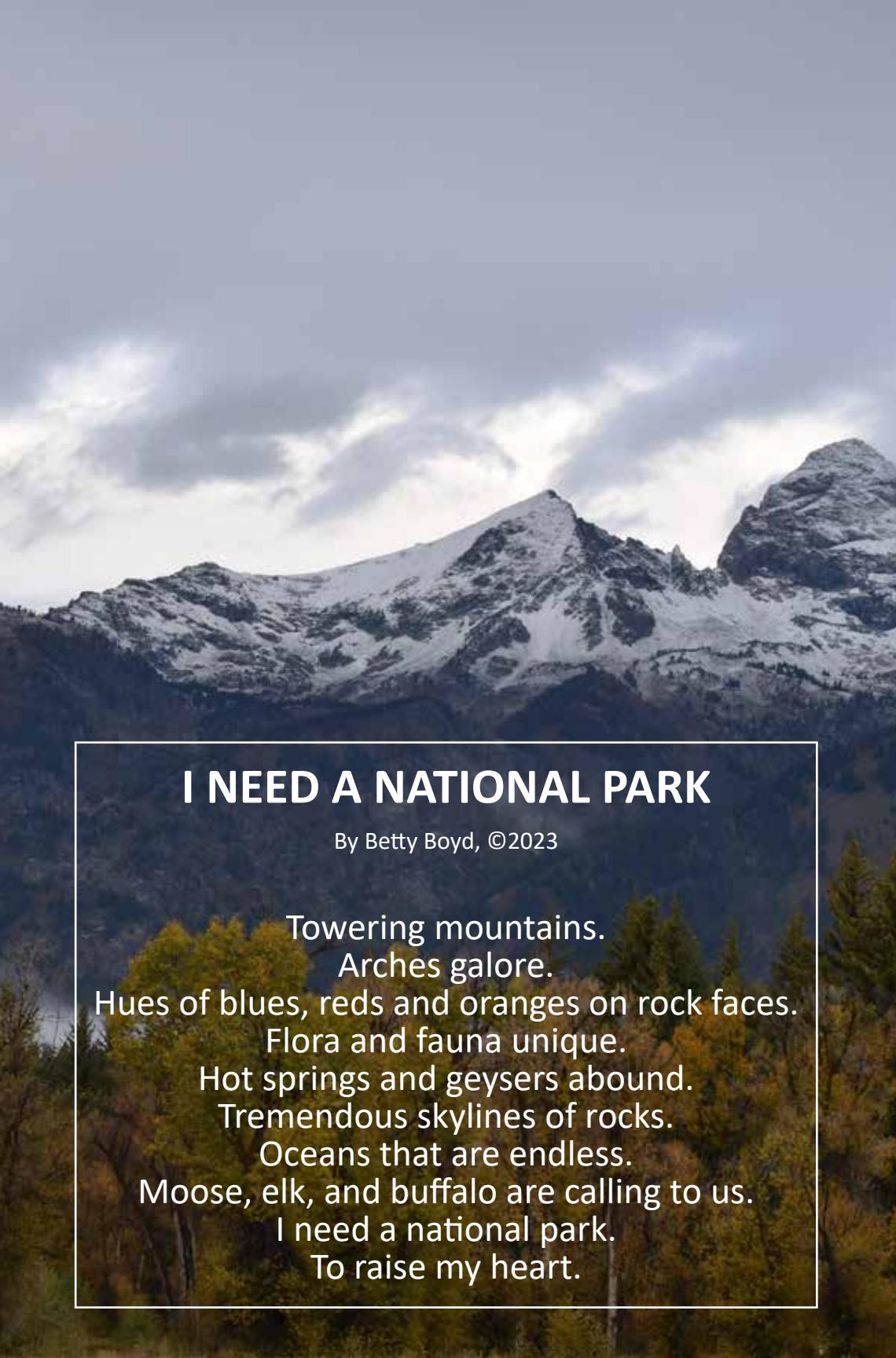
WORDS

By Betty Boyd, ©2023

Words can be light
Words can be heavy
Words can be disregarding
Words can be loving
Words can be encouraging
Words can be all these things and more
All words matter
My words to God matters the most

What words matter most to you?

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I NEED A NATIONAL PARK

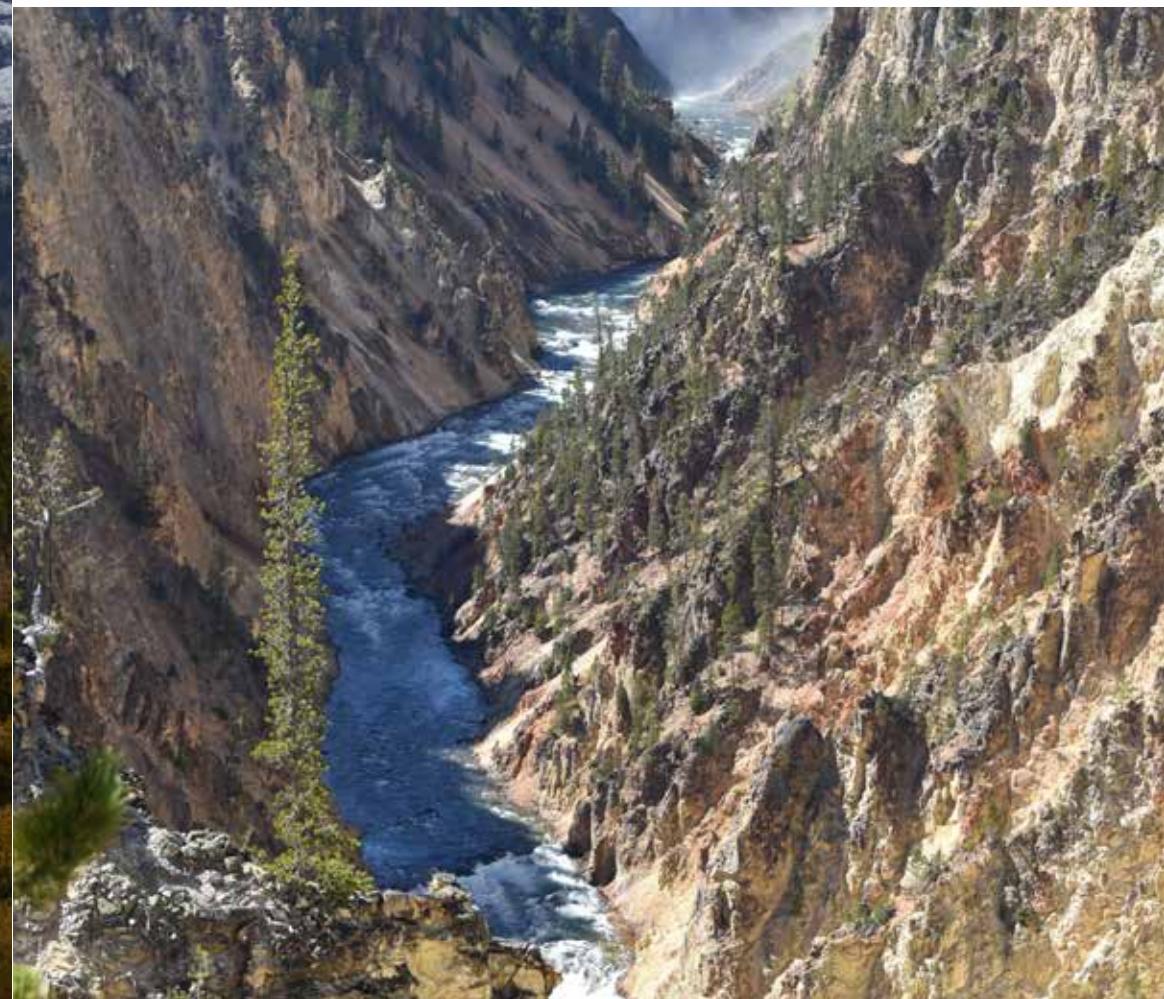
By Betty Boyd, ©2023

Towering mountains.
Arches galore.
Hues of blues, reds and oranges on rock faces.
Flora and fauna unique.
Hot springs and geysers abound.
Tremendous skylines of rocks.
Oceans that are endless.
Moose, elk, and buffalo are calling to us.
I need a national park.
To raise my heart.

THE WATER'S EDGE

By Betty Boyd, ©2023

Look beyond and what do you see?
The trickle of a stream.
The lapping of the tide on the shore.
The majestic view of an ocean.
All on the water's edge.
Do I dip my toe?
Do I go head first?
Do I go all in?
The choices are vast.
Just as vast as the water's edge.





"Awaken the Hero Within Me"

I was born in a small town in Mexico called Camargo. In 1963 my family moved to San Bernardino, California. I grew up with strong family values and lots of love, as my mom stayed home while dad worked.

In 1980, one year after graduating from Cal Poly Pomona University with a Bachelor of Science in Business Administration, I married the man who won my heart and was excited to start my new life.

Things went well for about six months, and then sideways after an overwhelming incident in one our exchanges which broke my heart.

Two years into our marriage the first of four sons was born. I quit my job. Following my mother's footsteps became a stay-at-home mom.

This decision to stay home catapulted our marriage into a chain reaction of unhealthy behaviors for the next 28 years. I lived in denial of my circumstances, and that I'd become my husband's sugar mama.

Despite the misery, desperation, and hopelessness in our unhealthy marriage, I chose to home school our four sons through high school.

In 2013, I made the decision to invest in myself earning a certification as a Master Trainer of Neuro Linguistic Programming. THIS tremendously changed my life 180 degrees. I rediscovered my strength and awoke my personal power as a woman, mom, wife and inner hero.

After a couple months of my teenage sons witnessing my transformation they too started standing up to their dad with the courage and confidence of their mom being strong enough to help back them up.

Throughout this journey I learned lessons about living and succeeding on healthier terms. To me, success is about living a truly committed purposeful life. If I want something bad enough I do what's required.

In life you can either find an excuse or find a way. I found a way. I now help other women do the same. Do you want this bad enough too?

Together let's awaken the greatness of your heart and hero within!

Mind Transformation Coaching and Training

Let's Awaken the Greatness of Your Heart and Hero Within!

My marriage journey has been a blessing in disguise. In the beginning, I assumed I could handle anything in it as long as I followed the example of my parent's marriage. They must have known what they were doing after twenty-eight years. What else would I need to succeed?

I needed a new blueprint as those beliefs led me to live a nightmare!

Endless hardships in marriage left me feeling unloved and betrayed. My approach of being more loving in hopes of gaining my husband's acceptance backfired. Instead, I was met with even MORE criticism, demands and rejection which devastated my self-worth and my health.

Determined, I told God, "I will do whatever it takes to have a happy family." I cried out to Him, many times, asking for the strength and understanding on how to make my marriage and family flourish.

Trusting God with my life and marriage, my mantra became, "Let me not become tired in doing good, for in due time I will be rewarded, if I do not lose heart." Galatians 6:9

My mistake is that I assumed that my childhood experiences and parental role models were healthy. I followed a mother who lacked self-respect. If I cannot respect myself how I can expect my husband to? These devastating realizations awoke my heart, mind and soul!

What fueled my commitment to change was creating a healthier me as a healthier role model to my four sons, and home! First, I learned how to be more heart-centered and accepting of how God sees me. In time, I declared, "I'm truly free to be me!" That feels REALLY GOOD!

Wanting to share this transformational process with other women I created my six months to 'Awaken The Hero Within Me' program.

My seven-step signature program consists of personalized 1-on-1 sessions which guide you through a journey of self-awareness, acceptance, and transformation. From how your childhood role models and life experiences built and nurture your blueprint, which forms your current choices and outcomes, to how you can change it NOW!

It's time to invest in how to create the next best version of yourself.
To experience the calmness and clarity of mind that only a healed and heart-centered belief system and life, with maturity, can bring you?

Let's experience the clarity of your individuality as a confident woman who gives and receives respect and appreciation of a life well lived.

Let's Awaken the Greatness of Your Heart and the Hero Within.

AWAKEN THE HERO WITHIN ME

Irene Salazar



Concierge Coaching through a Highly Personalized Journey
of Awareness, Acceptance, and Personal Transformation.

IreneSalazar.com



The 5 Steps to Accessing Your Heart Intelligence

1. Strengthen Your Intuitive Heart + Brain Connection
2. Relax And Allow + Breathing
3. Discover & Accept Your Full Potential + Optimize
4. Awaken Your Heart's Intelligence + Strength
5. Live in Authentic Love, Joy, Peace + Gratefulness

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FREE GIFT FROM IRENE



Irene Salazar
IreneSalazar.com
Irene@IreneSalazar.com
Click to Text: (559) 709-1000
Linkedin.com/in/IrenePSalazar/
FB.com/irenesalazarlifecoach
Instagram.com/ireneesalazar/

WHAT OTHERS SAY



"I'd been struggling with personal anger, irritation at work coupled with sadness and loneliness in my marriage. I was attracted to Irene because she was the result of her own product. With Irene I felt safe. I loved her ability to listen to me intuitively as a compassionate, and strong coach. She changed my life forever. I now enjoy work; my husband and children love who I have become. I feel incredibly grateful to be a master of my emotions and my life!"

Dr. Lee Thao, PharmD.



"When I first started working with Irene, sharing my story of sexual abuse with others was a scary thought. I was determined to overcome this fear. After 2 weeks I experienced a dramatic change. Shared my story on social media. Irene taught me how to offer the same transformational tools I had experienced with her to others. Today, my history no longer haunts me. I am a happier person, mother and I'm seeing major results in my business because I invested in help through Irene!"

Angela Turpin, Transformational Coach



"I chose to work with Irene because I trusted and believed in her abilities. I come from royalty in Sweden. Everything that happened in my family was kept behind closed doors. Throughout my life, I chose to bury and pretend my life was great; that I was strong and powerful. I worked hard and loved even harder. Working with Irene required everything of me."

"I had to face all my hidden fears, abuses, limiting beliefs, and blocks. Today I have found My Hero within me that has put me back on my journey stronger, more fierce, free, and more powerful than I thought possible. Irene has transformed my life! Now, it is my time. The rest of my journey is waiting for me and I have Irene to thank for it!"

Nathalie Herrey, Mastermind Coach

DID YOU KNOW

We must guard our hearts as our beliefs & actions flow from it.
The heart is our inner core – our thoughts, feelings, desires, will, and choices are expressed through it. Pay attention and be mindful whenever an experience creates movement in your heart.

The difference between the movement in our hearts and emotions.
When our heart is moved from an experience, emotion is expressed. Sometimes that expressed emotion is based on a collection of filtered perceptions and around that which we believe, even if it's not true.

Emotions are an outward expression communicating how we feel.
Our perceptions of the world around us are a cumulative reflection of our inner thoughts, feelings and beliefs. We unconsciously project all of our unresolved stuff onto other people. We repress stuff in our minds, which we find hard to cope with – this 'stuff' is made up of beliefs and ideas, emotions and feelings about ourselves and about other people and the world. So, what we perceive in others whether we like it or not, is our own projection.

Our beliefs are powerful.

Do you believe that only saying positive affirmations will change you? I believe that change happens when thoughts are in alignment with the emotional state of the body. You can think "I am fearless" until you are blue in the face yet if it's fear you are actually feeling, the thought "I am fearless" cannot make it past your brain stem. Learning how to signal your nervous system into a new specific destiny includes a shift in philosophy, attitudes and behavior. With this I can help.

Attaining coherence in our hearts improves our health.

Heart coherence benefits us in numerous ways: lowering our blood pressure, improving the nervous system and hormonal balance, and improving brain functions. When you can maintain elevated emotional states, independent of the conditions of your external environment, you can gain access to the kind of high-level intuition that fosters a better understanding of yourself and others. This benefit may help reduce, prevent or replace stressful patterns in your life with joy.

NEXT STEP

Schedule a Complimentary Discovery Call.



Irene Salazar

IreneSalazar.com

Irene@IreneSalazar.com

Click to Text: (559) 709-1000

Linkedin.com/in/IrenePSalazar/

FB.com/irenesalazarlifecoach

Instagram.com/ireneesalazar/





CINDY GALVIN



"Got an itch to do something different?"

This is the story of a Midwestern girl who grew up outside Chicago. In my '50s I walked away from a lucrative position in the energy trading industry knowing it was time to change. I was unaware how this decision would ignite an incredible journey that would lead me to the fulfilling and rewarding career I have today.

This personal and professional journey would reunite me with an idea and passion I first had decades earlier to help others achieve.

My professional life was already interesting. At 29 years old I was asked to help launch a nuclear fuel brokerage business. It was a perfect fit for a Midwestern girl who grew up outside Chicago with a love of science and a desire to travel internationally.

This singular opportunity taught me the fundamentals on how to build a successful, global business I have used repeatedly since then.

Traveling the world for this business was fascinating yet what inspired me most was realizing how similar we are when facing career and life decisions, regardless of our background, position or culture.

I felt drawn to help people learn how to design and execute strategies to cope with stress and fatigue, how to manage teams or change their career for something more fulfilling though unsure of what that was.

Starting over later in life was different from 20 years earlier. I invested in programs that promised a lot and failed to deliver. I wanted better!

This motivated me to create my own program and method to kick start change leveraging my diverse background as investigative reporter, broker, global executive and business owner.

The experience led to my first book, 'More to Give-Stepping into your new life at any age', and to my business of helping clients live happier and more fulfilling lives.

If you've ever had the itch to do something different in your 40s, 50s, 60s, or 70s, I'm here to help you design and navigate that journey.

DO YOU HAVE THE ITCH TO DO SOMETHING DIFFERENT?

How would YOU like to look forward to waking up every day feeling alive, inspired and purposeful because you're doing what you have already been prepared for to achieve in your next season in life?

Anyone who's reached a crossroads in life where they feel prompted to do something different in search of help getting there, I am here.

My clients may question the sanity of leaving a secure position or struggle with the perceived loss of social status by giving up their title or job, or fear failure and worry they may be too old to change.

Some no longer know what their life purpose is yet desire fulfillment. The difference between my clients' success and others is that they've decided to believe enough in themselves to seek help with me.

My clients are executives, entrepreneurs, traders, teachers and all those who desire guidance through this transition process to help them with clarity and confidence while reducing their mistakes.

What's stopping you moving forward are your thoughts and beliefs.

You've spent decades building your career and life experience, benefiting from those results. Now, you want more, have more to give yet find this transitional process daunting to do on your own.

Perhaps, your beliefs are getting in the way or you just need a healthy and safe sounding board to process this journey through.

This is where my work begins as I help you identify patterns of thinking are not working for you and replace them with those which will!

I will teach you how to recognize your unique talents, or assets, which you have developed over your life's experience and work. Identify your underutilized strengths perhaps taken for granted. Acquire skills which boost your confidence because you no longer feel stuck!

Do you have a desire to find a new job or start the business you've always thought about doing. We're living longer and healthier lives. Technology allows us to work where we want and when we want.

There's every reason to keep working in your 40s, 50s, 60s or 70s!

Enjoy the recognition of the benefits of wisdom, maturity and experience that decades of working brings. A significant global increase of the number of people over 40 have chosen a new chapter for the rest of their working career, their life.

My role is to guide you through a personalized process and toolkit which will equip you for the journey towards your best years ahead.



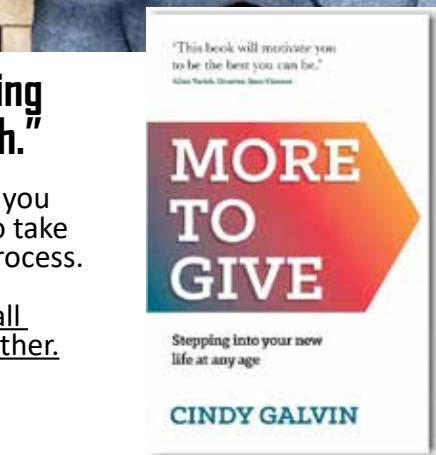
cindygalvin.com

"The itch to do something different mindset coach."

I can help you achieve the change you want faster and easier once you take the first step and commit to the process.

[Watch my video and Schedule a call to discover how we can work together.](#)

**SCAN TO
WATCH VIDEO**



CINDY GALVIN



Get a 10% discount for my on-line course if you are an Enterprising Women Book Reader by using the promo code EWP.

Receive an additional 5% discount if you read my best-selling book, More to Give-Stepping into your new life at any age and leave a review on Amazon; then email me a screenshot proof of that review.

Are you ready for me to guide you through a personalized process which will equip you for the journey towards your best years ahead?

LET'S GET STARTED IF THIS RESONATES WITH YOU!

NEXT STEP: SCHEDULE YOUR COMPLIMENTARY CALL

CINDY GALVIN.COM
Cindy@CindyGalvin.com

WHAT OTHERS SAY



"If you're looking for help to plan a new career when you hit the mid-life crossroads of what to do with the rest of your life, I highly recommend this course. It has been enjoyable and exceeded my expectations. The videos, additional resources and support materials work well to provide an in-depth learning experience. The homework assignments helped me to integrate the course material, which I found extremely useful. Cindy knows what she is talking about!"

Marian Bourne, Stress Management Consultant, London, UK



"Cindy's course is fun, practical and loaded with useful information with strategies. It's a must for anyone who's read the book and wants more. Learn to change the way you think to achieve success."

Nancy Cramer, Leadership and Sales Consultant, Vail, CO



"I found the course to be interesting, intuitive to navigate and provides a nice mix of homework you can complete at your own pace. It was fun, and I felt engaged throughout. It's definitely worth looking into to learn more about yourself, your goals and what your new career can be."

Sheridan France, Medical Aesthetics, London, UK



"This is an interesting and informative course that's different to others I've experienced. There are numerous resources to help as you go through each module. I recommend this for anyone who's interested in learning how to reposition themselves for a successful career later in life."

John Clemes, CEO/Business Owner, London, UK

DID YOU KNOW

With a few simple exercises, you can take control of the negative thoughts. If you remove the blocks you're aware of and those blocks which lie underneath your life will change in ways unimaginable ways!

Many people want to change and expect it to be quick. Today's fast world has people believing, wrongly, that a technique isn't working if they aren't 180 degrees different within a day or possibly a week.

If you slow down and ask for guidance to help become more self aware, notice small changes cementing the rewiring of your brain.

If you use a Thought Diary, you may transform your mind from focusing on negative chatter to opening up possibilities that spark the flow of the brain's 'feel good' neurochemicals and spur motivation.

How many hours do you spend dreaming of changing your life or your career? Do you look at what other people are doing and tell yourself that could never be you? But what if it could be you? I've heard every excuse for not wanting to change. I know because I used them myself.

If you have a guide to help you overcome your fears and limiting beliefs so you could excel forward and start taking action towards your passion, would this be of interest to you?

What if you join a community of people, just like you, who choose to focus spending more time nurturing and achieving their passion?

You've had decades of working which has built up experience, expertise and confidence in what you're doing. Would you be interested in learning how to leverage those assets into something new?

There are more people expending their time, talents and energy discovering how to work more meaningfully later in life through things they enjoy and are great at, from new discoveries along the way.

Are you ready to explore how to do the same?

NEXT STEP

Schedule a Complimentary Discovery Call.



Cindy Galvin

Cindy@CindyGalvin.com

CindyGalvin.com

+44-7941-603447

Hampstead, London UK

[LinkedIn.com/in/CindyGalvin/](https://www.linkedin.com/in/CindyGalvin/)

[Instagram.com/Cindy.GalvinCoaching](https://www.instagram.com/Cindy.GalvinCoaching)





DR. SHARON PRENTICE

PHD



"Shared Death Experience as a Psychotherapist"

I firmly believe that you cannot be a happy, fully functioning, successful person unless and until you are healthy in all aspects of your being-physical, emotional and spiritual-all three in balance and fully "awake" to the possibilities of your life.

Fully realizing the power that exists in your very soul to heal and transform your life can lead you to a place of renewed health, rejuvenation, and peace. Finding your Soul Songs brings you home to the "you" that was meant to be.

I'm a transformational and spiritually focused psychotherapist whose emphasis is on helping you discover what's ailing ya-mind, body, and soul to help you find a more empowered and vibrant way of living.

Inspired by my experiential knowledge of a Shared Death Experience resulted in my own intuitive reintegration of Body and Soul, I created an Intuitive, collaborative, multi-modality Transformational practice.

This is where I cross over between a Spiritually Intuitive Life Coach, an advanced Temperament Profiler or empathic truth telling therapist you need me to be.

My Shared Death Experience led to the realization that an integration of psychology, spirituality, wisdom traditions and Divine essence was the path to healing for those exploring their purpose.

Innately empathic and highly sensitive to others nonverbal traumas, I strive to bring my passion and gifts to my clients through a loving, accepting, more conscious embodiment of mind, body and Soul. Through Grace, you can be healed.

Don't think for one NY minute that this is easy. It's the most difficult work you will ever do, and I am not your typical "I hear what you are saying" therapist! Oh no...quite the opposite.

Oh, lest I forget-I'm also an author, a vegan (35 plus yrs), an animal rescuer, a water baby, a jean and t-shirt wearing forever fighter of cruelty wherever I see it...AND I can whip up one heck of a vegan pizza!

Becoming Starlight: A Shared Death Journey from Darkness to Light

The Shared Death Experience (SDE). Most people know of or know someone who has experienced a Near Death Experience (NDE), but very few have heard of the SDE. The SDE is similar to the NDE except that it occurs not to the person who is dying, but to their loved one who is physically well.

That person could be sitting right next to their loved one, or sitting across the room, or even across the globe unaware of the impending death of someone they love. Location or activity level is of no consequence to the SDE.

That person, the loved one, is "invited along" to witness the aftermath of physical death. The invitation extended has no RSVP--the person accompanying the dying individual can neither accept nor refuse--they are just "taken" or "given" the experience by powers outside of their control.

Becoming Starlight is one of those stories. It is a story filled with the type of pitfalls that accompany much of mankind on the journey through existence. Deeply embedded in Starlight is an ongoing war with death, faith, and hope--and with God--a war most of us have experienced or will experience in our lifetimes.

Becoming Starlight is a story that has been written, in one way or another, since the beginning of time. The war between life and death--who lives and who dies and why they die--is at the heart of this deeply personal experience. It's a life-and-death struggle with spiritual darkness and loss of faith.

It is a story not unlike the stories of anyone who has loved and lost, grieved and sorrowed, felt anguish and rage, fallen from Grace and questioned the very existence of God. The specifics are different, but the humanity splattered on the human soul and on every page is the same as that of any life lived fully.

Some find redemption more easily than I. It took a complete fall from grace for me to be awakened from the trauma and darkness that had found its way into my life, and it took an unexpected encounter -- an SDE -- to bring me into the arms of God, where I finally found the solace and understanding that I had yearned for.

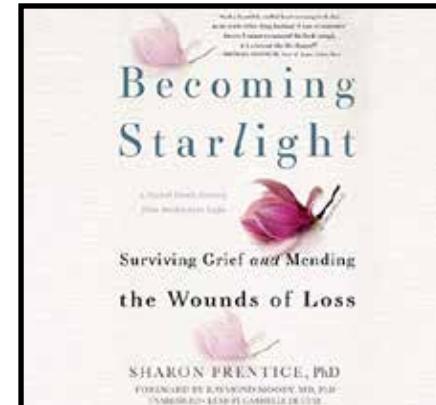
"Becoming Starlight" is the "Lifting of the Veil" that led to a peek into foreverness and to the compassion of a loving God. How do you describe an ethereal form that consists of pure light?

The "how" lies in the experience itself as given to you by God Himself--His face, His thoughts, His Word engraved upon your heart--how do you give voice to that feeling?

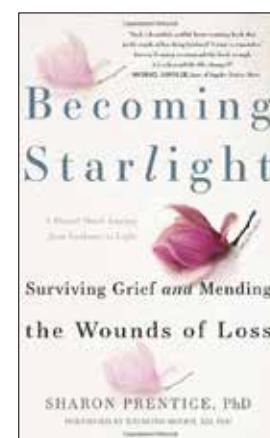


"Becoming Starlight: Surviving Grief and Mending the Wounds of Loss" was written as a love letter to my patients. When asked "Should I Be afraid?", this is my answer.

Dr. Sharon Prentice



Becoming Starlight
A Shared Death Journey
from Darkness to Light
By: Sharon Prentice PhD
Narrated by:
Gabrielle de Cuir
Length: 6 hrs and 37 mins



This memoir will bring comfort to those who are feeling unrelenting sorrow over the lost of loved ones.



Order now at [amazon.com](https://www.amazon.com/Becoming-Starlight-Surviving-Mending/dp/154203446X)

Dr. Sharon Prentice
Spiritual Psychotherapist
SharonPrentice.com
Instagram.com/sharonprenticephd
Facebook.com/SEPrentice/



WHAT OTHERS SAY

"In Becoming Starlight" Dr. Sharon Prentice describes the deeply human losses and hurts that give birth to a vision of our true identity and place in the Universe. This book is a Gift, and its Messenger well worth listening to!" — Seth Gilliban, PhD, Psychology Today

"Dr. Prentice and her entire process-suck! I mean, there I sat while she literally smiled at me as she exposed all the lies I had been living! It's a really crazy experience when you get it, when you actually see the stupidity of what you have believing about yourself. She forced me to "do the work" that I didn't want to do. This tiny little woman was absolutely fearless when I, a good 5 times bigger than her-revolted. But she didn't give an inch. Then she kicked me out. She kicked me out to live the life I had discovered. She said, "it was time for me to see that I didn't need her anymore." So, out I went to live in the real world. Did I need her? I did. Until I started living the life I was meant to live. Best thing that ever happened to me." — Joe R.

"We, as a family, are in complete agreement. God created Dr. Prentice specifically for our family. She walked with us, she carried us through the deaths of our two children. Her compassion, her constancy and her unique understanding of life and death issues brought us peace at a time where there was none to be found. She is our Beloved friend and has become an integral part of our family. God most certainly created her for this work. She is our forever gift from the Heavens. Without her, well, life would look entirely different" — Patti R.

"Dr. Prentice literally saved my life. Without her, my life would have come apart at the seams. She picked me up even though she didn't know me. I still marvel at the way she just moved in and picked me up when others didn't seem to care. I had never been treated with such kindness and understanding before and I didn't know how to respond to her. She didn't care about any of that. She simply cared about me. And she taught me about the ridiculousness of judging myself so harshly. I can never forget those lessons. She didn't just help me then leave me helpless again. What she did was teach me how to help myself. And all with no judgement at all! She spent many hours with me just talking and listening and she has more compassion in her little finger than most people have in their entire bodies. I had given up on myself and given up on life. She breathed life back into me when no one else even gave me a second glance. I now believe in angels and they have blonde hair and huge green eyes and a smile that goes on forever." — Ernie W.

DID YOU KNOW

Remember who you are and where you come from! Sometimes, often-times, in the midst of life and Soul shattering grief we forget who we are.

I've been in that dark place where light dare not enter. Full of rage and pain. Unacknowledged grief. Alone, empty, abandoned, or so I thought.

One thing I now know for certain, there is nothing in the universe that can separate you from the love of God.

Not even your raging at the Heavens. Shaking your fist at God! Creation will instead, hold you even tighter.

It's not easy incorporating all that pain and grief and loss into your Soul-but it can be done. I know, I hear ya..." wtf does she know?"

I know. Death took my child and my husband. I know. I've stood where you stand. How did I find my way again? I learned how to surrender. With surrender- came the remembering of who I was and who I belonged to...

I am a child of the Most High... loved beyond measure... never separated... never alone. I just forgot that.. Have you forgotten that?

Is a remembering in order? Maybe a surrendering is waiting for you.

This is my story...to forgive life...to find peace once more. Suffering opens your heart to the realities of life's wilderness - it's like the thunder that remakes you, leaving massive scars - yet also creates the strongest, most gentle Souls.

To Forgive life really means to see it for what it is. Do you see it? The reality of life's complexity's, joys and sorrows? Not yet? Just wait- you will. Sorry- but you will. I wasn't ready and fell to my knees.

But, as Elizabeth Kubler Ross says "The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of those depths."

NEXT STEP

Schedule a Complimentary Discovery Call.



Dr. Sharon Prentice
Transformational Psychotherapist
SharonPrentice.com
drsharonprentice@gmail.com
Instagram.com/sharonprenticephd
Facebook.com/SEPrentice/





"New York City's Fine Art Abstract Artist"

I'm Shelley Joy, originally from Massachusetts, and I consider myself a Fine Art Abstract Artist, and have been in painting for over 25 years. By high school I started exhibiting my art, enjoyed it and just kept at it.

My parents were supportive of me and decided that's probably what I really want to do, and therefore should do. They agreed and supported my decision to attend the Boston Museum School of Fine Arts.

Then I came to New York and went to the Art Students League for more instruction under the guidance of master painters. I really liked Mattise (spell check), Picasso, and most of the contemporary artists and some of the old masters such as Rembrandt, Titian and Da Vinci.

During this time, I also pursued my acting career. I did stand-up comedy in the same night club, Catch a Rising Star, where Jerry Seinfeld performed, and other now famous comedians.

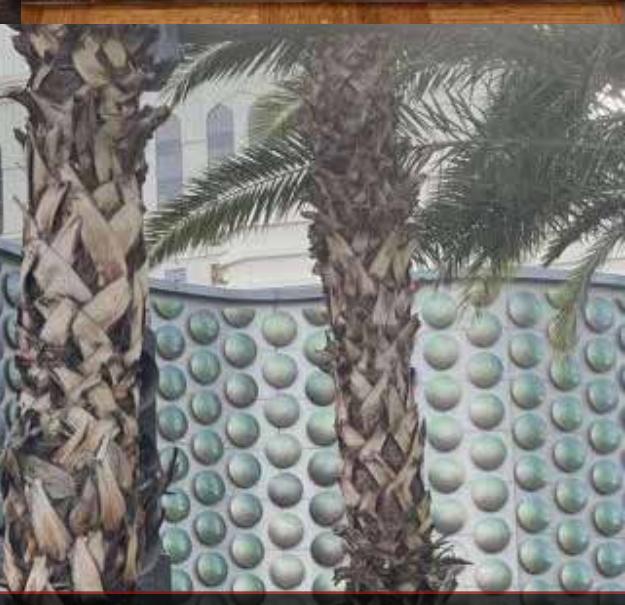
One day my acting manager put a film script in my hands giving me an opportunity to produce a major motion picture. "After years of spinning my wheels with film producing I went back to my first love and passion, painting."

To become a full time artist of painting requires a lifetime commitment to paint. It takes a dream with an extreme amount of determination, dedication and the daily discipline to paint. I decided to give it my all!

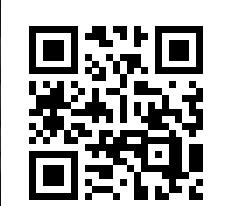
I still wake up every day to my chosen profession although it took a few other professions before I arrived at fully committing to paint for life!

For me, painting is a visual dialogue with God and a leap of faith. A visual dialogue of movement. Movement is a process, painting has a rhythm, and it's all about color.

You have to make 'bad moves and good moves' (decisions) work together with the other moves, and through this journey or dialogue make the painting complete visually.



Shelley Joy
Fine Art Abstract Artist
ShelleyJoy.net/contact
646-413-5409
IG: ShelleyJoyArtist



I wake up in the morning to paint daily. I don't plan what I'm going to paint. What gives me the most joy as an artist is that I start with a blank canvas that's a zero, and I have to bring something to it.

The initial colors on the blank canvas creates the direction of creativity I will go in. An improvisational reaction under experienced control.

Paint movement is color fading and appearing. It's one mistake with another mistake until you decide what is going to exist. It's really a prayer with God. A reflection of nature and beauty within, a human relationship where sometimes you make a mistake.

Sometimes, you can repair the situation with an apology or ask for forgiveness. In art you can paint over your mistakes. It's very forgiving.

There are many clouds in the sky yet nobody remembers them unless they are captured by painting or photography. My painting is very colorful and playful. It has shapes, movement and passion. It's a little bit of a sensual play with colors.

What gives me the most joy as an artist, is that you start with a blank canvas that's a zero and you have to bring something to it. So you have to dig deep and bring yourself, and the outpouring of what's inside you, onto the canvas and make it a work of art.

First I put down a single color, then add another color and then start moving the brush until it reveals itself in stages. I wonder what's going to happen if...

You lay down the colors and shapes, and that turns it into a painting. It's an evolution process, an artistic decision on how to make these shapes work together. The color interacts with other colors, so you don't always know what it's going to do but you have control and YOU decide when it's art. It has a rhythm and element of surprise.

The completion of the painting has its own magic. Spontaneity like jazz or improvisation. Sometimes color drips and you have to decide if you want that drip or not, sometimes you take it out and sometimes you keep it, and sometimes it makes a happy straight line for you too!

Awards and accolades for my work include: The Top Artist of the Decade by International Association of Top Professionals where I was honored in Las Vegas at the Bellagio Hotel. The Albert Nelson Lifetime Achievement Award by the Marquis Who's Who for my contributions in Art as an Artist.

Acclaimed Fine Art Artist in 'America's Leading Ladies Book' alongside Oprah Winfrey and Melinda Gates, Billboard Top 50 Fearless Professionals 2022, LifeTime Achievement Award, Top Artist and Empowered Woman of the Year by International Association of Top Professionals (IOATP) displayed on the Reuter's Building Billboard.

DID YOU KNOW

To become an artist you must develop your own technique.

Learn how to draw and paint by copying from the old masters, landscape, or photo or model. The information for your painting is there to pull from. Through this process, and over time, you will discover your own inspiration. Develop it, and develop it, and then manifest on a daily basis. Get with a good art teacher or art school. One of my favorite paintings is a mountain painting that was kind of sensual and it had a waterfall sort of based on Asian Art. I brought it into the contemporary realm and really made it something that nobody else had done before, then a mountain series from that idea.

What are the different Abstract types? Geometric, freestyle, active geometric abstraction, lyrical abstraction and action painting.

What is the best method to promote one's artwork?

With the Internet, you can create an online art gallery of your work to show the world. In terms of making the most amount of money through Commerce, the most impactful route to promote your artwork is through in-person galleries. Learn how to copyright your artwork to protect it. Always sign your with your name with a C for Copyright.

I've exhibited in the Ambassador Galleries, alongside Jerry Garcia from the Grateful Dead and David Bowie, a rock celebrity gallery. I've exhibited in the House of Representatives in Washington DC, on Park Avenue at Lever House. Toyo Maya Gallery, on 57th Street in New York, is the Japanese gallery. You know, it was an interesting solo show that I had. Recently, in the Guardian of Dreams in Milan Italy, Barcelona Spain.

How can one be remembered as an artist?

A great artist is one who sets a goal, creates, and leaves something behind for people to enjoy and view. I would like to be remembered as an artist with a strong body of work which will transcend over time, and maybe for an upcoming artist to learn from, and through it find their own voice.

NEXT STEP

Schedule a Complimentary Discovery Call.



Shelley Joy

Fine Art Abstract Artist

ShelleyJoy.net/contact

646-413-5409

instagram.com/shelleyjoyartist/





MARYBETH PARISI

M.D.



"Dermatologist: I fell in love with skin."

Children have incredible dreams of what they want to become in life and my dream as a child was to help others and become a doctor.

My education progressed from Boston College to NYU Medical School to completing my Dermatology residency at Harvard Medical School.

Here, I fell in love with skin! I was fascinated by the ability to see what was happening on the skin and occurring within the skin when looking at it under the microscope.

Dermatology became my vehicle to teach and help others.

I am Board-Certified Harvard trained Dermatologist and Skin Care Business Coach with over 20 years in a private single specialty Dermatology practice serving my local community while raising four children.

In private practice, I have witnessed a lot of misconceptions and the inappropriate use of products. This is scary!

Having sampled a plethora of products over the years in my practice I had yet ever find the quality of a product which could provide the sustainable results, and consistently I was looking for.

Several years ago, I started skin care consulting for a global company which offers a line of trusted skin care products for all skin types. An effective skin care line with safe ingredients producing real results!

As a dermatologist and skin care product consultant I could now reach a broader audience outside of my practice and provide them with greater knowledge on why to use what products, and how to apply them appropriately while benefiting and seeing authentic results.

As my journey evolves, my Skin Care Camps allow me to teach more individuals, skin care consultants and licensed skin care professionals.

From how to better serve their clients using safer products to the opportunity to change someone's life by helping them create a successful, sustainable skin care business through my Skin Care Masterminds.

Teach more licensed skin care professionals, skin care consultants, and individuals.

I believe that the better you feel and look, the more self-esteem and self-confidence you will have. The Mind, Body, and Skin Connection.

As a dermatologist led skin care consultant and skin care business coach I'm committed to sharing knowledge, experience and solutions.

Skin Care Boot Camps for Non-licensed Skin Care Consultants

As my time proceeded as a dermatologist led skin care consultant I noticed that there were many individuals who had an existing skin care business and were struggling to become more successful to grow.

These non-licensed individuals, skin care consultants, were limited by their lack of understanding of skin, skin care ingredients, and in their confidence and mindset when it came to offering skin care products.

To expand my entrepreneurial journey, I offer my knowledge to teach others how to approach someone with specific skin care needs. A better mindset with more confidence, when sharing about skin care products, helps one to develop a more sustainable and successful business.

Learn the difference between professional products and products with clinical strength ingredients, and when to recommend which. When to use a cleanser with clinical strength from one used daily that is gentler.

My Skin Care Masterminds are for:

- Individuals
- Beauty Bloggers/Influencers
- Skin Care Consultants
- Professional Make-up Artists
- Salon, Beauty Spa, Medical Spa Owners
- Licensed skin care professionals
 - * Esthetician instructor
 - * Estheticians (cosmetic services)
 - * Aestheticians (medical spa services)
 - * Eyelash and Brow Specialist
 - * Hair Removal Specialist
 - * Master Estheticians
 - * Medical Estheticians

My Masterminds are for those seeking to develop or increase income generation around their skin care interest. Either a side income or part of a hybrid business model for those who are licensed. Providing an effective skin care line with safe ingredients which produces results, which works for oneself and their clients, is powerfully rewarding!



I'm a board-certified Harvard trained Dermatologist with over 20 years of competence and experience in the field of skin care. I specialize in both adult and pediatric Dermatology with experience in surgical and cosmetic Dermatology, as well as skin cancer treatments.



I authored of the children's book 'Into My Beach Bag Goes' to teach the importance of daily use of sunscreen. A child learns that a fun trip to the beach includes sunscreen in their bag to prevent them from turning into a raisin, lobster or pirate!



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I believe that the better you feel and look, the more self-esteem and self-confidence you will have. The Mind, Body and Skin Connection.

As a skin care consultant for the #1 ranked skin care brand in North America, I offer one on one coaching, skin care knowledge and mindset tools to take your skin care business to the next level.

My Skin Care Boot Camps & Masterminds

- Skin Care conditions simplified into 5 easy categories
- Understand the most effective ingredients for each category
- Tips on knowing how to respond to safety questions

BONUS: 3 sessions to become the skin care expert in your business to grow!

Go to: App.Mastermind.com
Search: Mastermind Skincare Boot Camp Dr. Parisi



MaryBeth Parisi, MD

DrMarybethParisi.com

Dr.MarybethParisi@gmail.com

Linkedin.com/in/marybeth-parisi-437b1780/

Instagram.com/marybethp6/



AMY KAISERMAN



"Glamp Your Business with a Bubble Cottage!"

I first caught wind of bubble tents in December of 2013. At that time, as I was going through a divorce after 20 years of marriage. Not sure what I was going to do, I started working with a gentleman who had years of manufacturing experience. He offered to help me produce a product I designed under the condition that I was willing to do what is required to build it as a business. This man, Dean, is my husband.

Despite knowing that, I was way over my head, inexperienced in business with no money, I took a huge jump in "faith"! Within the first year I landed my first project for NYC event in that MTV was hosting.

As entrepreneurs, one of the hardest things we have to do is spend countless days, hours and years working by ourselves while making a ton of personal sacrifices in order for us to make it to the other side.

I learned perseverance, how to stand on my own two feet, and how to better control my thoughts and emotions from skeptics closest to me!

2016 is when our company quietly began its journey with Airbnb to now offer a 'Bubble Business in a Box'. Then Spring of 2020, I purposed my bubble huts' material to design a 'temporary isolation door shield' to help my nineteen-year-old daughter continue isolation and recovery care at home after being in the ICU for a week with COVID-19.

As the founder and owner of Bubble Huts, I am actively involved in every aspect with our clients from consulting to design to fulfillment and pay top dollar in both materials and labor ensuring the highest quality!

I'm so proud that our company is the first and only luxury bubble tent manufacturer in our United States, in Glendale, Arizona, where we also design and manufacture Giant Snow Globes for corporate events!

Amy Kaiserman, founder of Bubble Huts LLC, is a true pioneer within the U.S. glamping industry since 2014 with her 'Bubble Huts' product line. She is a leader in the "Glamping and Experiential Outdoor Hospitality Industry" spreading public awareness on what glamping is.

From Glamping Bubble Huts to Safe Social Bubbles

Spring of 2020, I pivoted from my inflatable luxury tent to purposing bubble hut material to design a 'temporary isolation door shield' to help my nineteen-year-old daughter continue isolation and recovery care at home after being in the ICU for a week with COVID-19.

Through this experience I realized how ill-equipped families were to effectively isolate and care for their sick family member while keeping themselves and the rest of the family members, including pets, safe.

Our bubble huts team devised a simple, effective and a low-cost isolation door shield which helps protect any household while implementing the CDC guidelines for home isolation and quarantine.

The Temporary Isolation Door Shield is a safety operations tool for hotels, cruise ships, college campuses, and military bases, which aids organization in staying open.

"Through Amy's heart to safely bring together individuals with seniors they love, she specifically designed the 'visiting bubble pod' for a U.S. Senior Care Facility. A bubble tent with a all-clear dividing wall sewn into the single bubble room and two separate entryway tunnels for them to enter and exit through. The perfectly safe "social bubble"!"

2016 is when Bubble Huts quietly began its journey with Airbnb after a client purchased a single room bubble hut to rent out to Airbnb guests. Keeping my setup lean, after setting up a bubble tent on the ground, within no time became an AirBnB Superhost creating a new revenue stream. August 2020, almost twice as many guests searched for tents on Airbnb compared to August 2019, growing this trend.

The greatest challenge? Unfortunately, overseas manufacturers have taken my photos to sell their lower quality tents for cheap. Tricking consumers into believing they can buy a high-quality, beautiful bubble tent for next to nothing. The consumer receive products that aren't safe, are of low standard and not commercial grade, and don't match the photos they were led to believe they were purchasing. This has sadly created misconceptions in the market value of bubble tents.

The Wall Street Journal featured my Bubble Huts brand along with other leading glamping tent manufacturers, and in 2020 I partnered with another leading glamping tent manufacturer to continue expanding while providing clients with premium-quality, luxury canvas tents. Each Bubble Huts product is now number and autographed by me.

Putting the infrastructure in place to launch Amy's 'Bubble Huts' Business in a Box is next which will provide hospitality inspired clients with a turnkey business to set up resorts, popup hotels or glamping destinations. Provide clients with personalized consulting, a version of Amy's Bubble Huts product, business training, and ongoing support.



The Bubble Cottages Micro Site 'Business in a Bubble' Program

This turnkey business model is for landowners and entrepreneurs who want to begin their own profitable nightly rental business, using Made in America Bubble Huts' branded luxury tents as their guest accommodation.

Our affordable entry point has a proven ROI and provides ongoing "host" support through our lifetime membership within our community of hosts.

BUSINESS IN A BUBBLE KIT: Different comprehensive micro-site kits are available to match your budget, site location and venture time commitment.

LISTING: A Bubble Cottages Micro Site business location listing will be co-created with you added to the Bubble Cottages booking platform.

MARKETING: Marketing, advertising, guest attraction assistance & support.

HOW IT WORKS SO YOU CAN GET STARTED!

1. Join the Bubble Cottages Micro Site "Business in a Bubble" Program.
2. For authenticity your Bubble Cottage is autographed and numbered by its designer Amy Kaiserman.
3. Receive Turnkey "Business in a Bubble" kit for your Bubble Cottages Micro-Site Business
4. Trained & Certified, frame & hang Certification and place Authenticity Seal on marketing materials.
5. Start to "Host" nightly guests at your Bubble Cottage
6. 'Guest book' their stay experience to share.
7. Get paid and REPEAT!



Bubblehuts.com 1.866.360.6370 info@bubblehuts.com
designed by Amy Kaiserman, Founder/CEO Bubble Huts LLC



WHAT OTHERS SAY



"What I most appreciate about Amy is her resilience, ingenuity as a problem solver, enthusiasm, and commitment to help others achieve their enterprising hospitality dreams. Her premium inflatable luxury Bubble Huts, gives aspiring hospitality clients a distinctive offering advantage in the marketplace by providing an indoor-outdoor lodging experience with a starlight view of the night sky! I'm now exploring this for one of my projects. What impressed me about Amy as an individual and peer inventor, is that she demonstrates being one of 'the mother of inventions', and out of the depth from her heart. I'm honored to have Amy as a client of mine through the Enterprising Women's Project and Wellness by Choice to help facilitate greater awareness through how she's changing lives and business through her Bubble Huts, and then some!"

Angelina Musik, Inventor and Entrepreneur

Strangeways



"I have hired many large, scaled inflatable companies from around the world and the team from Bubble Huts LLC made the impossible, possible with one of the hardest briefs that have been thrown my way. This team rose to the challenge going above my expectations with their attention to detail, patience and customer service, leaves all other inflatable companies for dead. I would recommend Bubble Huts to anyone!"

March Barold of Strangeways
Star Wars Episode II Circle De Soleil
Sydney Olympic Opening

"We are pleased with the service of Bubble Huts provides and we sincerely appreciate their responsiveness, the team are exceptionally helpful.

They were easy and pleasant to deal with and provide tents with high quality product, and we look forward to doing business with them again."

Sed Baron – Administration – Abu Dhabi



DID YOU KNOW



The similarities and differences between camping and glamping.

Both involve sleeping outdoors, however, instead of sleeping in a sleeping bag or on a cot, with glamping you will sleep in a cozy queen or king size bed and have the comforts of a well-suited guest room. It can be completely climate-controlled and have bathrooms with hot running water and flushing toilets.

That "glamping" is one of the fastest growing markets in the US.

During 2019 my my Bubble Huts team and I began to recognize a shift towards "glamping" in the US over camping. This year the market has been valued at 2.74 billion; projected to reach 7.11 billion by 2031.

The start up cost for a glamping site can be far less than other real estate business investments?

The average cost per hotel room to be built is approximately \$150,000.00, while the average cost per glamping tent site is approximately \$25,000.00. The low startup cost creates the opportunity to recoup the investment quickly.

Bubble Huts demand higher nightly rates over other glamping structures?

On average "Bubble Huts" earn hosts between \$279.00 and \$800.00 a night and are most are booked out months in advance.

NEXT STEP

Schedule a Complimentary Discovery Call.



Amy Kaiserman

www.bubblehuts.com

1.866.360.6370

info@bubblehuts.com

Instagram.com/bubble_huts_llc

Facebook.com/bubblehutts

Twitter.com/bubblehutsllc

LinkedIn.com/in/amykaiserman





"My Enterprising Journey As a Role Model Mom"

Born and raised in Taiwan, where my grandfather was the only dentist in the small town my brother and I grew up in, I came to America almost 40 years ago. Dentistry runs in our blood where my brother became a dentist, and I would own and manage a dental practice.

As the owner, managing partner of Cute Smiles 4 Kids & Orthodontics, I'm passionate about the dental health of children that I believe should have access to quality dental care in a fun, safe environment.

I've helped grow our dental practices from the ground up with offices in Phoenix, Arizona and San Antonio, Texas. We provide underprivileged children with top-notch dental care in a state-of-the-art office.

Passionate about the health of children, and communities I do business in, my newest 'baby' is my Goldfish Swim School. I'm excited to be part of this franchise which is more than just a swim school!

Before becoming an entrepreneur, I was a pharmaceutical representative with GlaxoSmithKline. And before that, a Senior Sales Associate with Morgan Stanley Private Wealth Management in Century City, California, assisting a broker trade over 1 millions shares of stocks a day.

My undergraduate degree is from the University of California, San Diego, and I achieved my MBA from the University of Southern California while working full time at Morgan Stanley.

My education and experiences are what prepared me to role model to my two children WHY their mother is excelling at WHAT in business.

As a founding board member of Bloom Development, a nonprofit organization geared towards developing women future leader I can genuinely impart meaningful insights which I hope educates and inspires.

When not enterprising, I am a mother of two wonderful children, I have a passion for food, and am a member of the Chaine des Rotisseurs, the oldest food and wine society in the world. I weight lift as much as possible to stay healthy, and enjoys public speaking, traveling, movies, and hanging out with my family.

WHAT OTHERS SAY



"My daughter had a real fear of the water. We tried another swim school but found that they were too harsh and left her in tears and even more afraid. Goldfish gave her the gentle touch that she needed. Now she is confident in the water and can swim across the pool! She is proud and we are happy."

Janice Waterworth



"We've been taking lessons here with our 15 month old for over 2 months now and we LOVE it, especially our daughter! The instructors we've had have all been very kind, knowledgeable, patient and so great with our daughter! The managers and front desk staff are also very kind and helpful. Would definitely recommend!"

Dana Schuchardt

"We decided to join because the place was new and close to our home. We are very pleased and our boys love it! There are several measures taken that have been impressive to our family in order to keep safe distance and cleanliness in the area. The space to wait for the children is great. The floors are cemented so there is little to no slipping and sometimes you can control how fast the kiddos walk. Allowing every other shower to be open to avoid close contact. They have kids shampoo, which is great to get a quick rinse and the chlorine smell out. LOVE THAT TOUCH! The signs on the changing room doors when they have been used and cleaned. We also have actively seen the staff clean them. Also, the face shields worn by the instructors. The staff is friendly upon arrival and after each session they give the kiddos a little "prize" that has ranged from a rubber fishy to color pages. We're pleased all around." Jessica Rodriguez-Lopez

"We are so grateful for Goldfish! My 7-year-old has taken lessons at a handful of different spots (we've moved a few times), and Goldfish is by far the best! Our last experience with a different swim club was really negative, so my son was VERY hesitant to try lessons again. He took over a year off, but I didn't want that one bad experience to ruin something he really liked. I am so glad that we tried Goldfish. It is totally built for kids, even for little ones who are shy or anxious. The wonderful teachers (esp. Coach Ian) have made him love swimming again—they strike such a great balance between being fun and serious. Can't speak highly enough about the program!" Claire Deering



"Swimming and learning how to swim is a life skill that I think every child deserves to know."

Teaching kids to swim is something that Arizona parents take seriously, and so does entrepreneur Sherry Scott, franchise owner of Goldfish Swim School - North Scottsdale. Here children, 4 months to 12 years, learn how to swim or practice swimming at different skill levels.

"When can my child start learning how to swim?" Mini Lessons are swim lessons that are thoughtfully tailored to the littlest of fish, beginning at 4 months of age. They provide a gentle introduction to the water through sensory play and development, and are also a wonderful time for parents to bond with their little ones.

Using The Science of SwimPlay®, we help children, to learn important water safety skills, like how to roll over and float on their backs and how to climb out of a pool safely should they accidentally fall in.

Goldfish Swim School - North Scottsdale, AZ
480-470-8231.





"Really Paula, why are you so happy all the time?"

All of my life, I have been asked by others, "why are you so happy?" Often times, I was caught with a big smile on my face. Other times, I' would have shared a kind word with someone.

Frequently, I dance to a song I heard playing somewhere nearby me, only to be caught in the act by onlookers. These spontaneous reactions occurred often without thinking about why I was filled with joy.

Of course, this does not mean there weren't times in my life that I had to choose to smile and recognize the joy in my life. Like most, I have seen tragedy and experienced sadness. Throughout my life's history, I have experienced mistreatment and disrespect, the loss of loved ones, and financial stress, as so many of us do.

However, I believed early in my life that I was the one in charge of my emotions even though, at times, I yearned for happiness—often from other people and outside circumstances. My book 'Why Am I So Happy?' is my expression of love and caring to humans, and animals.

Thanks to my beloved dog Shotzy, I discovered Reiki. She was getting old and became ill when I first learned how Reiki could give healing light and love to her. The healing for Shotzy was amazing, and this was why and how I fell in love with Reiki.

Wellness Inspired I founded in 2008 so that I could offer Reiki healing to both humans and animals, as well as teach it. I wanted to share the beautiful gift of Reiki and self-empowerment with others.

On my first radio show, 'For the Love of Reiki', I was proud to be sharing the beautiful modality of Reiki and positive energy and quickly expanded to my show Why Am I So Happy? on the BBS Radio Network.

Then my radio show 'Choices: Finding Your Joy' aired on the Seattle radio station 1150 AM KKNW, and my channels on 5DTV. In 2021 I released my book Beyond Wellness as a resource for the instruction, learning and training procedures of Usui Reiki, written for all seekers and practitioners of Usui Reiki. Today, I host "Elevating Your Life" on Kmet1490am.com/kmet-tv

Everyday, I work to help others live with love and compassion, enabling blessings to manifest in people's lives.

While in college, I began working at a restaurant in Tacoma, Washington, rose to restaurant manager and several years later purchased it, and owned it for the next 27 years.

During this time, I also became a mother to three wonderful children, and when they were young, I decided to open a daycare so that I could have more time with them. Fun Times Daycare I ran out of my home with two employees for 8 years while I continued working at and managing the restaurant as well.

It was a very busy 8 years, but also fun, wonderful years that I will always cherish. After I sold my restaurant in 2003, I went to work as a receptionist so that I could continue to work with people.

My mission is to spread positive energy, information, and inspiration through education and entertainment. The more informed individuals are about how to nourish their own emotions, bodies, and mindset, the more able they are to make choices that create authentic awareness, love, joy, and positive manifestation to themselves and to others.

Being a Reiki practitioner for over 15 years, I utilize my passion for the wonderful healing power it provides to improve the lives of people and animals. In my business and in my life, I strive to teach the true essence of Reiki and to continue to grow my knowledge and expertise.

I received my Usui Master training in Machu Picchu, Peru studying under various instructors. In addition to being a Reiki Master, I am a Level III Master in Serenity Vibrational Healing with crystal bowls and illumination and trained in Shamanism and Quantum Healing techniques. My shaman name is Shan Tara.

As part of my Reiki practice, I offer Reiki sessions and classes, and mentor Reiki students and practitioners to help them improve their practice, deepen their connection to Source, and begin or grow their own Reiki business as successful entrepreneurs in this wellness space.

My vision is living in a world where we no longer must ask, 'Why am I so happy?' because it is the natural state of being for all.

In 2019, I published my first book, *Why am I so Happy?* and was featured as one of *American's Leading Ladies* alongside Oprah Winfrey and Melinda Gates. I've been honored multiple times by the International Association of Top Professionals for their Empowered Woman of the Year Awards. In 2021, I published *Beyond Wellness* for those practicing Usui Reiki.

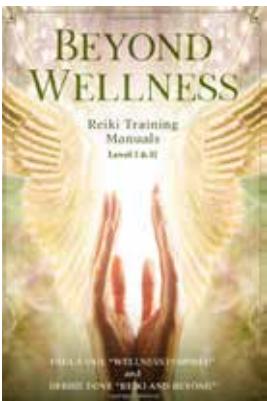
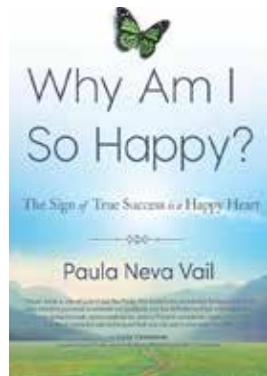
Join me as I host "Elevating Your Life" on Kmet1490am.com/kmet-tv

Elevating Your Life



with *Paula Vail*
on kmet1490am.com/kmet-tv

Internationally Awarded
Wellness Author & Speaker
TV & Radio Show Host
> [Youtube.com/@PaulaVail2063](https://www.youtube.com/@PaulaVail2063) <



Why Am I So Happy? reveals what I personally believe are the tools to open the door to the incredible happiness that resides in each and every one of us—a joy that is in the center of our being, a joy that can be triggered or tapped into.

Various ways that joy can be found will be discussed in this book. I have always felt great joy in seeing others happy.

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Order now at
[amazon.com](https://www.amazon.com)

Beyond Wellness is a resource for the instruction, learning and training procedures of Usui Reiki, written for all seekers and practitioners of Usui Reiki. You will learn the history and virtue of Reiki, and its amazing benefits.

Be a featured guest on Paula's show
"Elevating your Life" or schedule a FREE call.

Paula Vail

Paula@WellnessInspired.com

WellnessInspired.com

Click to TXT/Call [253-732-2550](tel:253-732-2550)

Instagram.com/pvailster/

WHAT OTHERS SAY

A gift to be able to have a conversation with such a wonderful woman doing fantastic work in honor of Reiki and to know that the conversation goes out to inform and inspire many others.

“Being given the opportunity to be on Paula’s radio show was something I never even dreamed of; Reiki and Paula made it happen. I feel truly blessed to know Paula. It is a gift to be able to talk with her, a woman who is so open and loving and inspired by Reiki. Thank you, Paula, from my Reiki heart to yours, for being there with your joy and dedication to Reiki. A big thanks also to Voice America for providing this forum.”

— Rose O’Conner, owner of Rocky Mountain Reiki

My experience with Paula has made me feel less like a student and more like a part of a special family.

“I have had several Reiki treatments by Paula, which prompted me to take her Reiki I & II class. Both sessions not only offered me the skills to practice on my own, but imparted the same sense of peace and kindness offered in her treatment sessions. Paula and Deb offered students a warm environment to not only learn the art of Reiki, but to be able to connect with one another in a warm and supportive manner. Each of us learned the origins of Reiki, as well as how to respectfully offer it to others. I am so very thankful to be able to connect with so many amazing individuals.”

— Candice Eli, LICSW, MSW, Reiki Student and Client

The energy of her kindness and compassion pours from her immediately and that carries you through the lessons with ease.

“I had the honor of taking Reiki classes with Paula Vail and not knowing what to expect, and I couldn’t have asked for a better teacher. She’s naturally fun and uplifting and that makes the classes even better not to mention her devotion to animals makes her #1 in my book. She’s such an inspiring person and I feel so grateful and blessed that I had the opportunity to meet her and learn from her. She has inspired me to want to do better and be a better personal overall. She really is “the gift that keeps on giving.”

— Jill N., Reiki Student

DID YOU KNOW

Joy can be a spontaneous reaction to small occurrences such as music, nature, humor, feeling compassion, animals, memories, etc. We each have happiness triggers inside of us. For example, if you love watching the sunset, give that to yourself more often, even if it’s just for a moment. That feeling of joy in that moment can be remembered and enjoyed throughout the evening.

We’re beings of frequency. Frequency is everything, anything that happens is a frequency. We can transform our vibration to a higher frequency if we choose. When our thoughts are intentions of trust and love (not fear or ego), everything in our path changes. In choosing this way, we decide between affirmative action or fear-based action. Our entire energy field allows us to be a creator. We can be the wave.

How you talk to yourself effects what you manifest. As human beings we aren’t perfect. We each have our own gifts, talents, and passions. We are beautiful and loved. When we give ourselves love (we truly are love), we allow ourselves permission to be who we are, guiding ourselves to positive manifestation, gratitude, and joy.

Happiness and positive outlook affects our physical health and create the reality we magnify around ourselves. Our mind can be a trigger for wellness or illness as what we think has a direct effect on the cells of our body. Focus matters. As we choose our thoughts and actions (which affects our feelings and emotions) we are feeding and manifesting energy. Whether it be positive or negative, we are donating our time and actions to that which we have chosen to focus on. Thus manifesting as we go along. Source listens to what we send out.

A simple yet powerful fact is that if we direct our thoughts and actions to positivity, compassion, and manifestation which we desire, we will attract more of the same. Trust and gratitude creates more to be grateful for. This includes beautiful manifestations that you had not even been looking for. Be open and allow these positive manifestations. It can be life changing. Enjoy! Hugs and blessings to Everyone!

NEXT STEP

Schedule a Complimentary Discovery Call.



Paula Vail

Paula@WellnessInspired.com

WellnessInspired.com

253-732-2550

LinkedIn.com/in/PaulaVail

Facebook.com/findingyourjoy/

Youtube.com/@PaulaVail2063

Instagram.com/PVailster/



A professional portrait of Dr. Dolores Fazzino. She is a woman with short, dark, wavy hair, wearing a black blazer over a patterned blouse. She is smiling and looking directly at the camera.

DR. DOLORES FAZZINO

DNP, RN



"Nurse Practitioner, Medical Intuitive"

Hello, I'm Dr. Dolores Fazzino, DNP, a Nurse Practitioner and Medical Intuitive. A pioneer with a passion to bridge the world of spirituality and wellness with over forty years in the healthcare industry, including assisting with over 18,500 surgical procedures.

Being in healthcare, I'm surrounded by people who are unhealthy, fatigued or have a "mystery illness". Many who are "sick and tired". Some health challenges are created by the outdated western medicine model, which is to diagnose, prescribe a pill, do an intervention or procedure to manage symptoms. A continuous loop which rarely gets to the root causes why a person is sick and not getting better.

As a child, I was intuitive and highly empathetic. As an adolescent, I witnessed my father failed by western medicine over a ten-year journey until he was miraculously healed by a spiritual healer with the gift of laying on of hands. From this point on I knew my life's mission was to assist others to heal. I changed my study from music to nursing.

In 2008, I earned a Doctor of Nursing Practice (DNP) from Case Western Reserve University, a top nursing program in the nation. Worked under Dr. Bernie Siegel, an international expert; surgeon in the field of cancer treatment, complementary, holistic medicine.

I take patients beyond the mind-body paradigm by including spirituality in wellness. My methods combine traditional medicine, energy healing, and intuitive counseling. Teaching clients how to move through dis-ease" and life challenges by them connecting with their inner self with grace and ease to achieve lasting health and wellness.

I founded Concierge Surgical Coaching®, authored "54 Tips to Maneuver Through the Healthcare System", "Spiritual Wellness for Life", started speaking and teaching on topics related to healthcare and mind-body wellness.

How to prepare patients to heal faster and more completely from surgery, and chronic illness. Being a possibilian, I help individuals create solutions which are right for them and teach them how to listen and trust their own intuition.

I host a weekly video podcast, "Healing in Ways You Never Thought Possible" interviewing guests who have amazing healing stories to share with our listeners to offer hope, inspiration, and transformation.

Heal in Ways You Never Thought Possible

A paradigm shift is happening, we are living it. What once may have worked may no longer be effective. The old way of “doing” things has left many people confused, fearful, stressed, fatigued and even sick.

MY MISSION

Empower individuals with insights and tools on how to heal at a deeper level physically, emotionally, and spiritually for lasting wellness.

I HELP CLIENTS . . .

- Discover the true root cause of their physical ailments or illness.
- Release unexpressed emotions trapped in their body creating illness.
- Identify and heal ancestral lineage beliefs, emotions, and trauma.
- Uncover thoughts and beliefs which sabotage their body's health.
- Reconnect with their inner knowingness, the spiritual aspect of themselves so they make aligned decisions for health and wellness, and life in general.

HOW I DO THIS

As a Medical Intuitive, I have the ability to step into both the medical world and the deeper more abstract realm to unravel the knots and sort it all out so that it makes sense to you in this concrete world.

Your voice within that has all the answers which have been ignored, silenced, or misplaced by us. It's time to learn how to access, identify, release, and evolve those beliefs and emotions with health.

This distinguished wellness practitioner offers customized programs and strategies to prepare clients through combining traditional medicine, energy healing, and intuitive counseling to assist clients in moving through dis-“ease”, life challenges, and reconnecting with their inner self with grace and ease, to create lasting health, wellness, and a better relationship with ourselves.

WHAT YOU CAN EXPECT

- More Inner Peace and Calmness
- Expanded Awareness
- Clarity
- Increased Self-Confidence and Optimism
- Healing In Ways You Never Thought Possible

If you are lost, do not know what's next for you or feel like there has to be more in your life than you are experiencing yet do not know where to look or whom to ask? Do you want, need and deserve answers? If so, you have come to the right place. Together, let's clear up confusion, build confidence to remove fear, and replace stress, fatigue, and feeling sick with health and wellness

“The longest relationship you will have in your life is the one you have with yourself, make it an awesome one!”



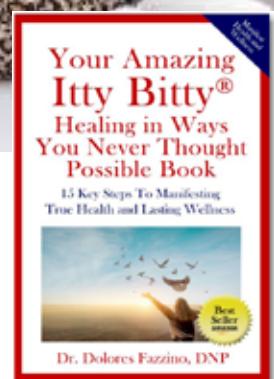
**Dr. Dolores Fazzino, DNP, RN
Medical Intuitive, Author and Speaker**

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- My YouTube Video Podcast
- My FREE Meditation Gift
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DrDoloresFazzino.com



[Youtube.com/@dr.doloresfazzino](https://www.youtube.com/@dr.doloresfazzino)

WHAT OTHERS SAY



"Our group had such a positive response when Dr. Dolores spoke. One of our attendees actually said, "I could listen to her all day!" Another commented on how amazing she felt after listening to Dr. Dolores speak. And that's just the tip of the iceberg... the feedback was overwhelmingly positive and everyone seemed to take away something valuable and perfect for them. Thank you, Dr. D.!"

Shonna Jordan, Owner Good Ol' Gals Business Connections



"When I scheduled a healing session with Dolores, I was not sure exactly what to expect. I went with an open mind and the courage to heal. Her gifts and her ability to tailor the session to my exact needs were truly a blessing. I left feeling pain free, with specific suggestions for my self-care and a simple exercise on forgiveness for those who had hurt me in my past. I slept soundly that night and the next day I awoke with a renewed sense of optimism feeling better than I had in awhile. I highly recommend Dolores to anyone looking to improve how they feel physically, mentally or spiritually. She is truly one-of-a-kind, a very special woman and gifted healer."

Dr. Kimberley Bell, PT, Vestibular Specialist, Yoga Teacher



"I had the wonderful pleasure of attending a recent event and met Dr. Dolores Fazzino there. I attended her presentation. Her own lived experiences and the openness which she shared them quickly endeared her to each of us that attended her presentation. Her medical training, spiritual and healing journeys give her voice and empowering approach toward guiding individuals in their personal medical journey, an authority and compassionate tone that is so RARE and NEEDED in the medical community. I also invested in myself with a Coaching Session with Dolores, and it was WORTH the time and money!! Receiving the INSIGHT, RELEASE & CLARITY that came forward from her guidance in the session~ is already INVALUABLE for my own healing, and how I show up in my own Spiritual Business. SO GRATEFUL for this lasting connection, friendship and wisdom that Dolores embodies as a Dr. and spiritual Coach."

Raelin Saindon, The Ultimate Guide to Self-healing Techniques

DID YOU KNOW

Our most important relationship is the one we have with ourselves?
Your relationship with yourself offers peace to lasting wellness when appreciate, having compassion, value and respect yourself. When you are kind to yourself. Guess what? These are your super powers!

We are incredible manifesters and creators of our life, our reality?
What you believe, focus on, and give energy to creates your reality over time. Who and what we surround ourselves with are ingredients which feed, nurture and grow that focused on reality, healthy or not.

Western Medicine rarely addresses the mental, emotional, and spiritual aspects which may contribute to creating health challenges?
It is healthy to experience and feel your emotions. Emotions are energy. When unexpressed, it may eventually move into our physical body and create a health concern over time, and may even a health crisis.

Our self-talk contributes or steals from our health and wellness.
The first step to changing this pattern is to become highly aware how your words guide your beliefs, emotions and actions. How this may contribute to your eventual health, wellness and destination in life.

Empaths, Intuitives, and Highly Sensitive People are those who feel
deeply and are here to assist humanity to reconnect to experience their feelings, and remember who they are in their uniqueness.

Some times people give their power away to outside sources to
while making important decisions for themselves instead of leading by their own inner knowingness and wisdom. This includes making the right decisions for one's healthcare choices and wellness options. Remember to check in with yourself. Pay attention to how you feel.

The only certainty in life is uncertainty. We are not in control, and yet we do our best to control things. Controlling our life, environment, and possibly others is exhausting. Once you realize that you are not in control, liberates you. That is when you are at peace, have freedom, and are being in the present moment.

NEXT STEP

Schedule your 1st Consult with \$100 OFF!



Dr. Dolores Fazzino, DNP, RN
Nurse Practitioner
Medical Intuitive, Author, Speaker.
DrDoloresFazzino.com
Dolores@DrDoloresFazzino.com
Click to Text: [760-579-2440](tel:760-579-2440)
[LinkedIn.com/in/doloresfazzino/](https://www.linkedin.com/in/doloresfazzino/)
[Linktr.ee/DrDoloresFazzino](https://linktr.ee/DrDoloresFazzino)





JENNIFER WREN TOLO

RN, MA, CPT, PRM



"Whole Health Educator and Patient Advocate"

Find Calm in the Chaos to Reclaim Your Health and Happiness.
I was a critical care nurse, married to a surgeon, whose life course was pivoted when my second son had a massive neonatal stroke and my third son had leukemia.

I woke up terrified, after the birth of my second son, asking, "Where's my baby?" He'd been sent to a children's hospital 30 miles away after a massive stroke, seizing.

Other people's babies were crying all around me, and all I wanted was to hold my son. Confused and overwhelmed my head was spinning from people talking at me, and all of the unanswered questions.

Then, I heard a voice inside me say: "Just breathe."

Once I did, the fog lifted. I knew that once I was with my son, we'd connect and tune in, and he would help me know what was needed.

I had to recover from what I expected the birth of my son to be and allow what was to unfold and reveal me my path. I had no choice but to turn to the voice of my intuition for a way to heal my son.

I became an Integrative Health Coach and Educator, an ACE Certified Personal Trainer, Certified Karuna Reiki Master and Certified Mindfulness Practitioner and Educator.

My third son was diagnosed with high risk acute lymphoblastic leukemia on the very day I found out I was carrying was my fourth son.

This time, I had the tools and I knew how to trust myself to help my son navigate his cancer treatments and get well.

My own health suffered as a warrior mom, constantly prepping for battle, stuck in fight or flight, exhausted and depleted.

Finally, I realized that I had to put my own oxygen mask on first before I could be there for my family. I needed to deal with the emotions and stress of my busy life before I burned out completely.

Find Calm in the Chaos to Reclaim Health & Happiness

My passion and purpose is helping mothers of children with special challenges and anyone working with children to find calm in the chaos of life. Learn to take back power over their health and happiness.

My boys and I are all healthy and strong. We have learned to adjust, reset and grow one empowered moment at a time. I healed myself from chronic fatigue, depression, gastrointestinal problems, and migraines.

To find calm in the chaos of my life, and reset my nervous system, I disciplined myself to take pauses or mindful moments throughout my day.

Until I take care of myself, I cannot be as effective, listen to my intuition or be there for my kids in the manner in which I desire, and they need.

Creating time throughout the day, even just two minutes, helps me to pause with the purpose of resetting my “fight or flight”, and allowing me to find my calm.

THEN I can tune into the wisdom of my mind, body and spirit to regain control of my health and happiness.

In my experience, resetting one's health and happiness is done so one choice, one thought, one conscious action, and one moment at a time.

I bridge the gaps in healthcare and healing by connecting modern medicine with alternative healing. Connecting science and intuition. Self-care with caring for others, and connecting adults with their kids.

Tools I gained and implemented from nursing, motherhood, integrative nutrition, mindfulness, intuition, reiki and energy balancing techniques, personal training, yoga and meditation help me, and my family.

Leading by example, I share these tools and strategies with mothers and children who are seeking to center and calm the chaos of life.

Helping teach others how to connect to their mind, body and spirit needs enable me to help them achieve health and healing beginnings.

Learning how to regulate one's nervous system starts by creating the time required to slow down and truly be present in life. Time to heal from within our self through empowerment, perspective and purpose.

My wisdom and knowledge comes from professional as well as personal experience from a grounded and ‘real’ place.

This allows me to connect heart to heart with those seeking to take back control of their health and happiness, one choice, one action, one thought at a time.



Find Calm in the Chaos to Reclaim Health & Happiness

'POWER IN NOW' FREE Masterclass

In this FREE masterclass, you will discover what your hidden stressors are and how they are taking your power from you and throwing you off the path of living a connected, happy and fulfilling life!

Three things that can lead to a stress spin

1. The Key secret to growth and opportunity
2. Where You have the greatest power
3. Plus MORE!

REGISTER: Jenwrentolo.liquidfunnels.com/free

'STRESS S.O.S' Online Course

This is an introductory level course for those mom's/ Parent's or women who are overwhelmed, headed for or in burnout as they have been stuck in survival mode.

1. You know something needs to change but have no idea where to start.
2. Are you exhausted, anxious, maybe even depressed?
3. Are you caught in a stress spin?
4. Do you feel always on edge and find yourself snapping or reacting to people around you?

REGISTER: Jensos.liquidfunnels.com/sos-checkout

Then this may be a great place to get started taking back your power over your mind and body while beginning to connect with your spirit.

Find Calm In The Chaos Group Coaching Course

Do you find yourself looking to others to tell you what you need, what is right for you and what to do? This course is for the parent, mom or woman who is in the “pleasing others” or “perfectionist” trap.

You have some awareness around self-care strategies, but you continue to get caught in either the worry cycle, or the keeping up with the demands of society.

This program will teach you:

- How to tackle anxiety when overwhelmed by uncertainty.
- The 1-2-3, A, B, C's of connecting to your own truth.
- How to go from being triggered to more ease and flow.

Schedule a FREE Clarity Call. Discover which course is right for you!
Calantly.com/jen-351/clarity-call-with-jen-30-min-yt



WHAT OTHERS SAY



"Working with Jen is like, she takes all the puzzle pieces I had and she not only puts them together in a clear picture, but she helped me make sense of what I was seeing and experiencing. I didn't realize how many things actually impacted my life and my happiness. I came to her for nutrition help, but got so much more!"

-Megara Woods



"After just a few weeks working with Jen, I have more tools to calm myself down and I am better able to notice when I am getting stressed. I still have moments of anxiety and overwhelm, but I am noticing when it starts and why. My friends have noticed I seem bit calmer too!"

-Jessica D.,
Special Education Teacher, Mom of 2



"Jen has truly helped me understand the importance of boundaries and speaking up when something is bothering me. Before working with Jen, I would have gone along stewing inside but keeping all in as I never want to let people down. I didn't realize how much stress this was actually creating in my life. Now, I have found my voice and set boundaries which allows me more moments of peace, more joy and more time to focus on what I love."

-Gwen Cook, International Executive
Mom of two fur babies



"When I first started working with Jen, I was finding myself triggered and emotional over the smallest things. After just a few sessions, Jen taught me the power of the pause and the importance of resetting my nervous system. Just a few simple tools started me on my path to being able to really connect to what it was I really needed for not only MY health and happiness, but my kiddos too."

-Sara Roizen
Art Therapist and Mother of 2

DID YOU KNOW

Stress, or chronic stress, is one of the leading disruptors to health and happiness. Stress impacts the gut microbiome and digestion, reproduction, circulation, mood, metabolism and cravings like sugar and caffeine.

There are hidden stressors in life you may not be aware of like over or under exercise, sugar consumption, environmental stressors like chemicals, metals, and energy (people in environment and cosmic energy) as well as spiritual stress like feeling alone and unsupported.

It only takes 2 minutes to reset your nervous system and lower heart rate. When we take pauses on purpose and take deep breaths, and tune into our mind and body, we can activate the relaxation response.

Your energy, stress, anxiety and distraction can impact that of your kids, your family, your pets and your co-workers. When you regulate your own energy and emotions, and calm the chaos inside yourself, you can positively influence the energy and mood of the people in your environment. Calm and peace ripple from the inside out.

Extremes, such as in diets, exercise and approach to, or belief about life (health care, politics, definition of success) can throw us out of balance? Think of a pendulum. When it swings far one way, to correct and balance, it swings far the other way. It takes longer to settle in the middle.

Dan Siegel, author of Whole Brain Child, talks of wellbeing as like a river. Total balance and wellness is floating in the middle of the river, adjusting to bumps and curves along the way. On the banks of the river are chaos and control. When we resist the "flow", we try to control and hang tightly to one bank. When our control slips, we bounce over to the other bank, chaos. Then, to move off the bank of chaos, we cling to control, bouncing back and forth from bank to bank versus flowing comfortably in the river of wellbeing.

We can only control ourselves, our choices, our thoughts and our actions or reactions. We can only control the present moment, not the past or the future. We can learn and grow from the past, and influence the future with choices in the present moment. Everything else, we need to let go of and flow, versus resist. This is how you begin to calm the chaos of life... from inside self.

NEXT STEP

Schedule a Complimentary CLARITY Call.



Jennifer Wren Tolo

JenniferWrenTolo.com
Jen@JenniferWrenTolo.com
Click to Text (978) 290-1938
Youtube.com/@jenniferwrentolo5543
Facebook.com/jenniferwren.tolo
Instagram.com/jenwrentolo





"Awakening the Sacred in Every Woman."

Hi, my name is Michelle Lee, I am a spiritual mentor and healer to women who are passionate about their personal and spiritual development, and who are ready to harness their full potential by accessing and activating the unrecognized power of their unconscious mind to create they're deeply satisfying, fulfilling, and successful life.

I am the co-founder of The Sophia Mystery School for Extraordinary People. I am an Intuitive Spiritual Mentor, a mystic, psychic, and a direct conduit of the Divine Feminine. I have come to understand deeply that for humanity to thrive, women must thrive.

My Soul's purpose and mission is to transform the female experience on Earth by helping women realize their full-potential, value, and authenticity.

My journey to coaching began 27 years ago when I found myself in the depths of postpartum depression. Even as I was suffering, my intuition told me that my experience and millions of other women's experiences of birth and postpartum was 'wrong'. So, I set out to find a way to help women transform their experience of labor, delivery and postpartum.

Enter hypnobirthing, which teaches women to use deep relaxation to have painless childbirth. What I found so fascinating was the history of how western women were taught to fear the birthing process, inevitably manifesting as pain. I was blessed to see many women give birth painlessly and joyfully after I taught them hypnosis for birthing. Exactly, as my intuition had led me to believe.

That's when my journey of helping women break the spell of "not being enough" began. I wanted women to be able to trust and love themselves and know their worth and innate power. Intuitively, I knew self-worth, self-trust and self-love are our natural state.

By following the needs of my clients and my intuition, my work has evolved into helping women become their greatest version of themselves. What I came to learn through my own healing and growth, and that of my clients, is that creating life that brings us the most joy and fulfillment requires attention to the Three Pillars of Self-Actualization.

The Pillars of Self-Actualization include embodying our Divine Power, Oneness Consciousness, and Sovereignty.

Decide who you want to be and live every moment being Her

I help visionary, passionate women create the life that sets them on fire based on their values, their authenticity, and becoming self-actualized.

Together, we activated the three Pillars of Self Actualization by healing unconscious beliefs, integrating your shadow, and harnessing your potential.

My clients:

- Release the limiting beliefs that inevitably sabotage their success
- Know and Love themselves unconditionally
- Are less affected by criticism and the fear of criticism
- Stop overworking and allowing joy and fun in their lives
- Confidently ask for and get what they want and deserve
- Grow their income and impact
- Experience greater fulfillment professionally and personally
- Trust their intuition

During my almost three decades of working with women I discovered the Four Core Wounds that diminish a woman's self-worth and how to heal them.

I recognized that no matter what level of success my clients had achieved they all still suffered from these wounds to some extent, which capped the amount of success they could achieve and more importantly the joy and fulfillment they could experience.

I also discovered that an equally powerful saboteur was the "shadow", that part of ourselves that we have deemed unacceptable and hide from ourselves and others.

Our shadow, filled with shame, guilt and unworthiness will never let us feel "good enough" until we love, accept, and integrate it.

Combining healing the Four Core Wounds, Shadow Integration with the power of declarative prayer and rituals has become the Three Pillars of Self-Actualization.

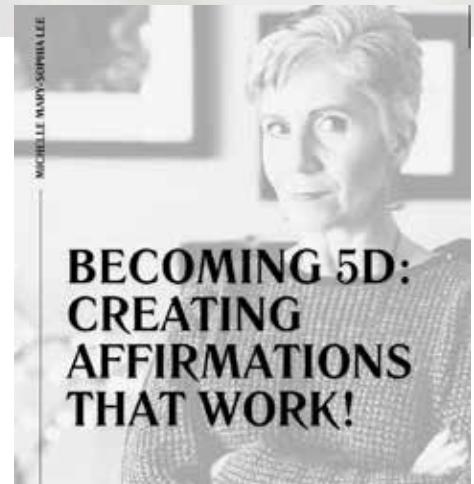
These Three Pillars of Self-Actualization has supported my clients with awakening from the slumber of 'not enoughness' into their greatest potential and their ability and confidence to create the life they love waking up to!

A world filled with self-actualized women is a peaceful, loving world.



Michelle Lee
M

THE SOPHIA MYSTERY SCHOOL



If you're like me, you've been using affirmations for decades, and maybe with not the greatest results. In fact I gave up on them a few ago because I learned so much conflicting advice about them.

In today's video I share why affirmations the "old" way simply don't work and how to tap into your 5D desires to create the affirmations that will actually work FOR you.and your Higher Self get's on your side.

Heaven on Earth is closer than you think. If you're interested in creating the life you LOVE waking up to....



SCAN
TO BUY



SCAN TO APPLY



Michelle Lee

TheSophiaMysterySchool.com

Michelle@TheSophiaMysterySchool.com

Click to TEXT (559) 709-1000

Instagram.com/thesophiamysteryschool/

FB.com/TheSophiaMysterySchool

Linkedin.com/in/michelleleech/

WHAT OTHERS SAY



"Michelle was my business coach for a year. During my time with her, I came to understand and clear my fears around leadership and expanding my personal greatness. I had stories that were keeping me small. As the CEO of my own business, having an even bigger vision of what I have already created, I needed to clear these things and quickly. Michelle is incredibly gifted in seeing these stories that hold us back and she intuitively feels your emotions even when you aren't clear for your own self of all the details. Michelle's work is deep and fast and she sees beyond your challenges and straight into who the empowered person you are at your core then she shows you how to draw it out of yourself. I've done many forms of transformational techniques. Nothing has been more thorough, faster or deeper than this work I did with Michelle."

~ Amanda Smith, Soil Harmonics, AbaloneCoastAnalytical.com

"Michelle Lee is awesome. I had wanted to quit smoking for many years but found the process to be very difficult and daunting. Enter Michelle Lee with her Hypnotherapy. Went in a smoker and came out a non-smoker, it has been almost 2 months and I have never looked back, no cravings, no discomfort, no expensive nicotine replacement or pills. This is truly something to try if you really want to stop smoking. Thanks to Michelle and to your health!" ~ **Steph R. Chandler, AZ**

"Thank you, Michelle, for what you do. It is truly a blessing to understand, confirm all of my knowings and find the freedom I have desired for so long. I have a newfound confidence in my own inner knowing without all the fear around being disapproved of by others or a sense of over-responsibility for how others perceive what I have to share. They can choose for themselves, but I must be true to me. I have claimed that before, but with an edge to it that is no longer necessary. Thank you, God, thank you, Michelle!" ~ **Rev. Kyra B., Texas**

"This is been the best and most beneficial class and training I have ever done, and I have done a few. I wanted to thank you for the insight and changes, and I speak for everyone, that you have made a great difference in our lives now and in the future. So simple and yet so powerful. You certainly were a gift to all of us. I wanted to let you know what a shift I have had since our last class. I don't even think I can put into words how different I feel and think. Even physically, I feel lighter and the pain I was experiencing had diminished, I feel I can make better decisions, and I just feel more calm. All I can say is this has been a blessing. Thanks again, Michelle, for everything. I'm so thankful for this experience." ~ **Phyllis, Phoenix, AZ**

DID YOU KNOW

That up to 95% of the decisions you make every day are based on your unconscious shame, guilt and fears of being abandoned or rejected? Healing from these wounds and fears allows you to live your life from inspiration rather than survival.

That your shadow isn't an "evil" part of you that desires your pain and demise?

Your shadow is simply that part of yourself that you hid from yourself by rejecting it. It's that part of you that you're ashamed of. You hid it because you decided it was unlovable.

That only fulfillment is real? We are never truly being deprived because although our conscious desires may not be being fulfilled our unconscious desires are.

Our unconscious, which is programmed to keep us safe, is a much more powerful creative force than our conscious mind. This is one reason shadow integration is so important.

That to have your success and be fulfilled and satisfied requires you to unify your conscious and unconscious minds?

When you go after your goals for the wrong reasons, you will ALWAYS find the realization of said goals to feel empty, unsatisfying and unfulfilling. You will always go after the 'next thing' hoping that it will finally make you whole.

That desiring or needing love, approval, or appreciation from others only separates you from your goals?

As women, we're trained to please others at the cost of our own needs and wants. Living this way leads to resentment and regret. Becoming your own source of love, approval and appreciation (self-actualized) frees you from expectations and disappointment.

NEXT STEP

Schedule a Complimentary Discovery Call.



Michelle Lee

TheSophiaMysterySchool.com
Michelle@TheSophiaMysterySchool.com
Click to TEXT (559) 709-1000
Instagram.com/thesophiamysteryschool/
FB.com/TheSophiaMysterySchool
Linkedin.com/in/michelleleech/





"I am a Beautiful Blessing Dolls Collection"

When I was young I played with dolls, though my mother had a challenging time trying to find dolls that look like me, to inspire me.

As an adult, I'd wanted to make doll purchases for birthdays or holidays, and would be disappointed that I still didn't have a variety to choose from.

I have now been in product development for over 20 years, and my contribution back to society is through my creation of the 'I am a Beautiful Blessing' Dolls Collection, inspired by powerful and beautiful women who overcame extreme challenges throughout their lives.

Pain causes purpose. And I discovered my purpose while challenging myself to create a new lifestyle in a way that I can also impact others.

My key goal was to let both girls and women know that beauty starts from within. We all go through challenges, and through them we learn how to rise above them as we move forward and towards our destiny.

Your thoughts matter. You may have fear, doubts, and disbelief. I want you to know that you are gifted and blessed despite those feelings. Your beauty that starts from within makes you a Beautiful Blessing.

Each of us are created with our own "unique" beauty and purpose, and those traits within create positive energy. We should inspire each other and formulate a spirit of growth and development in our communities. The world is full of powerful girls and women and it is time to showcase that spirit and empowerment as a Beautiful Blessing.

The Beautiful Blessings Doll Collection will cater to all. The world is big and mindsets need to be expanded. Our children are too important and I want to leave an impressionable mark for the next generation.

I love fashion and speaking engagements. I used to model. I have two sons. Most importantly, I love God and spreading that love globally.

My core message is to take positive actions in life. Transform yourself to witness how that impacts you, and as a Beautiful Blessing, others.





Beautiful Blessings

I am a beautiful blessing

Empowering Children and Women to Love Themselves















**SCAN QR CODE TO RESERVE
YOUR BEAUTIFUL BLESSINGS DOLL**

IamABeautifulBlessing.com
info@iamabeautifulblessing.com

**CREATED BY
RAVEEN JAMES**

WHAT OTHERS SAY



"As a Teacher, I encourage my students to believe in themselves and whatever they set their minds to can be accomplished. I want my students to be proud of themselves. Beautiful Blessings encourages young girls and women to be proud of themselves and shows that beauty comes in all colors, shapes, and sizes. Also to embrace their beauty with class, dignity, and respect. Beautiful Blessings help young girls and women know that they are fearfully and wonderfully made. With that encouragement, possibilities are ENDLESS!"

Angela Y. Porter, Children of America
Lead Teacher, Philadelphia, PA.



"It has been an absolute joy working alongside Raveen James. Her Beautiful Blessings campaign has been truly inspirational and I am happy to be a part of such an empowering movement. From the conception to completion, Raveen has orchestrated a product and idea that enables young black girls, and women to take pride in their beauty. Raveen has successfully created a doll that not only captures our beauty, but also tells our story. Each curvaceous and full-figured doll contains a message that reminds women of color, we are more than just factory standard."

Natasha N. Goss, Artistic Writer
Author of "Color the World with You"



"Beautiful Blessings has been a "blessing" for our Girls leadership group. We have teamed up with Raveen to offer workshops for our middle school students on self care, self esteem and self identity using the curriculum that accompanies the doll. The social emotional piece is also supported through the Beautiful Blessings Program. We love our "Debra doll". She sits nicely in the school Principal's office. We will continue to use this program to empower our young girls, boost self esteem.

Jesenia Castro, Director
Foxborough & Walpole METCO Program



Shark Tank's Judge Daymond John and Raveen James

NEXT STEP

Schedule a Call to Book Raveen.



Raveen James

info@iamabeautifulblessing.com
iamabeautifulblessing.com
Instagram.com/beautifulblessingsdolls
Pinterest.com/rae6558/
FB.com/BeautifulBlessingsDoll





Toni Gonyea, Dragonfly Creative Photography

JESSICA HUDSON



"Your Spiritual Midwife, Helping to Heal Yourself"

As a top performer in the corporate world for ten plus years, I was no stranger to working 10-12 hours a day, sometimes 6-7 days a week.

Since I was a young I was based on goals, aspirations, competition and striving to have it all, which meant being an independent, wealthy, athletic young woman that had the whole world in her hands.

I mastered grades, instruments, sports, journalism, and was voted the President of the Public Relations Student Society of America, graduating class 2008.

I did everything by the book to ensure my success and in 2015, I realized that I was no closer to achieving my dreams, even with all of my top performer awards. I didn't know what it was like to go on vacation and have all of my bills paid. I was sick more often than I was well, and I'd lost my joy, or did I even know what joy was?

When I looked around, I noticed that I wasn't alone. We all wore our fake smiles and put on our professional faces to speak to clients but really everyone was struggling, and it wasn't just at work. Our work lives were bleeding into our home lives and our home lives were bleeding into our work lives.

It was this year when my life changed forever. I was pressured by friends to go see a mystery woman who was amazing and would solve all my problems.

I had all of my blocks up because I was a type A, corporate woman who didn't believe in anything and how could I, when my life experience was not that of miracles and blessings?

After one healing session, my belief system was shattered, and my joy found me. I began to experience messages and signs guiding me and within a week I was back in the same location with another purpose and teacher, taking my first course in Reiki.

Little did I know that Reiki was going to be the beginning of my journey to Enlightenment.

"I am the healer of me and you are the healer of you."

Most of us have been misinformed to think that we are only physical beings. If we want to achieve a certain outcome, it is completely up to us and we need a plan to execute and accountability!

This is where people can get really frustrated because they journal, they write their affirmations, they go to therapists and coaches and follow the directions by the book.

Maybe they feel better for a moment but whether it is days, months, or a year they find themselves facing the same blockages, the same cycles, the same failed jobs, failed relationships and all fingers are pointing at them because they are the common denominator in their life.

We do not attract what we want. We attract who we are. From 0-6 years old is when our subconscious is created and our subconscious creates 95 percent of our belief system.

Depending on what we experienced in these early years formed what would become life-long patterns and cycles of unworthiness, poverty, addiction, abuse, and anything in your life you find triggering.

This becomes our energetic vibration at a very young age and continues throughout our life. It's the law of attraction so like attracts like. You feel a certain way and so you attract others into your life that confirms those beliefs.

In order to shift your reality, you have to shift your energy. You can shift your reality and release blockages much faster on the energetic realm than you ever could on the physical.

Most of us are walking around with one hand behind our backs because we only know of the physical mind and world and no nothing of working our energetic mind and world. We are working harder not smarter.

DO YOU OR HAVE YOU EXPERIENCED?

Trauma, abuse, divorce, death of someone you know, addiction, depression, ups and downs, eating disorders, smoking, family or friend disagreements, dissatisfying relationships, dissatisfying jobs, financial issues, physical illness or disease, goals or aspirations you have yet to achieve, fear of success, fear of failure, or triggers of any kind?

OR do you think that you are happy and fine in all aspects of your life and you've already dealt with your past issues without receiving energetic healing work...guess what?

We have work to do!



Reiki- 1 hour (\$80)

Reiki is a spiritually guided universal life force energy used for stress reduction, relaxation and promotes the body's natural ability to heal. I refer to this as the cardio of spiritual healing. Energy is like a muscle, the more you use it, the stronger it gets. The more often you do your cardio the more endurance you have.

Shamanic Healing- Up to 2 hours (\$200)

Deep Transformative Healing is used to target skeletons in our closet. The traumas, events, triggers, blockages and cycles that haunt us and keep us from achieving our best possible selves? Healing is limited to one session per month.

Healing Experiences: 15 mins to one hour (\$20)

These healing experiences come to you wherever you are and whenever you listen to them. You can begin the experience and listen to the end of the recording when I bring you back into the space or you may turn it off after the guided meditation, have your music playing and go as long as you wish, bringing yourself back when you are ready. The Divine and the energies of Holy Fire will meet you and give you the healing directly.

Reiki Levels I,II,III, IV Certification Programs (\$550-\$1050)

Learn the history and studies behind Reiki, Chakra Theory, how to perform Reiki healing on yourself and others to address all mental, physical, and spiritual dis-eases. We will open up your energetic channels to receive more Divine Healing energy than you've ever experienced, and the energy will work and grow with you forever. You will connect with your angels and guides and come into alignment with your soul purpose. You will undergo deep healing experiences and everything not in alignment with your highest and greatest good will leave your reality, making room for all of the miracles and blessings you came here to receive. Some take these courses for their own personal growth and some wish to start a business. These options are both available. You also get me as a life-long mentor and guide to assist you along your journey of Enlightenment.

[**JLynnReiki.com**](http://JLynnReiki.com) / (775) 342-5556 [**jlynnreiki@gmail.com**](mailto:jlynnreiki@gmail.com)

WHAT OTHERS SAY



"A year ago, I found myself fighting for my life with an intense alcohol addiction. Doctors put me on five pharmaceutical drugs, intensive out-patient therapy and I was still left with massive depression and debilitating anxiety. I lost 30 pounds and knew I needed to do something. I signed up for Jessica's Reiki Course and a Shamanic Healing to release the cycles of addiction. After taking the class and one healing session, I am completely off of medications and alcohol. I have a daily practice where I cleanse

my chakras and energetic field and ground myself when I feel emotions coming to the surface. I'm able to identify when I begin to feel anxiety, depression or addictive tendencies and instantly shift my energy, bringing myself back into a state of neutrality and peace. Jessica Hudson saved my life and she is a true hero, a beautiful soul and healer!" [Brandy Horning, Hairstylist]



"Jessica's ability to channel the Divine during her sessions is not only inspirational but spiritually life-changing. I do a lot of my own energy clearing and cleansing work. Jessica was able to fine tune my chakras, aura and energy field in a very direct and potent way. She is also very in tune with the Divine and I could feel that connection during the session. I left the session feeling healed in ways that are hard to describe. I was so intrigued and felt so clear that I decided to take Jessica's Reiki Levels I

& II Certification Program so that I could learn to use Reiki healing and clearing techniques on myself and with my clients. I'm so grateful I did because I use these skills daily and love it. She's an amazing teacher and such an inspiration. I highly recommend her! [Heather Rauscher, Psychic Medium & Guided Meditation]



"I've worked with Jessica for a number of years and absolutely love and swear by her work! The Reiki and Shamanic Healing she offers has given me ways to go deeper to identify issues and clear them for quick transformation. Every time I go see Jessica, miracles come flooding in shortly afterwards, whether it's a big sum of cash, healing of a relationship, or creative ideas for my work. I've taken Jessica's Reiki Levels I, II and III courses which gave me powerful, life transformative tools to use in my

everyday life. She is such a pure spirit and is committed to listening, caring for and healing her clients. She is completely down-to-earth and when I talk to her, I feel like I can say anything and that she is truly there to help. Jessica is an angel – I highly recommend her and she has incredible healing gifts to offer." [Jules Bradford, Inspired Marketing Strategist]

DID YOU KNOW

Did you know that Reiki is practiced in hospitals and clinics all over the World to assist in accelerated recovery?

Reiki works powerfully when paired with medical and psychological care and has a long history in assisting to heal virtually every illness and injury including those that are life threatening. Reiki works to heal negative thoughts and feelings, raising the vibration around the body. This breaks up the *byoki* (negative, blocked energy) bringing the energy back into a healthy flow.

Our cultural norms promote stress and constant achievement, causing us to run off of our sympathetic nervous system which is a state of fight or flight. When this happens, all of our blood cells go straight to our hands and our feet which means they are not working to heal our organs and tissues.

When we receive Reiki, our parasympathetic nervous system is activated which shifts us into a state of rest and digest. When this occurs, all of our blood cells redistribute throughout our bodies and get to work nourishing and repairing what's been damaged. This allows us to heal naturally, the way we are intended.

The Center for Reiki Research is staffed by 7 PhD qualified researchers and contains published studies promoting an evidence-based understanding of Reiki. Reiki.org is a fantastic resource as well as studies from Bruce Lipton, a cellular biologist and former medical school teacher at Stanford University who is known for specializing in epigenetics and bridging the gap between science and spiritual healing.

Epigenetics "above" the genes shows that 95% of our health is affected by our environment and only 5% is caused by birth defects. We can reverse the damage done to our cells.

Positive input equals positive output. Reiki heals the root of the illness rather than masking the symptoms so we can heal from the inside out.

NEXT STEP

Schedule a Complimentary Discovery Call.



Jessica Hudson

JessicaHudson.net

Jessica@JessicaHudson.net

(775) 342-5556

[LinkedIn.com/in/JessicaLynnHudson](https://www.linkedin.com/in/JessicaLynnHudson)





"The Memory of Health: a Journey to Well-Being"



At the age of twenty-two, I developed chronic fatigue after having surgery from a ski accident. While physical therapy was helpful, I would have to seek alternative treatment to regain the full use of my knee.

In the course of seeking answers, I discovered the power of mindful living and became a conscious consumer. These tools helped me overcome health and life challenges, from trauma and chronic illness to domestic violence.

These personal experiences, which drove me to search for answers to improve the quality of my health and life have nurtured my passion to share what I have researched, learned, and applied to help others.

My purpose is to empower people to realize the value of their own life.

Whether you like mainstream, alternative, or integrative medicine, as your solution for health and well-being, be conscious of the choices you make. They matter both in the short term and in the long term.

My book, written over a decade, "The Memory of Health", is a memoir and a guide to living well, a comprehensive resource on chronic fatigue, and how self-care and lifestyle medicine may help you too!

In the end, how we interpret life is more powerful than our genetics!

I've achieved many of my goals as a professional writer, dancer, and the most meaningful of all, my own business in the wellness sector.

My mission is to encourage people to treat themselves, each other, and the world we live in well, and to learn sustainable lifestyle and wellness habits.

As I continue to set and achieve goals for myself, personally and professionally, I continue to practice what I recommend to my clients each and every day. I want to EMPOWER YOU to regain and harness your CONFIDENCE as well as your well-being, and to reach your full potential! Never give up on yourself. You are worth it!

"As a wellness consultant, I help people learn how to improve their health and wellness habits, which may lead to more well-being and a greater quality of life."

For over twenty years, I've studied and trained in alternative and integrative health as a patient advocate, consultant, speaker, coach, grad student, author, yoga instructor, executive, and as a broker in the natural foods industry. I live, study, and practice health and well-being.

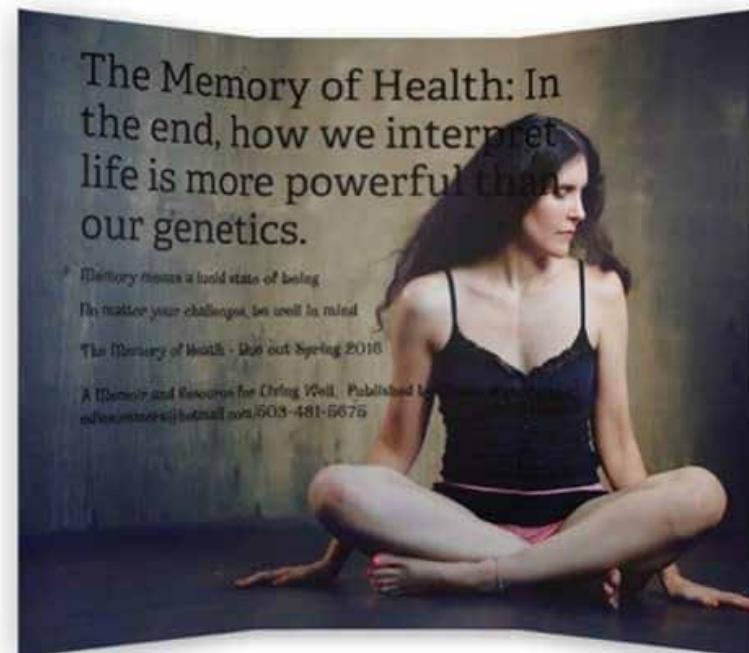
As a wellness coach and consultant, I help people create and improve their self-care, health and wellness habits. So many of us wish to improve our health and well-being, but need support in following through on our health and wellness goals. I can be that person for you, because I have learned to show up for myself in order to improve my well-being and quality of life.

Through my own personal journey of well-being, I discovered how much I love teaching people how to find balance, increase their energy, relax more, and become more in tune with the amazing vehicles which carry them throughout this life - their mind, body, heart, and spirit!

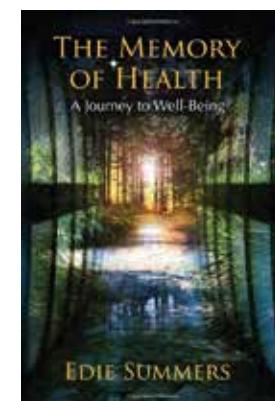
Here are several ways to work or connect with me:

- "The Memory of Health" - Read it free on Amazon Kindle as an e-book!
- My Daily Well™ – My app for daily health and wellness support.
- Mind Your Body™ – A course/group for energy & well-being.
- Executive Energy™ – A course/group for energy and productivity!
- Finish My Book™ – A course/group to start or finish your book!

My background of health and wellness is evidenced in my book, 'The Memory of Health: A Journey to Well-Being', which chronicles my journey. It's a comprehensive wellness resource for self-care, stress management, mindful living, and living well, with or without a chronic condition. My published work was written over a ten-year period.



"The Memory of Health" is a memoir and a guide to living well. It is also a comprehensive resource on chronic fatigue, possible solutions, and on how self-care and lifestyle medicine may help you.



Order now at
 amazon.com



Edie Summers, Author and Wellness Consultant
The Memory of Health: a Journey to Well Being
Click to text: [503-481-5675](tel:503-481-5675) - PortlandWellnessCoach.com
Instagram.com/ediesummers * Facebook.com/ediesummers

WHAT OTHERS SAY



"I've been honored to personally come to know Edie over the last few years, and continue to read, learn from, and apply wellness principles from her book, 'The Memory of Health'. Her commitment to her own well-being is evidenced in thoroughness of her book's writing, exemplified as a wellness professional, and in the kindness of her heart as a dear friend."

Angelina Musik, WellnessbyChoice.com



The Memory of Health Book Review

"The Memory of Health' book shines a light on both inner and outer healing and shares an abundance of inspiring wisdom, messages, and gives hope from a woman who never gives up on her own personal healing journey. A heroine who survives great health, relationship, and self-love challenges to rise as a beacon of light for others. Edie reminds readers to listen to our deep inner voice - calling us back to a natural state of balance, peace, and healing."

Porsche Ing, KteNewProsperity.com



The Memory of Health Book Review

"Edie's book, 'The Memory of Health', a Journey to Well Being, is compassionate, insightful, and provides practical tips that we can all use. The book is a blessing to those working on improving themselves."

Cindy Davis, PathTwoPeace.com



The Memory of Health Book Review

"Edie's sweet, sensitive spirit comes through in her writing. She gives you workable tools that make a difference in daily life. Her work is an awesome accompaniment to therapy, and supports many kinds of self-healing work."

Pyper Thaller, LPC

DID YOU KNOW

Mindfulness can be used as a wellness tool.

Our body has feedback loops of energy, and different systems are talking to one another (and us) all the time. Slow down and listen to what your body is saying to you in the present moment.

Mindfulness can help you to bridge the gap between symptoms and well-being. Even if your body lands on a new normal, mindfulness can reduce symptoms.

Mindfulness, in its original meaning, means a lucid state of being. When we are mindful, we can create happy memories that can make us more resilient. Mindfulness is connected to memory.

Be mindful as you travel throughout life.

You can create a beautiful life simply by showing up for it, yourself, and the people in your orbit. Connection is what makes us whole and strong. We are wired to connect. Find ways to connect more in your life, in order to harness the healing energy and power of social bonds.

Cultivating more mindfulness greatly impacts your health and well-being. It can reduce your stress levels, help you retain memory, and increase neural plasticity, which is your capacity to be resilient. There is also the concept of traumatic resilience, which can include mindfulness and support.

At any point in time, you can use awareness and mindfulness to listen to your body, heart, mind, and soul to slow down, tune in, and recalibrate your well-being. You can talk to your mind and body, and set the tone for your journey back to well-being.

You can change your health and wellness habits for the better.

It's easier than you think. Set your intention to heal, change, and rise up, etc. Take baby steps to help your brain rewire over time.

Use reinforcers like cues, social bonds, quotes, or mantras to remember what's the most important to you!

NEXT STEP

Schedule a Complimentary Discovery Call.



Edie Summers, Author of *The Memory of Health: a Journey to Well Being*
Click to text: [503-481-5675](tel:503-481-5675)
PortlandWellnessCoach.com
Linkedin.com/in/ediesummers
Instagram.com/ediesummers
Facebook.com/ediesummers
Twitter.com/ediesummers





KAT MORROW

GIA Gemologist



"Your Private Gemologist & Life Stylist"

Growing up in the Midwest, I had amazing parents who were my role models and instilled great values and work ethic. Their unconditional love and support were ever present as I grew up fiercely independent, dared to take chances, and relentlessly followed my dreams.

As an active kid, playing with sparkly, fun jewelry was a joy. It led to an incredible career as a GIA Graduate Gemologist, diamond and jewelry expert, and serial entrepreneur in the jewelry and wellness industries.

It's been a great ride following my dreams. I've worn the hats as a fine jewelry buyer, appraiser, consultant, private gemologist, and personal shopper. Since I live a life of wellness, it was inevitable I'd become a health & nutrition coach and fitness trainer. The pinnacle was owning a small chain of fine diamond and jewelry stores for over 20 years.

I LOVE DIAMONDS! Wearing fine jewelry made of precious metals makes me feel amazing so I chose the ideal business to surround me with its beauty every day. I love wearing diamonds, studying them, appraising them, selling them, talking about them...all of it!

I value my clients! My passion, expertise, experience, and commitment to do what it takes to find the right diamonds and jewelry to create exceptional experiences "at a smarter spend" solidifies they are working with one of the industry's best who has their best interest in mind. These client relationships transcend time with having access to quality care for a lifetime.

I love looking and feeling amazing! Eating well, moving more, being positive and passionate. Looking and feeling beautiful in your jewelry means living your best life of wellness. I'll show you how to do this!

For 25 years, I raised ocelots & margays, felines native to South and Central America. My precious "exotic family" often accompanied me to the jewelry stores and my clients loved interacting with them. They were the "face of my brand" in my TV and print ads.

My love of protecting animals and their habitats is why I'm a board member and support the Milwaukee County Zoological Society.

"I want to impact the lives of people I know in a thoughtful and positive way through my words, my time, and my treasure."

Here's what I genuinely believe.

A happy, healthy, radiant you IS more beautiful than diamonds. You'll think and feel that way when you connect with me!

How to Design and Create Your Life While Impacting Others!

My passion is to mentor, educate and empower those committed to a journey in life which results in feeling beautiful and confident in their jewelry while enjoying better health and fitness and loving the way they look and feel. I want to help my clients live their best life and have the freedom and wisdom to do so!

My Clients: whom I am looking to work with?

If you are ready to take steps to partner with an expert in all things jewelry and lifestyle, let's get started making exceptional experiences happen. Allow yourself to learn more, do more, have more to live your best life.

Starting Your Curated Transformation Journey Together

It starts with connecting with me to feel more confident in your jewelry, health & fitness and lifestyle decisions.

Helping You Up Your Game as Your Personal and Professional Imager

My mom used to say, "You only get one chance to make a first impression". Let me help you show up better personally and professionally through how you look and feel to radiate greater confidence which attracts a more positive response from people and opportunities. I inspire you to live life well!

Your Personal Concierge Jewelry Consultant

As a Graduate Gemologist, I serve as a personal concierge jeweler to my clients. With my expertise and many years of experience working with my trusted network of diamond brokers, designers, and goldsmiths, I help you choose those diamonds, gems, and jewelry which reflect your personality and style and give you more confidence!

This completes your look! Think how amazing that would feel! I LOVE THIS PART OF WHAT I DO!!

In this next chapter of my life as a Private Gemologist, I've discovered my higher purpose and I'm committed in bringing my best to you!

Together, let's have fun buying, selling, designing, valuing, and wearing beautiful diamonds and jewelry! Let's have an exceptional jewelry experience...together!

God created the beauty of nature for everyone to enjoy!

Live well, and wear diamonds!!



**Kat Morrow,
Your Private
Gemologist &
Life Stylist.**

...this girl knows diamonds

Imagine having your own Private Gemologist & Life Stylist advising you in an honest and unbiased manner about all things diamonds and jewelry, wellness & lifestyle!

I help you LOVE the way you look & feel!



I'm Kat Morrow.
As YOUR Private Gemologist & Life Stylist
I'll guide you in creating your beautiful
jewelry wardrobe and help you look and
feel more beautiful wearing it.

Let's start this journey together
with you booking a complimentary
discovery call with me to discuss:
All Things Diamonds & Jewelry
Living Well & Fashion Styling!



Schedule a Complimentary Discovery Call.

Kat@KatMorrow.com

KatMorrow.com

Milwaukee, WI

[Click to text: \(414\) 403-8700](tel:(414)403-8700)

Mon-Fri 9am-6pm

WHAT OTHERS SAY



"I was really wanting to update my wedding ring, and reached out to my good friend Kat Morrow. What we were able to create was nothing short of amazing! This ring is not only stunning, it's perfect, and made specifically for me. The head where the diamond sits is a lotus flower!!! The jeweler created an exact replica of my lotus tattoo, and I am just thrilled with this amazing ring. Beyond happy!!"

~ Stacie Tatera

"Kat is one of a kind! She is caring, provides a very personable experience, and goes out of her way to make sure you happy with your purchase. We met her almost 10 years ago and she has never forgotten us. That attention to detail is what you want from a jeweler/gemologist and that is Kat!"

~ Erica Stuckert

"We bought our wedding rings from Kat over 30 years ago. We also purchased jewelry for milestone anniversaries, Christmas, and birthdays because we trust her to get exactly what we want with amazing quality and price. She has a vast knowledge about gemstones and diamonds which is apparent when she meets with you. Kat has an amazing personality and puts you at ease when searching for that special piece. There is no pressure to buy or spend more than you want to. She is truly a "gem."

~ Sandra Jonas

"Kat is wonderful and knowledgeable to work with. My husband and I have bought many pieces of jewelry over the years from her and know we are getting excellent quality and absolutely fair prices. She will go the extra mile for you! You won't be sorry if you work with Kat!!!"

~ Fran Janczak

"Kat is a pleasure to work with. I was in need of an appraisal for my engagement ring for insurance purposes and I am SO happy I found Kat! Kind, knowledgeable, and professional, I felt a sense of trust from the very beginning. There was no need for me to call any other appraiser. During the appraisal, she made sure I felt comfortable, and explained everything she was doing, and made sure I understood the document. There is no doubt I will be working with Kat again when it is time to purchase and appraise wedding bands. Kat is a light to work with!"

~ Kiara Reyes

DID YOU KNOW

Natural mined diamonds are truly rare, and the oldest and hardest material most of us will ever hold. Formed under intense heat and pressure in underground volcanic pipes thousands of years ago many miles beneath the Earth's surface, it takes one ton of rock to find one carat of diamond. It is a very labor-intensive process to uncover these diamonds and bring them to the surface, and therefore a major factor in the rarity and thus the pricing.

The energetics of diamonds! Diamonds are healing and raise the vibration of those who wear them. Diamonds represent stamina, strength, courage, and fearlessness, bringing all facets of self together in harmonious balance to cleanse and restore your mind, body, and soul. They purify and detoxify all the body's systems rebalancing the metabolism.

It's believed wearing diamonds promotes emotional healing. Representing purity, will help cleanse out negative thoughts and beliefs to infuse all layers of the energetic self with love and light, making you feel lighter, more joyful, and aligned with Spirit. Diamonds inspire self-love, self-care, and self-confidence. Who would have thought diamonds offer "glimmer and grace".

"You only get one chance to make a first impression?", my mom taught me. How you're remembered impacts your personal and professional life, especially in this competitive world. Showing up looking and feeling energetic, fit, and focused should be a priority. It gives you confidence and that shows up in how others perceive you. I can help you acquire and wear beautiful jewelry, and design your best first impression while looking healthy, fit and classy.

Have you ever heard the term...health is wealth? In reality, it boils down to this. To have the ultimate freedom to enjoy life, we need to enjoy good health. Simple. It's something money cannot buy! And we are in control of our own health outcomes more than we know. Nutritious food is one key component to having great health. Eating fresh produce daily – and lots of it – in a variety of colors is the secret.

My solution is to grow organic produce right in my own home, year-round, indoors/outdoors using a vertical, aeroponic growing system called Tower Garden. The produce I grow is always fresh, nutritious, tasty, and safe, and saves me money!! Contact me and I'll share my experiences growing it. Check out the website at: <https://www.wildabout.towergarden.com>

NEXT STEP

Schedule a Complimentary Discovery Call.



Kat Morrow

Kat@KatMorrow.com

KatMorrow.com

Milwaukee, WI

[Click to text: \(414\) 403-8700](tel:(414)403-8700)

Mon-Fri 9am-6pm





"Productivity Architect Helping You to Up Cycle"

When I was eight, I spoke for the first time in front of three hundred people. I felt such a rush afterwards I'd seek out any opportunity with a story or message. I fell in love with how I could make an impact.

Since then, I've taken my life lessons, academics, and self-education and added my creativity to provide a shift in perspective to deliver a concept in a way that someone may have heard before, yet the way they hear it from me provides an a-ha moment, and allows it to stick.

As a child, I struggled with one parent telling me how horrible I was and the other parent telling me I could be and do anything I put my mind to. That experience led me to learn how to develop and lean into consistent positive self-talk, owning my choices and consequences, and how to not take myself too seriously.

As a teenager, I struggled with depression. Even attempted suicide. I understand how one can create a damaging self-perception that doesn't align with reality yet feels so real and suffocating. I also know firsthand how to break out of it and find an exciting life with purpose.

As a young adult, I suffered through a car accident that could have taken my life. I know what it means to have a second chance at life, to not take it for granted, AND to live it fully by contributing to others.

As a mother, I know what it's like to lose yourself to make others happy without realizing the cost of losing your own joy. My depression felt like an abyss within a maelstrom. Dark and stormy, lost, and hopeless. All it took was me answering a single question. It sent me on a quest to free myself to discover joy, intention, and manifesting.

Today, I am on a mission to share my story and my message with entrepreneurs and business professionals. Those who feel stuck and are ready to ask themselves that single question which will lead them on a quest to level up their career, health, and relationships.

My experience, insights and support offer them a hand to help guide them along a journey of personal transformation as they shift from reactors to their circumstances into creators of their experiences.

"Do you want to **STOP reacting to your circumstances and **START** creating the **WOW** in life you want to experience?"**

I'm Ly Smith, the Speaker Performance Consultant and Certified Neuro Linguistic Programming Master Practitioner with UpCycle Coaching, LLC.

I launched UpCycle Coaching because I took myself from the depths of a three-year abysmal, dark depression to a rising phoenix as a high performer, accomplishing dreams like never before.

When I reclaimed my joy, I rediscovered my 8-year-old inner child who dreamed of becoming a motivational keynote speaker.

I'm on a mission to transform REACTORS, who feel stuck in the motions of the day-to-day wondering "is this as good as it gets?" into CREATORS, who live life with greater happiness and sense of fulfillment.

"The C.A.N.D.Y. Method to Speak and Shine" guides you to gain clarity, generate healthy self-talk, create urgency, optimize your habits, and re-engage with your amazingness.

I believe you have genius, gifts, and greatness to give the world!

"The C.A.N.D.Y. Method to Speak and Shine" helps entrepreneurs, business professionals, and coaches use speaking to grow their business yet lack the confidence to effectively stand in front of a group of people and connect with the audience with certainty and dynamic presence.

I provide guidance along the journey with options like monthly masterminds, group coaching, 1:1 intensives, lunch-and-learns and workshops.



Your 90-Day Strategy to gain clarity, generate healthy self-talk, create urgency, optimize your habits, and re-engage with your genius, gifts, and greatness.

A digital program for:

- the **MOM** - to become more present with her kids.
- the **ENTREPRENEUR** - to harmonize work, life and fun.
- the **PROFESSIONAL** - to align with stronger core values.



**SCHEDULE A
COMPLIMENTARY
30 MINUTE
CLARITY CALL**



Ly Smith
Speaker & Communications
Coach & Strategist
UpCycleCoaching.com
Ly@UpCycleCoaching.com
Click to Text (775) 742-3552
[LinkedIn.com/in/Ly-Smith-Speaker](https://www.linkedin.com/in/Ly-Smith-Speaker)

WHAT OTHERS SAY



"Ly Smith is one of the most creative, positive, and helpful people I know. With her help, one year ago I started my dream business that is now thriving, despite the COVID situation. If you want to improve your own productivity, sales, mindset, etc... or help a team in your company, you want to hire Ly!"

~ "Coach Kyle" Thalman, Owner
Mythic Gymnastics, Nevada



"I just love Ly's morning productivity tips! I have heard advice like hers before. Learning the reason behind why I am making these choices from her course make all the difference where I find it easier to take the better option."

~ Mary Beckett, Owner
Blue Ice Essentials



"What's possible for me now is that I can go into speaking engagements with a lot more confidence, because I have done it in the past. Ly has also given me a lot of tips to help with my nerves and that has been super helpful, too. I just want to say how much I appreciated Ly and her CANDY Method! It was absolutely amazing! If you are having trouble speaking, I would strongly recommend you work with Ly!"

~ H. Strand



"I'd highly recommend Ly to anybody who is struggling with speaking or being introverted so you can get yourself out there and do what you are meant to do because there is so much we are all gifted with. Sometimes we struggle to get it out. But when someone amazing like Ly comes around and is giving and serving with her heart, for sure you will get all the benefits and success!"

~ M. Matias

DID YOU KNOW

Nearly all of your most successful people from gold-medal athletes, Oprah Winfrey, politicians, teachers, and moms and dads have coaches! Do you have a coach? If not, why not?

If you do, I hope it's someone who challenges you to be better today than who you were yesterday. Coaches won't have all the answers. After all, they are human, too. The best coaches will have the right questions to guide you to the answers you have already within you.

Confidence is a feeling of self-assurance. 85% of the world's population are affected by low self-esteem. [Grand Rapids Counseling Services]

When individuals are experiencing low self-esteem, it can impact their level of happiness, relationships, and performances on stage, on camera, and in meetings. The CANDY Method has been proven to boost confidence by as much as 30%.

Your morning routine can be the key to unlocking increased positivity, improved productivity and greater peace. How you start your day matters. My mini digital course called, "Maximize Your Morning Routine to Maximize Your Day" helps you to experience those three P's.

Improving clarity about who you are, your message, and your audience allows you to stand in certainty about the value of the story or message you deliver whenever you grab a microphone, a camera, or front of a meeting.

Would you agree that the more you know about what to do, the more certain you feel you can actually do it?

If you like any or all of these "Did You Know's", I invite you to continue the conversation with me.

Join me at www.upcyclecoaching.com or www.iwantsomecandy.com to learn more about my offers and services, as well as my contact information for Facebook, Instagram, LinkedIn, and Twitter.

NEXT STEP

Schedule a Complimentary Discovery Call.



Ly Smith
Speaker & Communications
Coach & Strategist
UpCycleCoaching.com
Ly@UpCycleCoaching.com
Click to Text (775) 742-3552
Linkedin.com/in/Ly-Smith-Speaker





"Learning to Love Yourself by Microdosing Joy"

What is a Journey to Joy? Is joy a destination? Is it the pot of gold at the end of the rainbow? Have I always been on this journey? Did I start out at joy and then get lost somewhere along the way?

What exactly is joy?

I've reached a point in my life where I have found myself with something I had previously had very little of, and that is 'time'.

We always have the same amount of time, yet lately my time is less devoted to raising my adult kids and instead, I often find myself with just my thoughts to keep me company. Without the constant movement and juggling of schedules, I feel like my life is in limbo.

I'm somewhere in between where I was and where I'm going. I'm trying very hard to embrace this and 'live in the moment', and view this as a blessing to make the most of it. It's been difficult to adjust to slowing down of my life, the quietness that surrounds me, and the absence of being constantly needed by others. To just be alone.

I have used this time over the past few years to reflect on my life.

I've always felt that I was a kid trying to figure out how to raise kids. I was twenty when I became pregnant and knew absolutely nothing about pretty much anything. Looking back, the best way I can describe how I felt is that I was in survival mode for the last twenty five years.

Always something to figure out or overcome, and I poured myself into the raising of my two kids. Such a strange dichotomous feeling.

I loved raising my kids! They are my measurement for joy. What I feel in my heart for them is what I strive to feel in the rest of my life.

At the same time the stress of making every single decision and financially supporting them on my own was daunting at times. Perhaps this is why I'm having a difficult time figuring out how to sit in the middle.

I have recently entered a new chapter of my life, my 'Journey to Joy'.

"I have been working very hard to tip the scale from overwhelmed and stressed to content and peaceful"

Hello, my name is Casey, and I am a woman of many titles; most of them self-proclaimed. I am an entrepreneur, organizational systems specialist, small business consultant, photographer, lover of music and fitness, jewelry maker, book writer, practicing unconditional lover, and (my favorite title) a single mom.

I have recently entered a new chapter of my life, my 'Journey to Joy.'

I have been working very hard to tip the scale from overwhelmed and stressed to content and peaceful. Getting the scale to tip has always felt like too big of a leap for me to make so I decided a few years ago, rather than leaping, I would focus on the small moments in hopes that the more I collect, the more joyful I will feel.

Since making this change, I'm inspired to help others on their Journey to Joy, which is why I decided to share my thoughts and inspirations.

You can find my collection of some of my favorite moments consciously microdosing joy each, and every day on my website www.MicrodosingJoy.com and on my Instagram page @microdosing.joy

Coming soon...in my Microdosing Joy Collection:

- Our Delicate Dance A Book of Parables
- My Calico Heart A Book of Songs
- The Butterfly Queen A Book of Thoughts

In addition to my creative outlet, I am a full-time saleswoman and small business consultant. My specialty is working with startups to help them establish some foundational systems that will grow with their business.

Mostly focused on project management and business development, I have a unique set of skills that allows me to see business from both the organizational and operational side as well as the creative brand management side.

NEXT STEP

Schedule a Complimentary Discovery Call.



Casey Cole
Author
MicrodosingJoy.com
[LinkedIn.com/in/casey-cole/](https://www.linkedin.com/in/casey-cole/)
[Instagram.com/microdosing.joy/](https://www.instagram.com/microdosing.joy/)



Thoughts of a Woman Who Flew the Nest

"Whenever I've looked back at my life over the years and the path it has taken, I've always felt sadness and never really frustration. I can see all the reasons and the obstacles that led me to make the decisions that I did, and I easily justify why I haven't lived out many of my dreams. The truth is none of those things were the reason why. The reason why is I never believed in myself. I never believed that I deserved it or that I was worth it. I always believed that my kids deserved it and that my kids were worth it, but I never believed that I was. I never had the confidence to stand up for myself, and to stand behind my decisions, and to put myself in a position where the world could see me. I always hid behind my sorrow. I never wanted to be where the world could see. So now looking back, it is very clear to me that I am the reason why I am where I am today, and I am the reason why I will stay exactly where I am. And I am the only reason why I will ever become anything else.

Anything more. I have to believe in myself, and I have to know that I am worthy. This part of my life isn't about my kids and what they deserve. It's about me and what I can do for myself. The more I can do for myself in this moment, the better I can do for my kids in the next moment. I am leaving the nest."

from "Handfuls of Sand".





"Know what YOUR body is trying to tell you!"

Do you have one or more health concerns that don't seem to heal?

Do you sense there must be something deeper going on at the root of your health experiences?

After twenty-five plus years in corporate leadership roles, my soul got my attention with a health issue.

At only age 52, I was in significant pain in both my hips, and had a diagnosis of severe osteoarthritis. Within two years, I had one hip replaced.

I soon left my corporate career, and I started improving my health.

I wondered if it would be possible to heal my second hip naturally - somehow.

I tuned into my Spirit through meditation, and I overhauled my diet. I was guided step by step to new foods, herbs, and other healing supports and my powerful intuitive gifts emerged.

I healed severe osteoarthritis in my second hip without surgery. I also restored my memory and joyful spirit, improved my vision, and restored a healthy weight.

I started practicing yoga and learned to get quiet and listen to my body. In the process, I released the stuck emotion trapped in my body and received the messages that it had for me.

Do you sense your body has some messages for you?

Would you like to enjoy vibrant health and restore your energy?

I help people just like you.

I help my clients discover the underlying emotions and causes of many health issues and learn how to heal them naturally.



Getting to the Bottom of Your Health Issue

Do you have a health issue that has been with you for a long time?

I have experienced the frustration, confusion and how demoralizing it can be to have a health issue that just does not heal!

Know that there is both hope and help!

In my own journey, I had years of repetitive lung issues which led to experiencing pneumonia four times. I endured numerous chest x-rays and many rounds of antibiotics.

My early twenties included a strange and unexplained bout of pleurisy which completely baffled my doctor! After taking me down for nearly two months, it cleared up as suddenly and mysteriously as it arrived.

What started as months of chronic fatigue left me in a daunting state of exhaustion, and continued for two years.

I was determined to heal my hip of arthritis, but the pain was often intense. Thankfully, these experiences are behind me and I now enjoy great health.

How did I heal?

Beyond the physical body symptoms, I started feeling and releasing the suppressed emotion and noticing old beliefs.

As a child, and later as a young woman, I had a difficult time processing death. At funerals, I was afraid if I started crying, I wouldn't stop, so I never allowed myself to feel that deeply.

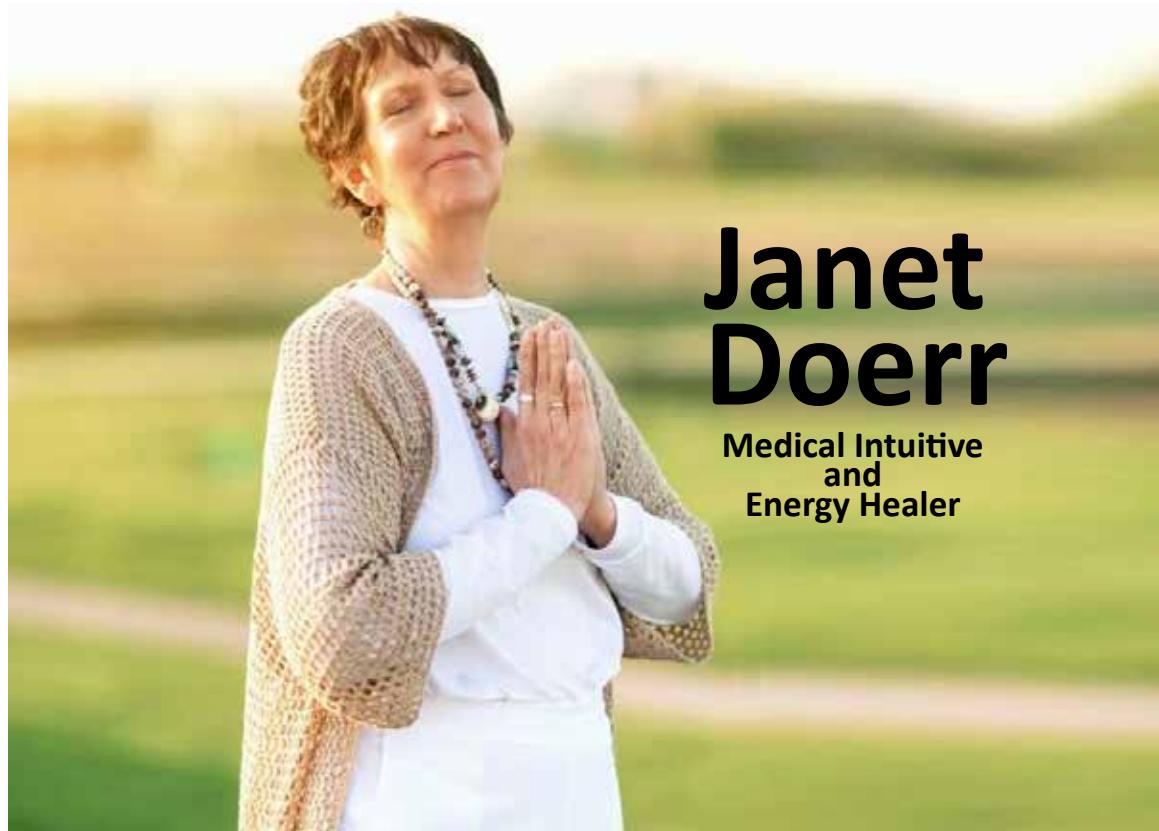
When three of my dear animal companions died within a short period of time, the river of tears I hadn't dared to feel before finally came out.

And then my Mother died, and I had a chance to feel even more deeply. I realized that old grief had caused lung issues earlier in my life.

All of this emotion was just waiting patiently for me to surrender and feel it. In the process, I learned to be more gentle with and loving of myself.

The opportunity to release old emotions, beliefs, and toxic residues while learning to be gentler with and loving of yourself.

This is what I am passionate about helping others get to the bottom of their health issues. Are you ready to join me to help you navigate yours? If you are ready, I can help you find and release your own suppressed emotion and energies. Scan the QR code for my free gift.



Janet Doerr
Medical Intuitive and Energy Healer

Would you like to know what your body is trying to tell you?

If so, learn more and receive my free gift. Scanning the QR code with our phone below.



Schedule a session or ask a question:

Janet@JanetDoerr.com

Facebook:

[Facebook.com/JanetDoerrMedicalIntuitive](https://www.facebook.com/JanetDoerrMedicalIntuitive)

YouTube:

[YouTube.com/c/JanetDoerr](https://www.youtube.com/c/JanetDoerr)



WHAT OTHERS SAY

"Janet was the only healer who helped me understand a life long issue in just a short few minutes! She has a gift to see exactly how to help you realize your goals in a way that is uplifting, sincere and easy!"

— Joie, in Northern California

"My one-to-one session with Janet was a powerful and life-enhancing experience. Her ability to lead you to the root cause of a condition is a rare gift, and truly liberating. She conducted the session in a wonderfully relaxed and unhurried way, which allowed me time to work with her guidance at my own pace. Her insightful knowledge and intuitive skills are extraordinary, and her gentle counsel gave me assurance and a renewed sense of well-being."

About Janet Doerr's 5D Health Breakthrough Course

"I can highly recommend Janet Doerr's 5D Health Breakthrough Course. It is packed with both practical and metaphysical knowledge, and as such it is an extremely valuable body of work to refer to over and over again. Each session in the course presents a mine of information and a wonderfully personal experience through guided prayers, invocations and meditations. Janet's calm and compassionate demeanour is so reassuring and her sense of fun makes each session a joy. I am so grateful to be able to assist so many."

— Christina, in the UK

Five Week Program Is Unparalleled

"I have been a hypnotherapist and EFT practitioner for over 13 years and in that time, I have taken MANY online webinars from a variety of people: many who are considered Rock Stars in their field. But my experience with Janet's 5-week program is unparalleled. So much wonderful information from a woman who is sincerely committed to her work and to helping others. Thank you, Janet ... you are a treasure and I can't wait to see what you do next!"

— Stefani Sherwin, CHT

DID YOU KNOW

Your body is always lovingly trying to get your attention!
Health conditions may be healed when the message is received and the underlying root cause cleared.

Chronic illness often has its roots in more than one cause.
You may have suppressed and stored emotion from life's experiences, such as anger, sadness, or grief.

Stored anger can manifest as inflammatory conditions.
Grief is often stored in the lungs and can manifest as lung illnesses, such as pneumonia, or asthma. Sadness and heartache can literally affect the health of your precious heart!

We take on beliefs and energetic patterns (programs) from our parents, teachers, society, and ancestors. If those beliefs are limiting you from freely expressing yourself in JOY, your body may try to get your attention as it invites you to become more aligned with your true self.

Of course, food intolerances and build-ups of toxins like pesticides, herbicides, and heavy metals, can also play a role in health issues.

Hip health issues may be trying to show you do not feel supported and neck and shoulder pain may have a message about where you are taking the weight of the world upon your shoulders.

What you make matter, creates matter and may literally result in things like kidney stones, fibroids, or growths.

A single experience of feeling unwell may force you to slow down and get quiet, and in those quiet moments you may be shown how it is time for some change, and where.

Having an injury or illness can help you to learn how to ask for more help from others and practice receiving support, which may be just the lesson your higher self wants you to receive!

NEXT STEP

Schedule a Complimentary Discovery Call.



Janet Doerr

Janet@JanetDoerr.com

Facebook:

FB.com/JanetDoerrMedicalIntuitive

YouTube:

YouTube.com/c/JanetDoerr





PAMELA PLICK

CFP, CDFA, AWMA



"Money Mentor for Enterprising Women"

My MONEY POWER journey began over 30 years ago. Despite having a great job, like so many other women, I found myself in an uncertain and scary place after my divorce with a young child to care for.

This is when I realized it was time for me to learn how to take better control and care of my financial future, my life and my family's life.

Although I was a saver, I really didn't know how to build wealth. Early in my career, with the common misconception that I couldn't afford it, I did not initially contribute to my company's 401(k) plan.

A caring manager advised me that by not contributing I was giving away free money. This advice resonated with me and would become the foundation for my approach to financial planning and education.

Inspired by this, I begin to contribute to the company 401(k) plan.

THIS ignited and fueled my sincere curiosity on how to build financial security. So I started to immerse myself in learning everything I could about financial planning, investing, and building financial security.

After my undergraduate degree in business administration, with a major in finance and a minor in accounting, my advanced education led me to become a CERTIFIED FINANCIAL PLANNER (CFP)™ practitioner, and eventually a Certified Money Coach (CMC)® to then start my firm.

I established my firm to fulfill my commitment to educate women on how to become more financially intelligent and confident while creating a healthier and more empowered relationship with money!

My mission and passion to empower women with financial education has led me down a journey of fulfillment I could never have imagined.

Replacing a woman's financial fear with her new found MONEY POWER equips her with how to create a life with greater financial intelligence, confidence, security, joy and peace. As she leads by example, she will teach and empower those she loves around her how to do the same and help change the financial trajectory of future generations!

Known as the "Money Mentor for Women," I specialize in helping women find their money power: providing the education, strategies and tools to grow financial confidence, security and freedom.

What I have learned in over 25 years of experience in the financial services industry is that women have unique financial planning and investment needs and are under-served by most professional advisors.

I believe education is key to women achieving their long term financial goals. My passion is empowering, educating and engaging my clients around their money.

Women are at greater risk than men to be ill-prepared for retirement. We live longer, our careers are often interrupted to care for family concerns, and we tend to be more conservative about investing.

The typical client that I serve is a goal-oriented, purpose-driven, professional or entrepreneurial woman who wants to build financial independence so she can better focus on bringing her gifts into the world in ways for them to have the greatest impact.

My primary services include:

Money Power Coaching and Mentoring for Women

Women who join my Money Power Coaching and Mentoring programs want to gain clarity around their money patterns and behavior.

They desire to transform their relationship with money so they can rise to their money power by overcoming limiting beliefs, challenges and self-sabotaging related to their work, money and purpose.

Through my proprietary four step core money coaching process, my clients become more self-aware, create greater financial balance and transform their personal relationship with money by becoming confident and ready to take inspired action.

Financial Planning and Wealth Management

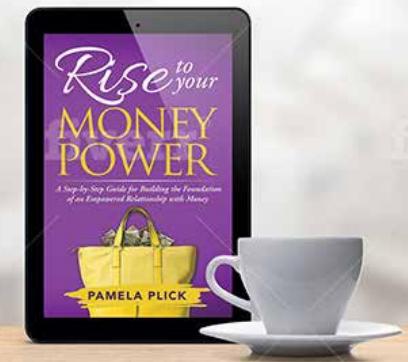
Whether Financial Planning clients need comprehensive advice or advice focused on meeting a single important challenge, I walk them through the financial planning process so that they feel confident in their decisions.

My process consists of identifying their goals, gathering and reviewing their financial data, and designing and implementing a plan to help build, manage and preserve their wealth.

Through my services, I offer women a unique insight into the particular issues that concern them. For some, I act as an educator and for others, a coach or mentor. For all of my clients, I am a trusted partner that empowers them to take control of their financial future.

NOW IS THE TIME FOR WOMEN TO STAND STRONG IN OUR RELATIONSHIP WITH MONEY, BECAUSE IT IS THE GATEWAY TO CREATING GREATER INDEPENDENCE AND CONFIDENT FORWARD MOVEMENT IN CREATING THE LIVES WE DESIRE.

VISIT
WWW.PAMELAPLICKAUTHOR.COM
TO LEARN MORE



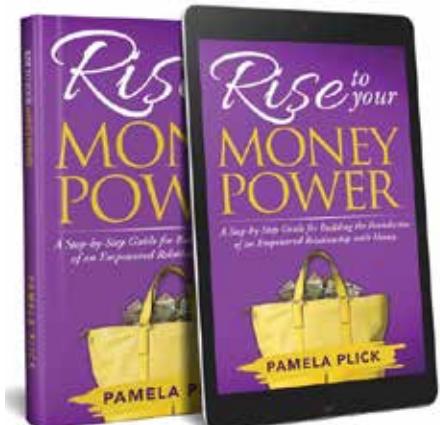
DO YOU WISH TO:

- Become more financially self-aware?
- Create greater financial balance?
- Transform your relationship with money in confidence?
- Inspire and empower yourself to take action?



**If so, my #1 Amazon Best Seller
'Rise to Your Money Power'
is the book for you!**

My book provides you with a step-by-step process to lay the foundation for transforming your relationship with money. Replace self-sabotaging beliefs and habits with intelligence and confidence to grow your money, purpose and impact!



Pamela Plick

Order now at
amazon.com >



PamelaPlick.com

MONEY POWER COACHING MENTORING PROGRAMS

Did you know that your personal relationship with money directly impacts your personal, your professional life and your health in life?

Does this sound like you?

- You feel you are not good with money.
- You are making someone else responsible for your financial future.
- You put other people's needs ahead of your own.
- You procrastinate on making financial decisions.
- You feel overwhelmed or confused about your finances.
- You make a good income, but can't seem to get your finances in order.
- You don't feel comfortable charging what you're worth because you feel you may lose customers.

If so, I would love to talk with you about how I can help you to become more self-aware, create greater financial balance, and transform your personal relationship with money by becoming more confident and ready to take inspired action.

We don't often realize that most of our beliefs about money can be traced back to our childhood. If we have limiting beliefs about money, it can hold us back from achieving the life we desire.

My MONEY POWER Mentoring and Coaching Individual and Group Programs guide you to a deeper understanding of the unconscious behaviors, patterns and beliefs which create stress, anxiety, fear which prevent you from creating the life you deserve and desire.

Are you ready to better understand your money beliefs and to find out which money voices are driving your financial car?

If so, I invite you to take my Free Money Type Quiz
It is completely confidential and takes less than five minutes to complete. <https://pamelaplick.com/take-money-type-quiz/>

Then schedule a complimentary Money Power Strategy Session with me to determine how we can work together.

Schedule your FREE 30 minute consultation

Pamela Plick, CFP®, CDFA™, AWMA®
Certified Money Coach (CMC)® | (760) 200-8611
Pamela@PamelaPlick.com | PamelaPlick.com

DID YOU KNOW

Financial planning is not just for the wealthy. You are working hard to earn your money, so shouldn't you plan and invest wisely so your financial security can be enjoyed for generations to come?

With the right support, it isn't scary or hard. Now is the time for you to get started, take control, and finally become the CFO of your life!

It's time for you to feel more confident when making important financial decisions that affect you and your family. It's time for you to know that you are maximizing your resources, and making your money work for you.

It's time for you to develop and implement a plan and a process to measure whether or not you are on track to meet your long-term financial goals. It's time to eliminate that feeling of frustration that no matter what you do, you just can't seem to get your finances in order.

If you choose to work with a financial professional, it is important to work with an advisor you trust and who truly understands you, your goals, and your situation.

You not only want to work with someone who is competent and ethical, but who also puts your needs first. It is also important to understand what type of financial advice they provide.

Are they willing to take a comprehensive approach to your financial situation?

Working with a Certified Financial Planner™ professional is beneficial. A CFP® professional is dedicated to using the financial planning process to serve your financial needs. Not everyone needs a comprehensive financial plan, but everyone can benefit from the process.

Connect with me here so we can get to know each other better, and explore how we can work together to help you gain the financial confidence and peace of mind that you deserve.

NEXT STEP

Schedule a Complimentary Discovery Call.



Pamela Plick
CFP®, CDFA™, AWMA®
Pamela@PamelaPlick.com
PamelaPlick.com
Click to Text (760) 200-8611
[LinkedIn.com/in/PamelaPlick](https://www.linkedin.com/in/PamelaPlick)



JANIFER WHEELER



"From Teacher to JOYFull Time Management BadAss"



As someone with a bit of a rebellious nature, I'm often at odds with the status quo. Staying inside the box is NOT for me. That's why I call myself The JOYFull BadAss. A few years ago I discovered JOY as a business and life strategist, and designed the JOYFull Productivity method.

After I had a major burnout episode that led to my quitting teaching, I nearly burned out twice more during my entrepreneurial journey.

Once I understood that my JOYFull Zone of Genius was also my JOYFull BadAssery (gifts, skills, talents, and experiences you all have), I knew I had to figure out a way to help other female entrepreneurs find THEIR JOY and inner BadAssery. After all, if it's not JOYFull, why do it?

After retiring from teaching, I took my twenty plus years of experience in education to the productivity industry.

I'm a time management junkie, growth mindset enthusiast and a passionate list maker extraordinaire. In short, a maximizer in life and work!

When I'm not helping you crush your goals and level-up your productivity as a JOYFull BadAss, you can find me in my little RV... by the water, communing with nature to drop my stress and re-focus.

A super big reading nerd (yes, known to read on the treadmill #like-aboss). I've built my life on the idea that efficiency and productivity have the power to make life spacious enough to hold your dreams and achieve.

I can't give you more hours in the day, but I can help you get so much more juice and life out of the hours you have.

If you snuck a peek at my resume, you'd see that I'm a Certified Teacher & Curriculum Designer, Certified Diversity Professional®, International Best-Selling Author and I have over a decade of experience as both an adult educator and business operations expert.

Did I mention I take getting things done seriously?

Long ago I came to understand that body, mind, and soul are interconnected...how in the heck can I do it all?

Have you ever found yourself thinking:

- ...oh snap – did I forget something seriously important?
- ...I'd accomplish so many goals if I just had a little more time.
- ...nobody understands how many plates I'm juggling right now.
- ...building my own business wasn't supposed to feel this way.

You're Ambitious, Confident, and Full of Vision. But time keeps slipping out of your hands.

I'll come alongside you, create a clear path for success, and put my proven productivity and organization strategies to work for you. Because I know how much amazing stuff you can accomplish with the right systems and perspective—and I absolutely want to share my know-how with you.

Based Micro-Learning Programs

While searching for an innovative way to swizzle from in-person to completely online, I rediscovered my love of MicroLearning! MicroLearning supports #JOYFULLProductivity because it streamlines content so that you get only the juiciest nugget. With so many amazing mini-lessons on Burnout, Self-Awareness, Growth Mindset, Time Management, Delegation, Documentation & Processes, Digitalization, and Designing Your Own MicroLearning Library, you will be able to quickly and easily access whatever you need, whenever and wherever you need it!

MicroLearning Benefits:

- Short & Sweet: 3-5 minutes, focusing on what you NEED to know
- Micro means it's easier to integrate into your busy routine
- You will remember more of what you learned but....
- if you forget, the Academy is OPEN 24/7

JOYFully BadAss Business Academy™ Micro-learning Programs

- The JOY|Money Micro™ & Delegation Deep Dive ToolKit
- Micro MasterClass Replays
- #JOYFULLProductivity MicroLearning Library

I believe that when you discover YOUR JOYFull zone of genius, you are better equipped to delegate, dump, redesign, or digitize the remaining tasks that must be done to keep your business running.

If you don't have a lot of internal structure, I'm here to help you develop & document the business systems you need for more efficiency and productivity. My primary goal is to help other small business owners, coaches, consultants, and entrepreneurs become 'burnout proof' in their business with JOYFull Productivity!

Are you ready to kill the hustle and put time to work for you?



JaniferWheeler.com

Win the Burnout Battle

Burnout is a very real problem for many entrepreneurs, and it can be tough to know how to deal with it.

Burnout is real and symptoms can feel like:

- Feeling overwhelmed and stressed
- Exhausted, both physically and emotionally
- Cynical and negative about your work
- Inability to focus or concentrate
- Feeling constantly on edge
- If you're experiencing any of these symptoms, you're so in the right place today!



INSTANT ACCESS
30-Minute Masterclass.

[Learn how to win the burnout battle for less than \\$20. Scan the QR CODE.](http://Janiferwheeler.com/burnout-masterclass)



Janiferwheeler.com/burnout-masterclass

The agenda:

- Identify the stages, signs, and symptoms of Biz Owners Nurnout (10 minutes)
- Toxic vs. JOYFull Productivity (5 minutes)
- Solutions to implement NOW (10 minutes)
- Q&A (5 minutes)
- 10 Tips to Burnout Proof Your Biz (Free Guide)
- A juicy bonus!

Download the JOYfull BADApp.

Scan the QR CODE or click Onelink.to/thejoyfullbadapp



WHAT OTHERS SAY



"Janifer is a big thinker who is also approachable. I was delivering a program, 1:1 in workshop sessions live, and was challenged with turning the program into an online course. She gave me confidence and support by documenting what I was doing that my clients loved so much (so I could focus on the doing). Janifer is present to what needs to be done on day 1 plus what the big vision of the program is. Thanks Janifer for your great knowledge and support."

Graci Lanni, All About That Brand



"Janifer listens to the needs of the organization and responds with exactly what we need along with enthusiasm, attention to detail and a passion for making the lives of the people she is working with better and more productive."

Sarah Kettles, Founder of OutPass Trekking



"Janifer helped me expand my vision and I now have a complete SEL curriculum being used in numerous schools and districts. Janifer is extremely experienced and has a wealth of knowledge that will add value to you professionally and personally. You will see results after implementing her advice. Her fun spirited and "badass" approach is authentic and inspiring as well. I highly recommend her to others because I genuinely enjoy working with her, and am confident that others will experience and feel the same."

Jessica Janniere, Look Up and Beyond Inc.



"You know that I will ALWAYS shout you out, lovley Janifer! You are doing amazing working and importantly, normalizing these things we go through as Entrepreneurs that in my opinion, still not enough of us are talking about. I woke up with this on my mind and got out my notepad and went to town. LOL! My Muse is as fiery as I am-probably moreso, though she's inspired and powered by me. HA!"

Tiffany Castagno, HR Curator, Cephr Consulting



"Whoaaa! I'm so recharged after watching Janifer Wheeler's session about Winning the Burnout Battle. The Life Wheel was such a great tool I printed it and will be sharing it with my team."

Jessica Campos, Marketing For Greatness

DID YOU KNOW

Overload or extreme busyness are often the root causes of Burnout. Unfortunately, our society constantly reinforces the message that we must be productive all the time. But, Burnout is no badge of honor.

Any person can experience Burnout! Entrepreneurs: at a higher risk. You often bring an employee mindset to your entrepreneurial journey, relying on it for your sole source of income adding more stress.

According to a recent Forbes article:

81% of small business owners run their businesses alone
42% say they are burned out; 52% have not vacationed in over a year
62% work longer hours than ever before

Tips to Burnout Proof Your Business

Develop Self Awareness: Having a better understanding of HOW your gifts, skills, talents, and experiences work as your JOYFull BadAssery or Zone of Genius, encourages you to believe in yourself, take risks, learn and apply new information and see failure as an opportunity to keep growing. Evolving to be more successful when trying new approaches.

Reevaluate Your Mindset Around Work and Busyness: you may have heard the 700-year-old phrase, "Idle hands are the Devil's workshop." which, if you think about it, has contributed to this whole idea that you MUST be busy every moment of the day. It's OK to slow down on busy and add rest. Relaxation. Time with friends and family. Reading books. Taking Walks. Being overjoyed rather than overloaded.

Implement Boundaries: This one is critical to burnout proof your business. Protect your time and energy. Take time for self-care. No answering emails or taking calls. Boundaries allow what is best for you.

Use Joy To Make Decisions: knowing your JOY is a great business tool. It helps you make informed decisions and protect your boundaries. If it's not JOYFull, why do it? Next time you are faced with a decision, ask yourself: "Will I be overwhelmed or overjoyed by doing this?"

NEXT STEP

Schedule a Complimentary Discovery Call.



Janifer Wheeler

JaniferWheeler.com
Janfer@JaniferWheeler.com
512-920-3436
Onelink.to/thejoyfullbadapp
instagram.com/the_joyfull_badass/
LinkedIn.com/in/janiferwheeler





"Life Can Be Messy. Serving to Nurture and Heal"

"You should be dead!"

"How did you survive?"

"I can't believe all that stuff happened to you!"

You wouldn't believe how many times I've heard these types of statements when sharing my life story. Certainly, if you were on the receiving end of these comments, you might start to realize that your story was unusual and could potentially impact lives.

So, what led to the struggles I faced and provoked the comments above? Well, from my earliest years I faced chronic and severe physical, sexual, psychological, emotional, and verbal abuse.

My world started in trauma and every time I thought the abuse was over a new trauma bombarded me.

I lived in very toxic multi-home environments and without going into sordid details here, I can share that life was unsafe in so many ways.

With chronic abuse one learns a lot of messages. Mine pretty much sounded like these: "I am unworthy of love; Others could and should hurt me; No one will protect or rescue me from the evils of this world."

Out of the chaos I developed complex PTSD.

Yes, life was painful, yet even in my suffering I ached to help those who hurt. In the fibers of my being, I knew I had something to offer anyone who would give me their hand and say "Yes" to me helping them.

My spiritual awaking came when I was 24 years old. The truth of comprehensive, synergistic care became that much more evident to me.

Now, I have over 25 years of professional experience which allows me the wisdom to do what I do as a licensed and credentialed as a Board Certified Faith-Based Therapist, RN, Functional Medicine Practitioner, Licensed Minister, and Certified Life/Wellness Coach.

Life has been a journey on a winding road that has led me to many places for answers, self-discovery, healing and Jesus.

Long ago I came to understand that body, mind, and soul are interconnected for every person. . Attention must be paid to each for one to fully grow into the optimized individual they are meant to be.

Sustaining this optimization is possible once the work has been done to get there. My commitment is nurturing your quest to achieve this.

Digging deep into my core, I've practiced a great deal of self-awareness in order for me to grow, heal, and be a reliable source to help others.

This journey transformed into the woman of God He created me to be to fulfill the destiny He has planned for my life in service to you.

At the heart of what I offer, and how I serve, nurture, and heal:

- holistic, empirical-based, integrative approach to counseling
- conventional and functional medicine addressing wellness
- minister the psychological, emotional, physical, and spiritual

Having over twenty-five years of professional experience allows me to wield my professional skills and personal experiences, wisdom, empathy, and resources to ensure maximum care with the level of passion, commitment, and care I would want for myself and for my own family.

I am licensed and credentialed as a:

- Board Certified Faith-Based Therapist
- Registered Nurse
- Functional Medicine Practitioner
- Licensed Minister
- Certified Life/Wellness Coach

Honoring the unique, remarkable, and complex journey of those I wish to serve and nurture to heal I provide a safe place for transformation.

Understanding the needs of my clients, their family, referral sources, partnering organizations, and professional colleagues are just as important to me as I seek to be as helpful as possible in collaborations.

My commitment is to continuously improve my professional competence through ongoing education, training, consultation, experience, and reflection. It is my ultimate goal to know and implement the best treatment practices available and refer to others when needed.

If you are seeking to embark on your own transformational journey, may my travels of life experience along with my professional expertise help facilitate your quest for healing your mind, body, and soul.



RhondaKatan.com

Help Your Body Better Heal Itself.

THERMAHUGS

As a licensed clinician who understands the dynamics of the body and required therapies to heal, I created ThermaHugs to help my patients. A portable weighted thermodynamic pillow for children, adults, and pets to help soothe pain, discomfort, healing, or anxiety.



It offers moist heat or cold temperatures, in a variety of fabric and aromatherapy options.

ThermaHugs.com

NUTRACEUTICALS

A nutraceutical is defined as any substance that is a food or part of a food and provides medical or health benefits, including supporting the prevention and treatment of disease.

Schedule a consult with Rhonda by scanning the QR CODE below.

My patients benefit from access to pharmaceutical grade and clinician exclusive nutritional and dietary supplements which provides their mind and body what it needs to help better heal and maintain itself.



WHAT OTHERS SAY



"I was seeking out someone that looks at the whole picture when it comes to healing through health issues. Rhonda helped me change my diet, supplementations, and lifestyle. She has helped lead me to healing my body, and is also a prayer warrior, which I greatly appreciate. Through her own story of healing she's very passionate about helping others find spiritual, emotional and physical healing. Anyone that goes to Rhonda for help I will find someone who genuinely and deeply cares about their well being, and will work with them to find answers."

Jennifer Galbraith-Shook, 'It Works' Distributor'



"Rhonda brings a tremendous trifecta of empathy, knowledge and passion. It's been a privilege to work with an experienced therapist who applies a comprehensive approach to help me better heal my mind, body and soul, as one who has encountered physical and emotional traumas. Rhonda's compassionate manner puts me at ease to receive her concepts of healing and her practical approach provided me guidance and accountability to help me restore a healthier lifestyle on all fronts over time."

Natalie Brown, Reservoir Engineering Manager



"I have known Rhonda for nearly my entire life. She has recently stepped into my life to provide me with much needed counseling and medical help. Through her loving and gentle attention, support and guidance I have walked through my pain of anxiety and hopelessness rather than sitting in it. She has guided me through discovering and addressing issues around my physical well being in this journey. Simply put, I feel cared for when I'm with Rhonda."

Jordin Galbraith, Audit Associate



"My time with Rhonda resulted in emotional healing and healthier outcomes relationally with my family, friends and in my marriage. Her experience and professional approach allowed me a safe outlet to share and learn behavioral exercises to manage my triggers as I became aware of what was driving my anxiety she helped me grieve through where I continue to achieve healing."

Reena Varghese

DID YOU KNOW

Hurting people who learn dysfunction will often reproduce the same behaviors they experienced during their early and adolescent years. This then may be transferred to their children or those they form relationships with. I have experienced trauma caused by others, I choose to not to shame or blame those who brought this trauma on me.

Instead of justifying or excusing the dysfunction and wounding of others, find compassion, forgiveness, and learn new ways to prevent the repeat of trauma. Practice healthy self-care and to know yourself.

The practice of grace and patience with others, and you, is critical when maneuvering through life as you learn from your mistakes.

Self-discovery and self-responsibility will take you far into maturing, succeeding, loving, and healing. Be bold and stay authentic preserve your integrity and seek mentorship through others.

When you keep an open mind and are open to listen, consider, question, and test information, you design and define your character and how you choose to live to go forward that much better.

It takes facing oneself in the mirror, and sometimes multiple times a day, and asking ourselves hard questions to progress.

These are attributes I continue to live by. My greatest decision was when I gave my life to Jesus Christ. There's no way I could have survived or accomplished all that has been without the help and grace of God. I can say that I did not let my fear or the "No's" get in my way.

Not only have I run my own practice, I have home schooled my two children, created a medical device to help others, been a radio/podcast host, served in leadership roles in my church and community.

I continue to grab life by the horns and rise-up to the challenges before me through the power, courage, and healing found in Jesus, which you can too!

NEXT STEP

Schedule a Complimentary Discovery Call.



Rhonda Kata, RN, FMP

Click to Txt/Call [210-218-6647](tel:210-218-6647)

RhondaKatan.com

Rhonda@RhondaKatan.com

Facebook.com/RhondaKatanWellness

Linkedin.com/in/RhondaKatanWellness

Instagram.com/rhondakatanwellness/





Stacie Martin



"A Single Parent Advocate for Myself and Others"

I became a devoted single parent of my son after a divorce with his dad who rarely reached out or supported us due to his own struggles. Despite this, my son and I had a wonderful home, family, and friends.

Vowing to stay positive, to be grateful for our health, happiness, faith, peace, and opportunity, I helped other single-parent families.

As an advertising and media executive with wonderful family, friends, and business opportunities, in 2008-2009, I lost my employment during the economic downturn of the time in a company merger.

This is when I really felt the absence of financial support from my son's father. It was the first time I had been unable to financially provide independently. Through this experience my eyes were truly being opened to how scary it is to raise a child on your own when you are not equipped for it.

My exit lump sum to "get us through" was exhausted due to the time it took to gain new employment. Even my parents were reluctant to help financially due to the continued times I kept asking for help.

I was very low in my spirits, self-worth and I felt ashamed even though there was nothing I did not do to get on my own feet again. Even once I found new employment it was not enough. There was an accumulated amount of back due debt to pay, and we nearly lost our home.

Due to the fact that I had a home and a car, I was turned down for assistance by area non-profits. When I called the State for help, they provided \$14/mo. appx in food stamps and CHIPS Health Insurance for my son – but nothing for me/our household. They said I "had too much" – that they might be able to give more if I was pregnant.

I could not rationalize that \$14 in food stamps and health insurance was all that was available to me for the purpose of providing my child a home, healthy food, transportation, education, and so on.

If I was the only person that he could rely upon; then, why didn't there exist a resource for that purpose? I was so confused.

Since I could not find financial aid through the transition that would keep us afloat, I just kept working both ends against the middle. I accepted the health insurance for my son and took the “smaller” job, worked with the bank on the mortgage, and “just kept swimming”.



Along the way we met a handicapped single mom who needed help even more so. We welcomed her, and her child into our home. Together we found peace in companionship during our mutual struggles.

I was helping her one day in Downtown Dallas at Legal Aid. On the way to file for my own business I had an “aha” moment that I feel was divinely inspired. As I was filing for my business to be created, I would file also for a non-profit to be created to help more families like ours. It was that day that Single Parent Advocate was created.

In North Texas, families are nominated for our safe social or parental educational scholarship program, and are accepted from area schools, churches, businesses, or other non-profit organizations.

The nomination process is designed to make it possible to assist single parent families among the working poor normally be disqualified for aid because they do not live at or below the poverty line – and yet they have children whose needs are beyond their capacity to earn.

As far as my own back story. Growing up as a teen, I was energetic and enterprising. I worked hard at our family business and was a member of my school’s honor societies. I loved my 1968 red Ford Mustang, my girlfriends, and my family and my boyfriend. In college, I developed a love of singing and continued my interest in dancing. During this time, I truly found a personal relationship with God.



How Single Parent Advocate Equips its Families

- \$28 Fills a Backpack for a child
- \$50 Provides a family meal at Thanksgiving
- \$100 makes Christmas brighter for a small family
- \$200 makes Christmas brighter for a larger family
- \$250 buys school books for a single parent going to college to increase their earnings
- \$500 pays for part of tuition for a single parent going to college to increase their earnings

Book Stacie Martin to speak or MC your event as the founder of Single Parent Advocate, as a Single Parent Motivational Speaker, TV/Radio/Podcast Guest

STACIE MARTIN
Founder, Single Parent Advocate
214-534-4460

Stacie.Martin@SingleParentAdvocate.org
SingleParentAdvocate.org
Instagram.com/singleparentadvocate
Facebook.com/SingleParentAdvocate
Twitter.com/singleparentadv

PODCAST
BecauseTheyMatter.buzzsprout.com



WHAT OTHERS SAY

"Single Parent Advocate has been there for me and my 3 kiddos for several years. They have provided physical items such as clothes, bikes, Thanksgiving meals, and Christmas presents. More importantly, SPA has provided emotional and spiritual support." ~ (Client Served: Mystyne in 2023)

"SPA has supported me in my journey as a single parent after transitioning to Texas from Maryland. The resources and community have been great. I've made life long friendships and I believe my kids have too!" ~ (Client Served: Mystyne in 2023)

"Single Parent Advocate organization is so amazing. They, especially Stacie Martin has done so many things for so many single parents we are in such debt to her. I am very thankful they allow me into this organization as I am a single grandparent raising 3 kids. I absolutely appreciate it when someone remembers us and includes us because so many don't. Thank you Stacie Martin for being one of God's servants on earth." ~ (Supporter, Wanda Gaddis, 2023)

It is so rewarding to serve families via Single Parent Advocate! We get to serve the parents with Mother's and Father's Day outings/meals, education of financial literacy, self-improvement, and overcoming barriers; We get to serve the parents and children during Thanksgiving and Christmas with parties, gifts and food. In the fall we get to bless the new school year by supplying backpacks, school supplies, and clothes for the kiddos and even college scholarships for the parents. Single Parent Advocate is going into the communities and helping those who need it most. I am honored to be a part of the team!! ~ (Volunteer, Terez S. 2021)

"This is an amazing gift from God. As a single mom of 2 boys with no child support, this foundation provided a wealth of knowledge to get me through the hard times. There are events, and ways to make friends. They help so many and do it with eagerness. I wish more people knew about the founders cause for Single Parent Advocate. They move mountains already, they could do even more support. I love helping this group simply because I love where their heart is. Love you SPA!" ~ (Client Served: Jeanne C. in 2013)

"Single Parent Advocate has been a huge blessing to my program I work in Community Outreach for The Family Place. They sponsored my program and went well beyond what I could have ever hoped. For Mother's Day, they charted a bus (because very few of my clients have vehicles) and took the single moms and their children to a Mother's Day celebration where they were fed and given many gifts. They also have provided Thanksgiving and Christmas food baskets and donated toys Christmas 2012. I cannot say how much their support has meant to the families I serve. What a WONDERFUL organization! ~ (Collaborator, A. Simon, 2013)

DID YOU KNOW

MYTH: Single parents are unsuccessful in relationships:

Reality: Some people believe that if someone is a single parent, it indicates a failure in their past relationships. Relationship dynamics are complex. Being a single parent doesn't reflect personal failure.

People become single parents for various reasons, such as divorce, the death of a partner, or choosing to raise a child independently.

MYTH: Single parents are financially unstable:

Reality: While financial challenges can be present, many single parents successfully manage their finances and create stable homes for their children.

Economic stability varies among single-parent households, just as it does in two-parent households.

MYTH: Children raised by single parents are at a disadvantage:

There's a misconception that children raised by single parents are more likely to face difficulties and have poorer outcomes in life.

Reality: Research indicates that children raised by single parents can thrive emotionally, academically, and socially when provided with a supportive and nurturing environment. The quality of parenting and the support system matter more than the family structure.

Numerous studies suggest that children can thrive in single-parent households when provided with love, support, and positive role models. It's the quality of parenting that matters more than the family structure.

MYTH: Single parents are lonely and have no social life:

Single parents, like anyone else, can have fulfilling social lives. Many build strong support networks with friends, family, and other single parents. While there might be challenges in finding time for social activities, it doesn't mean single parents are isolated.

NEXT STEP

Schedule a Complimentary Discovery Call.



STACIE MARTIN
Founder, Single Parent Advocate

214-534-4460
Stacie.Martin@SingleParentAdvocate.org
SingleParentAdvocate.org
Instagram.com/singleparentadvocate
Facebook.com/SingleParentAdvocate
Twitter.com/singleparentadv



DR. NANCY GAINES DILLARD

DNP



"Live Your Best Life NOW + Motivational Mantras!"

"I first encountered Dr. Nancy at a stem cell workshop in Scottsdale several years ago. Her compelling aura was hard to ignore. She possessed a radiant, captivating personality that sparked beauty throughout the room.

Her authentic kindness and graciousness deeply touched my heart. From that very moment, I recognized her uniqueness and predicted the significant influence she would have on my life.

Dr. Nancy's profound knowledge base and extraordinary skill set distinguish her from her peers. She combines her compassion and a delicate yet confident disposition, making her an exceptional practitioner in her field.

Her capabilities know no bounds. Having had the opportunity to work with her is a privilege I proudly hold, but becoming her dear friend is an honor I cherish deeply."



Lynn Northern Spanganberg, Oral & Facial Surgery Practice Director

"My focus is bringing awareness, knowledge, and understanding to all things wellness; physical, mental spiritual, emotional and financial to 'Live Your Best Life NOW!"

Dr. Nancy Gaines-Dillard DNP is a Family Medicine Board Certified Integrative Healthcare Practitioner with over 26 years of varied experience in family, Emergency, and Acute Care Medicine. She is the host of Dr. Nancy Knows, a weekly talk show featuring expert guests.

How I'm here for you!

- Dr. Nancy Knows: be a guest on my show to reach and teach.
- In-Person or Telemedicine: benefit from my integrative practice.
- CPR/First Aid: Lifesaving trainings at your organization.
- Dr. Nancy's Family Matters Healthcare Foundation



Dr. Nancy Knows

["Dr. Nancy Knows" Talk Show](#) was created out of the necessity to help communities on a global scale. Dr. Nancy uses this platform as an opportunity to spread relevant, credible, and much-needed information through guests who are experts in their field of industry and celebrity guests that were actively giving back. www.DrNancyKnows.com.



[Dr. Nancy's Integrative Medicine](#) offers a unique perspective on healthcare modalities. With two practice sites in the greater Phoenix metropolitan she provides services Telemedicine (multiple states), Men and Women's Health/Wellness, IV vitamin drip therapy, Stem Cell Therapy, Ozone therapy, Weight-Loss, Aesthetics, Holistic and Traditional Medical Office Visits. Her own product line "NG Cares" Customized Wellness Solutions that address overall health and wellness.



[Dr. Nancy's Medical Training Academy](#) a (non-profit organization), advocates for high-quality education to all that take part in valuable services offered: CPR/AED, First Aid, BLS, ACLS and PALS. Our number 1 goal is to certify as many citizens as possible through our academy. CPR is a life-saving skill everyone should know. Not just first responders or medical personnel. The Goal in 2023 is 1,000 citizens.



[Dr. Nancy's Family Matters Healthcare Foundation](#) a non-profit organization with a holistic view of the healthcare industry and vision is to take an integrative approach to healthcare by maximizing relationships with corporate foundations for funding, healthcare organizations with diversified services, community organizations, and other stakeholders.



[NGC Network LLC](#). A minority-owned full-service media broadcasting network that focuses on bringing awareness, knowledge, understanding, and content that impacts communities nationally and globally. The network distributes to 190 countries via 24/7 streaming, on-demand, and pay-per-view through secure OTT next-generation streaming television. A network that aligns with all things wellness. Physical, Mental, Spiritual, Emotional, and Financial.



Dr. Nancy Gaines-Dillard DNP
is a Family Medicine Board Certified Integrative Healthcare Practitioner and CEO/President of
"Dr. Nancy's Integrative Medicine: "Live Your Best Life Now!"



Dr. Nancy's Books to Guide and Inspire You

Live Your Best Life Now!



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PRE-ORDER NOW



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'Beauty Moves of AZ' blends the art and science of understanding how the signs and symptoms of beauty impact our lives, mental awareness, and wellness, and includes a complimentary nutritional consultation with a registered dietitian.



DrNancyKnows.com | Linktr.ee/DrNancyKnows

ENTERPRISING WOMEN'S BOOK V 1.0 - EnterprisingWomensProject.com

WHAT OTHERS SAY



"Dr Nancy is amazing- I had 2 rotator cuff surgeries and was still in pain after 5 years. She recommended a STEM Cell shot as an alternative to another surgery and after 1 month of my Stem shot my shoulder was pain free and I can now move in a normal motion. As of now I am back on the golf course enjoying life! Dr Nancy is proactive, follows up with her clients and REALLY cares for the health and wellness of people!"

John Stacy | Publisher
Luxury Home Magazine - Arizona



"It's been a great experience working with Dr. Nancy of Dr. Nancy's Integrative Medicine. She IS the people's doctor and actually takes the time to help her clients from the inside out. Her campaign "Live Your Best Life Now" is helping so many people to take charge of their life. Dr. Nancy's specialized care sets her apart from other practices who are still following the old model of health-care. Since working with Dr. Nancy, I've noticed a significant change in my health and mindset. Her health programs and concierge medicine are for those who want to take charge and live a more fulfilling and energetic life. I highly recommend Dr. Nancy to anyone who seeks to take charge of their health, wellness, and life."

Shasta Broadus, CEO/Founder Capital Stewardship: People Consultant | Humanity First | Human Capital Management | Collaborative Exposure Opportunities



"I worked with Dr. Nancy for a few years after moving to Phoenix, and I cannot rave about her enough. She has helped me with healthy weight management, toning muscle and with my bloodwork, and educated me on my needs as well as provided supplements and resources to keep me in optimal health. AND she is the most personable, uplifting doctor I have ever met! It's evident that she is truly there to support me! In that moment and in such a manner that I am able to optimize my health and life. She is a gift. I cannot recommend her enough!"

Osiris Chinchillas
Owner of Tollar Quantum Energies

DID YOU KNOW

LIVING YOUR BEST LIFE NOW LOOKS LIKE AND CAN MANIFEST anything and everything you want in your life! Living to your highest potential, feeling your absolute best, and skipping through life is how it should be at any age of your life's existence! In today's world of technology, knowledgeable integrative healthcare practitioners specialize in personalized and direct care, concierge medicine, and advocate for patient successes using a holistic approach to include mind-body-spirit results in ultimate outcomes.

OPTIMIZING YOUR PHILOSOPHY OF WELLNESS IMPROVES your entire outlook and perspective on life. How you go about day-to-day activities, your view of loved ones, interacting with others, and how you interact with yourself. Making yourself a priority is the highest form of respect for yourself. Forgive yourself daily. Know you are enough as GOD's grace is sufficient. The only competition is yourself so be a better today than you were yesterday.

350,000 RESUCITATION ATTEMPTS USING CPR ANNUALLY. CPR SAVES LIVES! Did you know that approx. 32% of CPR is performed from a bystander. Brain damage begins at 4 minutes without oxygen. Why wait for 911/first responders, when if you were equipped with this life saving skill, you could start saving a life now! My passion is that everyone should know CPR!

THE IMPACT OF GROWING INTEGRATIVE HEALTH AWARENESS leaves you more informed about your healthcare options, leading to better outcomes. Key components when it comes to gaining control of your health and wellness lifestyle. Integrative health care practices expose multiple options to treat a condition or concern. Several man-made medications treat "diabetes type II" (blood sugar management) yet plant-based supplements can as well. Minimize side effects to treat as close to natural substances as possible.

THE POWER BEHIND BUILDING YOUR BEAUTY INSIDE AND OUT blends the art and science of understanding how the signs and symptoms of beauty impact our lives, mental awareness, and wellness. Most people invest in their health or illness, yet beauty is more than skin deep! How you view yourselves in the mirror validates messages to either attract or repel. I bridge that gap by offering holistic aesthetic health services. 'Beauty Moves of AZ' includes a complimentary nutritional consultation with a registered dietitian.

NEXT STEP

Schedule a Complimentary Discovery Call.



Dr. Nancy Gaines Dillard, DNP
Family Medicine Board Certified
Integrative Healthcare Practitioner
Author, Speaker, Host of 'Dr. Nancy Knows'
DrNancyKnows.com
Instagram.com/AskDrNancy
Linktr.ee/DrNancyKnows
Linkedin.com/in/dr-nancy-gaines/
FB.com/DrNancysIM/



MIA SUZANNE WALKER



"From Office Manager to American Country Blues!"



When asked how I ended up here from where I started at the age of fifty, I'd say that professionally two areas of strength gave me the experiences I needed to be where I'm at today. From a business sense, I had over 20 years of Office Management experience, managed an HOA for a subdivision, and I'm a mom of four now adult kids.

Musically, I had performed in various choirs, ensembles, etc. in all aspects, was a worship pastor and taught children's music classes.

In 2016, I was encouraged by a friend to start learning to play an instrument and in just one short year I had learned to play guitar, relearned piano and started songwriting leading to the development of my new music business.

I initially was a songwriter looking to sell my songs. When I looked into the process and ownership modules of what that entailed, it was a better idea to make it a business since I wanted to play and sing my songs myself, not just hand them off for someone else to interpret.

Americana/Country/Blues is my music genre. The non-genre approach to my song-writing is what sets me apart from others as well as the over 50+ in age aspects to the lyrics.

I write down my songs immediately when they come to me before they are gone forever hence why my band logo has a lightning bolt in it. Being from Texas, we have a lot of storms with lightning which is how my mind tends to work. One brilliant flash then it's gone!

The logo's colors, purple and green, represent a story. When I was in high school my best friend Sue wrote me letters in purple ink and I wrote her back in green..... our favorite colors. I wanted to always remember that youthful energy of a life still ahead of me to live.

At times, age can be a challenge along with being a female in a male dominated field. Trying to release my first full album right when the Pandemic hit was also a huge obstacle. I've learned to be resilient and keep going no matter how many negative vibes are thrown my way.



SHOUTOUTS+BEHND THE SCENES OF SUZANNE'S BAND

Shoutouts to Danny Jones and Dave Ehninger (Across The Road Studio), producer of my first three projects, who introduced me to the joy of the recording process. John In Houston, is my “wind in my sails” promoter, encourager, and motivates me!

All my friends and the gang at School of Rock-Cinco for helping in any way they could with promoting, purchasing products and participating in the performance and/or recording process. My friends and family who have supported me and the band in every way possible. Many thanks to all my business associates from merch production, website support, distribution, photography, videography and so much more that make this music machine roll along smoothly.

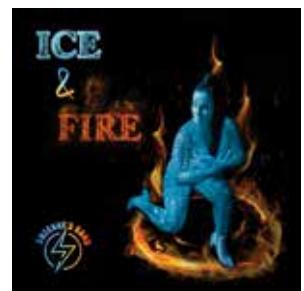
Warm squishy hugs and thanks to Hanh Nguyen at The Perfect Latte for giving our band a platform to play off of every month along with small business support throughout each year.

Thanks to recording engineer Michael Mikulka (Lucky Run Studio), and mixing engineer James Hoover and mastering engineer who made our latest production Ice and Fire a resounding success!



SUZANNE'S BAND ALBUMS

Scan ALBUM QR Codes to sample my music. Buy the downloadable album for 50% OFF COUPON CODE: EWP



Suzanne's Band
Suzannesband.com
SuzannesBand@gmail.com
 Click to TEXT (832) 465-0015
Facebook.com/suzannesbandmusic
Twitter.com/suzannesband
Instagram.com/suzannesband



WHAT OTHERS SAY



Album Review by Michael Stover

*"There's irrefutable artistry on display from the moment Suzanne's Band's latest release, the nine-track *Ice & Fire* with "Night Blues," a structurally meta dance hit that will unquestionably become a staple at Suzanne's Band's live shows as a chillingly cool piece of music fit for Tarantino as it drips with desire in its inspired Southern and Spanish-guitar stylings. "Reach You" pivots into piano ballad territory, which was a bold choice; allowing the album to be carried by guitars and classic rock compositions thus far raising the album's credibility substantially with its tenderness and open-hearted vulnerability. Click PDF link to continue reading ... "*

<https://musicexistence.com/blog/2022/01/28/album-review-suzannes-band-ice-fire/>



Album Review by Clay Burton

*"If you're looking for the perfect mix of home-spun, old fashioned country crooning and contemporary folk/pop aesthetics in a single cocktail, you're going to want to add Suzanne's Band's *Back to You* to your record collection a lot sooner than later. With the assistance of her ably-chosen cast of supporting players, Mia Suzanne Walker is contributing a color to indie folk music that had been mostly absent from the genre in the early and mid-2010's. We're going to see her come into her own in ways that had only been teased in her early efforts."*

<https://imaai.org/mia-suzanne-walker-is-contributing-a-color-to-indie-folk-music/>



Album Review by Nichole Killian

*"In the shadow of a ghostly wind, an acoustic guitar begins to play, the voice of one Mia Suzanne Walker not too far behind from its opening salvo of string melodies. This is "Write a Book," an excerpt from the album *Back to You* by Suzanne's Band, and it's one of the better examples I can point to when talking about the experimentation its lead singer is toying with in her latest release. In her debut EP *Breathe*, Walker proved she could do some amazing things with the mic in her hand taking her craftsmanship to a new level of accessibility."*

<https://mobyorkcity.com/back-to-you-lp-by-suzannes-band/Ulla>

DID YOU KNOW

An Excel spreadsheet is a great way to list out venues in your area with the address, contact person, number, date you contacted them, how (phone, email, FB message) and what their response was. As you grow, you can further delineate this with other sheets for Festivals, Colleges, other cities, other states, etc.

Cold calling on venues is a great way to promote yourself for bookings. Venue owners like getting to know who they are booking, and it demonstrates your personal interest in their venue. You'll get an idea of what the vibe is, stage size, patrons who attend the venue, parking availability and travel distance. The more you know, the better.

When selecting a recording studio what matters most is the cost, distance, and the temperament of those working in it. Consult with other artists to see what their reputation and experience has been.

What style of music the studio is regularly producing can also make a difference in your expectations on the end-product. How far away is it? You will be spending a lot of time going and coming there between recording and being present for the mixing of your songs. Keep asking what adds to your bill to not accidentally be blindsided by extra costs.

Creating a music video can cost a little or a lot depending on what outcome you need. If you're not technically proficient, companies like Fiverr have great contacts for reasonably price video production. If you want to be in your music video hire locally. Make sure to have the costs itemized before agreeing to the contract. From filming, going on location, editing and always request a copy of the original raw footage for additional use down the road. And remember to copyright, too!

Songwriters beware! If a song pops into your brain, write it down immediately. Don't think "I'll remember it later". Keep a small note pad in the car, use the Notes section in your phone or sing it into the Voice Memo section in your phone. Did you know that you can record your songs acapella as a collection, submit them in written and recorded from to the copy right office as that collection instead of individually?

NEXT STEP

Schedule a Complimentary Discovery Call.



Mia Suzanne Walker

Suzanne's Band

Suzannesband.com

SuzannesBand@gmail.com

Click to TEXT (832) 465-0015

Facebook.com/suzannesbandmusic

Twitter.com/suzannesband

Instagram.com/suzannesband





Gaby Lockhart



"Faith, Focus, Life Long Learning and Serving"

Born and raised in Germany, I earned my Master's Degree in Business and Home Economics; led Administrations for the 110 room German Red Cross nursing home in Weilerbach, Germany (1996 - 2002).

I immigrated to the United States at thirty five and have been married to my military husband for over twenty-five years with whom I have two adult children with who are in their twenties.

The American dream is to own a house and to leave it, as an asset, as part of an inheritance. I'm passionate about making sure my client's goals are heard, protected, nurtured and realized by helping them find the right loan program for buying their personal home. To put them on the pathway to success and help them achieve this goal.

To ensure that it fits into their budget as a blessing not a hardship because if one overbuys it can be detrimental financially, emotionally.

My personal real estate experience has enabled me to become a genuine resource to help others navigate through their own journey.

Researching, learning, and navigating through these processes I teamed up with other resources I can draw from to help others gain the education, understanding and financial literacy they need to achieve their goals and dreams, especially Veterans.

My background as an entrepreneur over three decades has consistently revealed to me the power of my journey shared with others. I hope my journey offers a snapshot to what is possible, and to help reduce stress and promote a healthier mindset of living and working in this sometimes-challenging world.

Faith, focus, lifelong learning and serving others carries me through.

Gaby Lockhart

Real Estate Mortgage Broker

Click to TXT/Call [940-704-7065](tel:940-704-7065)

linkedin.com/in/Gaby-Lockhart-6591064/



"Manifesting God's Love in my Life and Family"

I was raised in a middle-class family where my father worked three jobs, yet Sunday church and family time were deeply cherished. In my teenage years, I embarked on my own and hit the streets running. I ran so hard and continued to do so as a free spirit hippie girl. At the age of 23, I knew it was time to get real with life.

I worked hard and yet I still wasn't free from the party life. Many years later and several relationships later, I thought I had found the right one. The one that I would settle down with and start a family.

Things were amazing the first five years and then it all changed. I became pregnant, and upon sharing the news with my boyfriend, he told me to 'do what I needed to do – he was out! I stood, alone, pregnant...

This major life changing experience, as a single mom, motivated me to recommit to learning and practicing the teachings around what it meant to manifest God's love in my life, and now in Blaine's life.

A family was born. Through our journey together I consistently evidenced God's love in our family, despite unexpected challenges. We loved each other more than I had ever known this kind of love.

I began going back to church, where months later, my son befriended this man and a very sweet friendship began. He would soon become my husband and my son's 'father.'

While living in Colorado, I became ill and after many hospital trips I had a burning desire to move to the warmth of Florida. We moved away from everything we knew and family and friends we so loved. Finding a church home in a new place proved to be stressful and challenging.

My heart's desire was to learn how to better manifest God's love, yet my frustration grew so great that we stopped going to church altogether. Bad mistake!

Out of my journey I'd eventually write two books, THE BOOK, "I'm Doing The Best I Can!" (They won't always be cute and adorable) and Manifesting God's Love in Your Family (Growing Together In Faith.)

Over the years my family unit began to deteriorate as hardship and bitterness grew between myself and the most important people in my life. Anger and discontent replaced love in a now divided home.

Frustrated, I began to journal, to help me process what I was experiencing while asking God for insight.

A couple of years later I remember feeling a presence as though the Lord was standing at my side asking if 'I was still mad at Him for allowing my family to have fallen apart the way it did.'

The message I received was that; He brought my son home every night. Instantly, and at that moment I fell to my knees and asked for forgiveness. He had never abandoned me, I left Him. He just had to remind me of His fatherly love towards me.

These experiences led me to convert my journal writings into two books. THE BOOK, "I'm Doing The Best I Can!" (They won't always be cute and adorable) and Manifesting God's Love in Your Family (Growing Together In Faith.)

From well-reviewed author Lisa Hein (pen name), now Elyse Rusciano, I'm working diligently to share my writings with parents all around the country praying that this book will bring some peace and clarity as to how and what they must do to keep their children safe in these very confusing times.

As 'Lisa Hein', I've been featured on many TV and radio networks, booked as a motivational and Christian female speaker, formerly the co-host of a television show called 'A View from the Pew,' and radio talk show host titled 'Everyday Parenting'.



I've been honored to share stages alongside some of the most incredibly intelligent and inspiring people from all over the world. I'm thrilled to continue sharing my book 'Manifesting God's Love in Your Family'. (In my first book I was angry at God. In this one I give Him all the glory.)

During this last decade my life has gone through a huge transformation - in many ways. I'm excited to see where my life journey is taking me. At times, my once roller coaster ride with my son was just overwhelming and destructive, and thank God, it is now pleasant and peaceful. He calls me regularly to just chat and/or to pray with him.

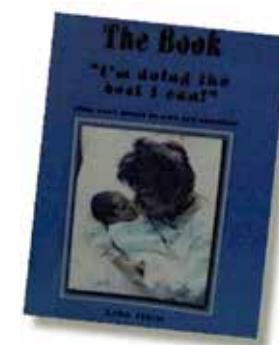
The best phone calls ever!



Lisa Rusciano

Author, Speaker, TV & Radio Show Guest

Topics: Kids & Technology, Parenting Expertise, Family Dynamics



Order now at
[amazon.com](https://www.amazon.com/The-Book-Doing-Best-Can/dp/194600100X)



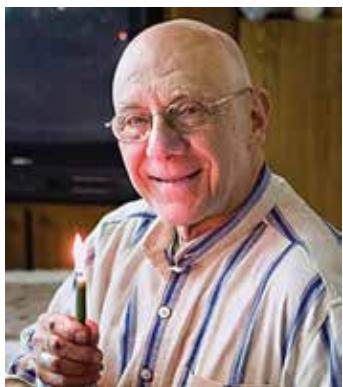
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[amazon.com](https://www.amazon.com/Manifesting-Gods-Love-Family-Growing/dp/1946001018)



Lisa Rusciano
LisaRusciano.com
727-434-0155
LisaRusciano23@gmail.com
Facebook.com/LisaRusciano
Instagram.com/LisaRusciano
Linkedin.com/LisaRusciano



WHAT OTHERS SAY



Book Review by Bernie Siegel, MD, Author of Faith, Hope & Healing & Book of Miracles

"THE BOOK, "I'm Doing The Best I Can!" (They won't always be cute and adorable) expresses a wisdom derived from Lisa Hein's experience. A guide book to life about the lessons religions can teach us, but about the lessons life can teach us when we know where to find the right teacher. This book can be your teacher, and when you are provided with the answers, you will bring love to your family."



Book Review by Richard Paul Evans, #1 New York Best Selling Author, Emmy Award Winning TV Movie - The Christmas Box

"THE BOOK, "I'm Doing The Best I Can!" (They won't always be cute and adorable) is an honest portrayal of a mother's experience raising her child in both the good and difficult times of teenagerdom."



Book Review by Jane Boston, President of Motivations, Inc.

"I enjoyed your book at it is what so many parents need. It reminded me how blessed I have been that my son completely surrendered his life to the Lord at a young age and thus my parenting was made so easy because he chose to make his decisions God's way even as a child. Your book stays focused on parenting God's way which so many parents feel inadequate at this most important job."



Manifesting Book Review by Debra Lesinski
Lisa, took your book, "Manifesting God's Love in Your Family" with me on my beach vacation! I thoroughly enjoyed the easy read filled with great inspirational content! I love that you inserted scripture throughout and have used scripture as the "rule book" for daily family life. I have many pages "dog eared" for future reference. One in particular that spoke to me as I am raising teenagers and have much worry was: "Therefore, do not worry about tomorrow, for tomorrow will worry about its own things. sufficient for the day is its own trouble." Matthew 6:34 Great book for parents of children of all ages!

DID YOU KNOW

We are seeing more young people with mental disorders than ever before. In my book, Manifesting God's Love In Your Family, you will find healthy and loving ideas on how to empower and direct the way they will go.

Families are in trouble with all the different ideas coming at our children and it's our job to direct them through biblical principles rather than new wordly ideas.

That many younger and adult children are feeling a shift in the way of the world. With sound advice, which is in my book, there is a great possibility that your family will get through it unscathed.

As parents, we carry much of the burden of the homelife. It can be a very hard journey if we allow it to overwhelm us and get out of hand. In my book, I continually go back to the fact that, the Bible, is our handbook to a successful marriage and raising of children. When we take time with God every morning in prayer, and we pray consistently over our family, the load may become much lighter.

Our children need us to be totally committed, healthy parents not their friend. To build a solid and healthy family, it's an excellent idea to provide a platform for your family to build on. When the relationship with God and Jesus are a normal way of life, you may see that decisions being made about life situations may take a more positive turn.

Praying together allows everyone to share their heart and thoughts openly and honestly. When we set up a time, daily, to spend time in the Bible and/or a bible study (which in my book, there are 5 questions at the end of each chapter), we find that everything that is going on around us becomes quiet.

That when we Manifest God In Our Family, we are equipping one another to go into the world boldly while understanding that we are in the world but do not have to be a part of it.

NEXT STEP

Schedule a Complimentary Discovery Call.



Lisa Rusciano

LisaRusciano.com

727-434-0155

LisaRusciano23@gmail.com

Facebook.com/LisaRusciano

Instagram.com/lisarus1952

LinkedIn.com/LisaRusciano



SUZANNE BENINATE



"Transform Your Life with Merry Poppins P.W.R.!"

Hello, I'm Suzanne Beninate, and I've learned that prioritizing wellness isn't just a choice; it's an ongoing commitment, even when life throws its curveballs.

I was managing an RV Resort in Arizona — putting in about 80 hours per week during the snowbird season, leaving my health and fitness neglected.

Over two years, I gained thirty pounds, a stark contrast to my past as a dedicated bodybuilder.

Feeling physically and emotionally drained, I knew it was time for a shift. I stumbled upon a new fitness concept that transformed lives at the resort—starting with vibration plates and a game-changer: B3 Bands. The results were phenomenal for everyone involved.

Digging deeper into B3 Bands, I marveled at their ability to empower individuals across ages and fitness levels. This discovery birthed Merry Poppins P.W.R., a vision to positively impact lives through effective fitness solutions.

Wellness, to me, extends beyond physical fitness—it encompasses mental and social well-being. Merry Poppins P.W.R. became a platform promoting holistic health—a synergy of body, mind, and soul.

Navigating the vast sea of wellness products can be overwhelming. My commitment lies in handpicking the best, ensuring they not only work but also safeguard against injury.

I stand behind these brands wholeheartedly – they're not just for you, but for my own family too. In fact, my parents are often the first to try my recommendations.

My journey with Merry Poppins P.W.R. is fueled by a passion to make a tangible difference. My aim is simple: introduce products and services that authentically elevate well-being and performance.

Together, let's pursue a healthier, happier life.



Empower your journey to well-being with M
Our science-based products cater to all ages a
youthful enthusiasts to seasoned athletes and

WHAT OTHERS SAY



"Suzanne is a highly intelligent wellness and fitness godsend. One afternoon she led me through a product showcase demo and educated me in detail which would work best for me, and why! The B3 Bands, made my arms burn so fast within a few reps. I had an arm ache and the Super Patch FREEDOM stopped pain in less than two minutes. WHAT?! Now I can offer these patches to my clients."

Angelina Musik, WellnessbyChoice.com



"Suzanne onsite demo to the B3 Bands delivered an amazing pump in no time! These bands now reside in my gym bag creating an instant workout wherever I go. My ultimate travel companion and a recent addition to my gym routine. They were a game-changer in Montana, where gyms are scarce. Embracing the mind-muscle connection, these bands are effective and worth every penny!"

Jeff Benson



"What do I know about pain? I cycled across America 3 times, fell off a glacier and broke my neck. I've been an endurance athlete most of my life. Windfoiling at 68 years old I nailed my ankle bone. I applied the FREEDOM Super Patch, less than 3 minutes pain stopped. How did it do that? If you're a skateboarder, snowboarder, cyclist or mountain biker, keep this in your first aid kit!"

Daniel Comp, author Scotomaville.com



"The Freedom Patch brought swift relief to my neck/shoulder injury, allowing me to move freely within an hour. Despite my skepticism, its effectiveness made me an enthusiastic advocate. The Flow and Joy Patches further transformed my daily disposition, prompting me to join Super Patch as an associate to share the drug-free joy of feeling alive."

Richard Reed

DID YOU KNOW

B3 Bands! The exercise scene has upgraded to "BFR Mode" or Blood Flow Restriction mode. Oxygen training for your muscles to boost your workout into hyperdrive. The secret sauce to making lightweights feel like heavy hitters. At this muscle challenge party these bands unlock and trigger growth factors like they're throwing a growth party—HGH and Nitric Oxide are the cool guests. Results? Muscle gains and turbo endurance! It's like your workout got a cosmic upgrade. Beam me up, B3 Bands!

Now for the isotonic rollercoaster! So, imagine everything you eat or drink needs a backstage pass to your small intestine, but here's the catch: it's gotta be isotonic! That's like hitting the VIP section where all the fluids, from your blood to your tears, party together. But hey, before they hit the intestine dance floor, your stomach turns into a mixologist, blending in juices, enzymes, and even a vitamin-binding protein. Then, cue the stomach muscles—think of them like DJs—mixing and churning until it's a smooth solution. And guess what? This whole shebang can take anywhere from "wait-a-while" to "did-I-order-dinner-yesterday" hours. But hey, Isotonix! They've got the VIP express pass, carefully crafted to zoom through your stomach traffic and give you maximum absorption. Cheers to smooth digestion!

Ever heard of "Vibrotactile Technology"? It's about to change everything! Super Patch technology uses a special pattern and vibrotactile technology to help you go from feeling blah to HUZZAH! Once the Super Patch is in contact with your skin, it triggers a neural response in the brainstem that helps you tackle your daily problems, head-on. Affect Whole Body Wellness. The inventor of these patches discovered the different signals that work with the body's physical, mental and emotional functions, each different Super Patch has a unique ridged pattern (QR Codes) that helps with a wide array of wellness and performance benefits.

BIOLYTE, the super heroes drink that is hydrating, stomach-soothing, and gives your liver a high-five all in one sip, and with more electrolytes than you can shake a stick at 2,200mg! An IV bag in a bottle! All the good stuff your body craves, plus a sprinkle of nature's magic. Got a stomach feeling like it's doing the Macarena? Boom! BIOLYTE's got ginger and dextrose to calm that tummy storm. And hold onto your hat—this drink isn't just about quenching your thirst, it's like a guardian angel for your liver! With ingredients so powerful, they could make your liver start writing thank-you notes.

NEXT STEP

Schedule a Complimentary Discovery Call.



Suzanne Beninate

B3 BFR Certified Coach, Independent B3 Consultant
Unfranchise Owner, Independent Super Patch Associate
817.676.8039, hello@poppins-pwr.com

Poppins-pwr.com
Linkedin.com/in/suzannebeninate
FB.com/Suzanne.Beninate
FB.com/groups/merrypoppinspwr4wellness
Instagram.com/sbenin8





"Adult Suspense Novel Author"

Becky Klauer is the author of adult suspense novels including the Veronica Pearl Series: Manifestation (#1), Revelation (#2), and Reflection (#3). Her new Xara Miller series starts with *No Stone Unturned*.

NEW: *First Time's a Yarn*, A Happy Hookers Crochet Club Mystery: Book 1, Crochet and crime, humor and homicide, ghosts and goons!

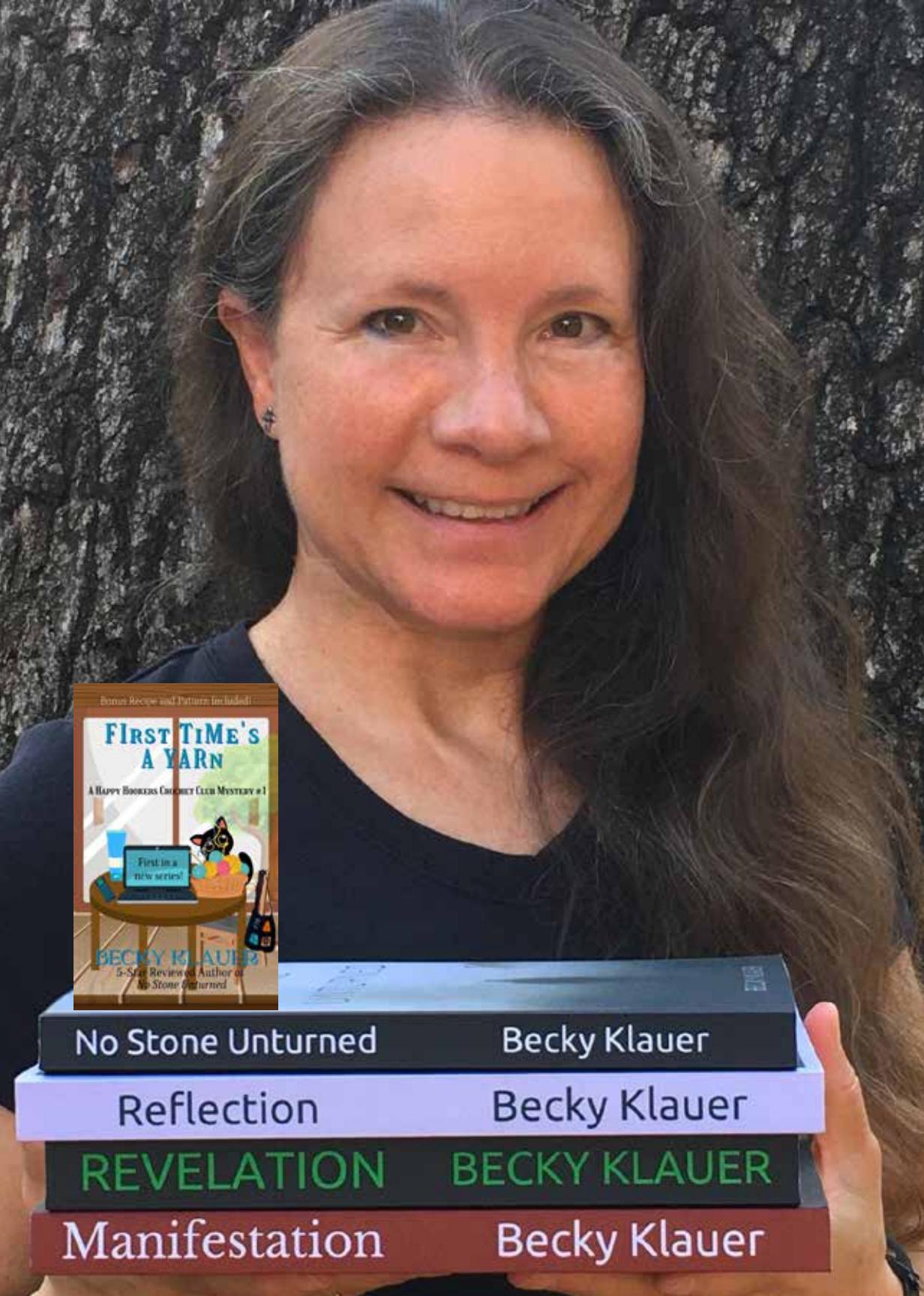
Breezy Marston is almost 30 and doing her best to re-rail her derailed life plan. After losing the job she thought she would hold until she was old and decrepit, her best friend, Ammyleigh, throws out an idea for them to start their own business making homemade crochet items.

As they are working on getting that off the ground, Breezy gets a phone call that she has to go pick up her youngest sibling, Oona, who is 15, and getting released early from juvie. Now, she is expected to be responsible for Oona in all areas of work, school, and home life. Then also ends up with Juniper, Oona's friend from juvie. More expectations

After they find Juniper's ex-boyfriend and his older brother dead, Russian bad guys start chasing them, and Breezy finds out her memory was short-circuited a few years earlier. And she can talk with ghosts. Can she and her group figure out who killed the two boys before an angry Russian or ghost gets to her first?

For over twenty years, Becky has written and edited for print and digital media, other authors, and a Tedx speaker. Her novels, whether serious or not so serious, involve good guys and bad guys because she is married to a hot police guy and likes it when the good guys win. Since real life doesn't always work out that way, writing the endings in her books the way she wants to means they always will.

Her two adult children have left the nest, yet two dogs and four to eight cats (depending on the day) have not. She's broken her wrist while motorcycling, knee while snowboarding, and finger while closing the door. She tries to instill that same sense of adventure in her female lead characters. When she isn't typing on her laptop or iPad, or reading a paperback or ebook, she is trying out new crochet patterns with the many colors of yarn the couch that live on the couch.



MANIFESTATION (#1)

Life is crazy. It's crazier when you're Veronica Pearl.

By day, she's a Special Investigative Consultant for the Southwest Region and a contractor with the government and law enforcement agencies who is tackling dangerous situations to bring down the bad guys. By night, Veronica is a dream warrior who battles scary, stinky, and evil demons on behalf of others. Sometimes the demons represent real people, real situations. Most of the time, they simply just like to fight.

Now the physical injuries Veronica receives in her dream battles have started manifesting for real, something which has never ever happened to her before, and that's freaking her out more than a little bit. On top of that, there is credible evidence of coordinated terrorist attacks around the world, including in her region, in San Antonio. What's a girl to do when she's dedicated her life to protecting and helping others and now she needs help? Maybe allow herself to receive some.

REVELATION (#2)

Agent Veronica Pearl uses her position as a contractor with the government and various law enforcement agencies, situated in the San Antonio Police Department's main headquarters building, to fight terrorists and prevent attacks.

Although she's used to weird, now she is not only dealing with dreams that feel like somebody else's memories. She trying to prevent a terrorist attack on July 4th, keep her niece safe from demons, and figure out what a group of teenagers, a criminal motorcycle gang, the police department, the military, and the Bible have to do with one another!

REFLECTION (#3)

Veronica Pearl's newest case begins accidentally, at first glance. What appears to be a large outbreak of food poisoning at a local mall food court is just the beginning of the puzzle. If what she uncovered is accurate, the planned attack on San Antonio would be like nothing she has ever seen before.

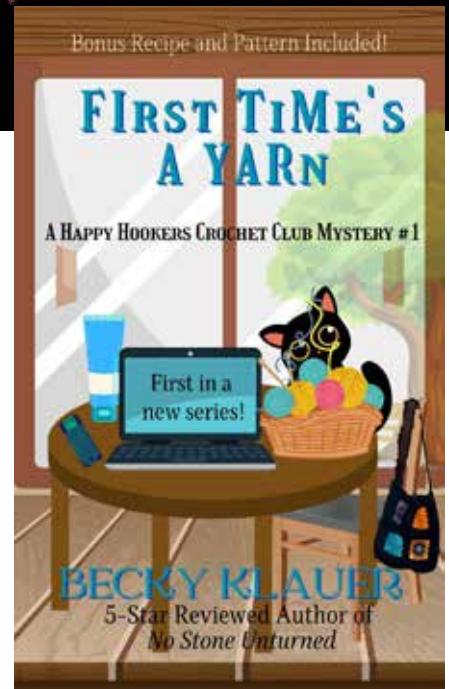
A bio weapon she never could have even imagined. Marrying scientific advancements with real life needs is a huge benefit to society. Of course, everything can be twisted away from good towards evil, but how could somebody plan something like this?



Becky Klauer is the author of adult suspense novels including the Veronica Pearl Series: Manifestation (#1), Revelation (#2), and Reflection (#3). Her new Xara Miller series starts with *No Stone Unturned*.



BeckyKlauer.com



NEW: First Time's a Yarn, A Happy Hookers Crochet Club Mystery: Book 1, Crochet and crime, humor and homicide, ghosts and goons!



[Order now at
amazon.com](http://amazon.com)



"I LOVE what I do; I LOVE helping people!"

Hello there! I'm Holly Gove, born in Hermiston, Oregon, I later moved to the Columbia River Gorge in 1975, and for sixteen years I lived on 80 acres of farm and equestrian land raising horses, chickens, dogs, and my family while working locally and serving my community.

As a graduate of broadcasting school, I'm a former Columbia Gorge FM radio personality where I had the delightful task to help recognize and promote local businesses, share classic music that I loved, and celebrate the 'good stuff' happening in our beloved community.

I'm deeply passionate about helping others achieve their goals with less stress drawing from my own personal knowledge and experience.

For almost a decade, I've been a Licensed Principle Real Estate Broker specializing in equestrian and farm properties, naturally pulled from my own personal experience of owning and caring for such properties.

It takes a certain kind of realtor to assist new buyers in this specialized niche. One who knows what questions to ask that a traditional realtor would not personally be familiar with, and what to look for on the property while viewing it. From the barn to the well, septic, etc...

I have a special place in my heart for first-time home buyers who lack the experience of buying real estate and may be taken advantage of. Helping them explore which single or multi-family residential property best meets their needs and budget, as their advocate, brings me joy.

I'm a mother of three amazing grown adult kids, a young grandmother, and soon, a wife of an Army Veteran. I just designed and set-up a new chicken coop which brings me eggs and joy! I can help others do the same on their property. I love working in the yard, walking my dog, camping, and spending time with fun people.

This nurtures who I am as a balanced, measured, and organized professional which makes me a valuable asset as a committed advocate for my clients. I'm committed to helping them reduce the stress of the real estate process and work together to achieve your goals in a professional, ethical, efficient, and organized manner.

Philippians 2:4: Let each of you look not only to his own interests, but also to the interests of others.

For almost a decade, I've been a Licensed Principle Real Estate Broker in the Columbia River Gorge, Oregon, about an hour east of Portland.

I specialize in equestrian and farm properties, pulled from my own personal experience of owning and caring for such properties, and am passionate about helping first-time home buyers, including Veterans.

My ideal clients seeking equestrian properties desire:

- the privacy and serenity rural or semi-rural properties offer.
- the tranquility of country living to support their love of horses.
- properties which include: barns, tack rooms, grooming areas, and fenced pastures to allow for proper care of their horses
- a sense of space and connection to nature.

My ideal first-time buyers seek:

- one-to-one guidance and an overview of the home-buying process, where I explain each step, from pre-qualification to closing.
- a trustworthy local expert familiar with the geographic area they desire to live and work, and perhaps raising their family in.
- insights on different neighborhoods, schools, amenities, safety.
- help to craft a compelling offer once locating a suitable property.
- help completing the necessary documents, ensuring compliance with legal requirements.

My role is to help ease any anxieties and uncertainties that often come with the home-buying process, especially for first time home buyers, answer as many questions about the geographic area I lived in for almost forty years, and after our sale is complete, continue to provide support. To become your trusted Gorge realtor for life!



Holly Gove
REALTOR®

541-993-4707
hollygove1969@gmail.com
www.HollyGove.eXpRealty.com

A photo of Holly Gove, a woman with blonde hair, standing next to a blue 'FOR SALE' sign in a wooded area. The sign features the eXp Realty logo and her contact information.

"I LOVE what I do because I LOVE helping people."

Whether you desire to buy, sell, or invest in property in or around the Columbia River Gorge in Oregon, I'm committed to helping you reduce the stress of the process and work together to achieve your goals in a professional, ethical, efficient, and organized manner.

Specializing in these Geographical areas:

- Hood River, OR • Mosier, OR
- The Dalles, OR • Cascade Locks, OR
- Maupin, OR • Dufur, OR • Corbett, OR



Holly Gove, Licensed Principal Broker

Click to TXT/Call [541-993-4707](tel:541-993-4707)
Holly.Gove@expralty.com
HollyGove.eXpRealty.com
Instagram.com/hollygove
Facebook.com/holly.gove.31
Linkedin.com/in/holly-gove

WHAT OTHERS SAY



"I'm a Retired Veteran who moved back to The Dalles, OR in 2018. I'd like to say my experience with Holly was second to none. I recommend everyone to Experience the hard work, dedication and professionalism as I have with Holly. So, if your looking to purchase or sell a home in Oregon / Washington, let Holly be your Realtor of choice. Thank You Holly!"

Stanley J Getz



"Randy and I have bought and sold 6 houses in our lives, and our experience with Holly outshines them all. Her attention to detail and suggestions of what needed to be done absolutely got us the best sale price possible on a limited budget. In all reality, Holly is irreplaceable!! We cannot express enough how awesome Holly's expertise has helped our family!"

Randy and Janice Menzi



"I was extremely pleased with Holly's help during the whole process of selling my home. She is very knowledgeable, prompt and friendly. Once I contacted her she came right out and advised me on the process, how to present my home for sale, took pictures and posted it right away. The first two days I had 4 offers. On the 4th day an offer was accepted. She got me a whole lot more money than I could have imagined. The closing process went very smoothly. I was totally pleased with Holly's handling of the sale of my home."

Dorthy Davis



"Holly Gove, is confident, friendly, hard-working and very knowledgeable of the Columbia Gorge area. She's a woman of integrity who will care for your needs and help you to move forward."

Ann Dunagan, MissionMindedWomen.org

DID YOU KNOW

Myth: Real Estate Always Appreciates in Value

While real estate often appreciates over time, it's not guaranteed. Economic conditions, location, and property maintenance all play crucial roles. Real estate markets can be cyclical, and values can fluctuate.

Myth: It's Always Better to Buy Than to Rent

Renting can be a sensible financial decision in some cases as it provides the flexibility to become more familiar with the new geographic area you are moving to and less overall homeownership costs which may sometimes outweigh the benefits of buying. Renting makes more sense if you're uncertain about your long-term plans as well.

Myth: The Listing Price is Non-Negotiable

Most real estate transactions involve negotiation. The listing price is often a starting point, and there may be room for discussion depending on market conditions, the property's condition, and the seller's motivation. A skilled real estate agent can help navigate this process.

Myth: You Need a Large Down Payment to Buy a Home

While a larger down payment can have advantages, there are various loan programs that allow for lower down payments. Veteran loans require no down payment. It's essential to understand the implications of a smaller down payment, such as potentially higher monthly mortgage payments and the need for private mortgage insurance (PMI).

Myth: our Monthly Mortgage Payment is the Only Cost

Owning a home includes the mortgage payment AND property taxes, homeowner's insurance, maintenance, and potential homeowners' association (HOA) fees. To avoid financial surprises also contact the utility companies to get familiar with those basic costs as well.

Myth: Bigger is Always Better

The size of a property doesn't determine its value. Its location, condition, and neighborhood amenities are equally important. It's crucial to consider your actual needs and financial capacity rather than opting for the largest property you can afford.

NEXT STEP

Schedule a Complimentary Discovery Call.



Holly Gove, Licensed Principal Broker

Click to TXT/Call [541-993-4707](tel:541-993-4707)

Holly.Gove@exprealty.com

HollyGove.eXpRealty.com

Instagram.com/hollygove

Facebook.com/holly.gove.31

LinkedIn.com/in/holly-gove





"Our quality of life has improved exponentially!"

It's no accident that you're reading this page. It's been a long time coming. Like so many, you too may have spent years looking for a holistic, non-invasive wellness solution that is fast, effective, easy to use daily, and goes way beyond just 'popping pills.' An approach that gets to the root cause at a vibrational level.

"The future of medicine will be the medicine of frequencies."

As Albert Einstein predicted, we are now at that paradigm change. Consider this: our current mainstream wellness and medical system is based on the bio-chemical approach. Whether we take supplements, vitamins, minerals, medications, or pharmaceuticals, we always aim to start a biochemical reaction.

The very foundation of our physiology is electromagnetic, and the vitality of our electromagnetic field directly influences the biochemical response - or lack thereof. Until now, we haven't had sufficient knowledge or technology to affect that electromagnetic change.

Thanks to the rapid advancement in molecular science and corresponding frequency technologies, we can give the body support on the molecular level where the rubber hits the road. A tremendous leap!

Molecules are electromagnetic, and they are the building blocks of life. Everything in our body is made of molecules - all organs, all tissues, all cells, including stem cells, mitochondria - everything!

Naturally, everything works better when we support our bodies on the electromagnetic level. Whether it's a detox protocol, a wellness routine, or a recovery effort, the body has the energy to do what it is designed to do - to maintain and optimize its equilibrium.

Enter the KLOUD by Centropix: world's most advanced next-gen PEMF technology, now called PEMA -Pulsed ElectroMagnetic Activation.

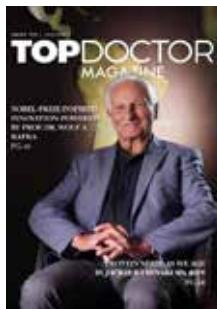
Getting daily electromagnetic support affects every aspect of our bodies. The difference is almost unimaginable!

"The day science begins to study the non-physical phenomena; it will make more progress in one decade than in all the previous centuries of its existence." — Nikola Tesla"

My husband Leslie and I discovered Centropix in the summer of 2022 when a dear friend told us how much the KLOUD had helped her with a wellness challenge that she'd been struggling with.

Little did she know that we, too, were looking to enhance our overall well-being. At the time, I felt bogged down by menopause, fatigue, lack of motivation, and weight gain, to name a few. Leslie was struggling with a wellness condition that wasn't getting better. We immediately saw the opportunity for a quantum improvement and jumped right in. Today, we can't imagine living without receiving daily vital life force energy support from our KLOUD.

The inventor of the KLOUD, Professor Dr. Wolf A. Kafka, has poured 60 years of his molecular research into the PEMF frequency technology. The KLOUD is triple-patented and features state-of-the-art signals and frequency combinations. It's both powerful in its efficiency and gentle in its application.



Top Doctor magazine features Professor Dr. Kafka on its cover, followed by a prestigious ten-page article inside. They even call his innovation Nobel Prize-inspired!

The KLOUD is elegant, portable, has no dirty electricity, does not need Bluetooth or Wi-Fi; is easy to use via a manual touchpad or an optional app on your smartphone. Simply put, you can't compare the KLOUD with other PEMF devices on the market, and word is getting out fast.

It's no surprise that the KLOUD is featured in the upcoming 'Biohack Yourself' documentary and rapidly embraced by professionals and health-minded individuals alike. Leslie and I are overjoyed to be part of this growing wellness movement.

We love working with leading functional medicine, holistic professionals, and people from all walks of life and ages who share one thing: they are open-minded and committed to improving and maintaining their overall wellness, physical performance, emotional balance, and mental cognition.

If you feel the call to be part of this exciting paradigm change and spread the message of renewed wellness and optimal health, reach out to us! We look forward to supporting you.

KLOUD+
A Luxurious At-Home System For Molecular Activation



CHARGES ALL 37 MILLION CELLS IN 15 MINUTES



CENTROPIX
AFFILIATE

Health Disclaimer: The personal opinions and statements in this article have not been evaluated by the FDA. Centropix products are NOT medical devices and are NOT intended to diagnose, treat, cure, or prevent any disease. They are designed for overall wellness and fitness. Please check with your licensed healthcare practitioner before using Centropix products and devices.

Centropix Directors Sabine Messner and Leslie Allyn Finkel are delighted to help you improve your overall wellness and vitality, specifically mental cognition, sleep, mood, fitness, performance, as well as aches and discomforts.

Feel and look your best at the push of a button with their groundbreaking next-gem PEMF frequency mat called KLOUD and their equally pioneering wearable Tesla frequency device called BUBBLE, which neutralizes harmful Electro Smog from 5G technologies.

Don't tolerate feeling constantly zapped and fatigued. You deserve to thrive, no matter your age. Schedule a FREE complimentary Consultation today for more details!



Sabine Messner & Leslie Allyn Finkel
Directors with Centropix
Sabine@SabineMessner.com
Leslie@UnstoppableHealing.com
Click to Text (480) 371-0426
Centropix.us/unstoppablehealing
Linkedin.com/in/sabinemessner/
Linkedin.com/in/lesliefinkel/



WHAT OTHERS SAY

"Unlike other PEMF devices, the signal coming from KLOUD is gentle but powerful. I like to take a mid-day session, or what I call a BioHacking nap on it, to help me recharge without caffeine, and relax at the same time, so I can continue with my busy and active life. It takes aches and post-workout soreness out of my muscles, helps me feel more balanced and really makes a huge difference when I am traveling and changing time zones. It comes everywhere with me - on the plane, in the mountains adventuring and to the office to keep me going all day without stimulants." ~ Katrine Volynsky - CEO Cellular Regeneration

"As Chief Marketing Officer and Copywriter at Performance Golf, I have a busy schedule - 12-hour days, over a hundred employees to manage and a fourteen-year-old daughter to raise. Maximum energy and productivity are essential to my success. The Centropix KLOUD plays a huge role in my daily routine, providing a boost in sustained energy during work, and enhanced relaxation before bed. I've tried dozens of other "biohacking" solutions, and nothing compares to the impact I've experienced with KLOUD." ~ Donnie French, Performance Golf CMO. World's Largest Online Golf Company

"I am Nils Biermordt, a three-time world champion in Bench press, an avid athlete and a dedicated bodybuilder. As a Centropix user, I primarily leverage the KLOUD platform to enhance my recovery, optimize my nutritional intake and elevate my training performance, all aimed at achieving greater muscle growth." ~ Nils Biermordt, Body Builder, 3x Time World Champion

"Members of TopDoc Clinic's Bio-Optimized program have reported a range of tangible benefits attributed to their use of the KLOUD product. These benefits include significantly improved energy levels, more efficient recovery after physical activities, enhanced sleep quality, and notable relief from various forms of physical discomfort. The positive outcomes experienced by these members underscore the potential of the KLOUD to optimize biological functions and contribute to an overall sense of well-being." ~ Top Doctor Team



DID YOU KNOW

When we are healthy and capable of doing our best our "inner physician" is working. An infinite number of interactions between atoms, molecules and ions take place in our cells.

Stress and strain on a physical, spiritual, and mental level push us to the outer limits and can result in complex disorders. The root of these issues is most often found at the molecular level.

Gentle electromagnetic stimulation on a molecular level helps to reset the natural ability of our body to heal itself and can help protect, activate, and regenerate your body, improve your energy, and boost performance well-being.

The KLOUD combines the widest and probably most effective range of frequencies and intensity spectrum currently available in the PEMF market in just one device.

The KLOUD reaches a wider molecular range in the body, featuring up to 20,000 amplitudes per second through 8 large coils.

The KLOUD is triple-patented technology that helps support the natural regulatory processes broadly throughout the body, at customizable levels.

The KLOUD is a luxurious at-home system for superior molecular activation. It's attractively designed, wireless and easy to transport. Hence why it was awarded the 2020 German Design Award.

The inventor of the KLOUD is Professor W. A. Kafka, a renowned German theoretical physicist, zoologist, and neurophysiologist having produced numerous developments, international patents, and prize-winning publications based on his scientific studies.

Professor W. A. Kafka has been coined "the father" of electromagnetic field therapy for over 25 years.

NEXT STEP

Schedule a Complimentary Discovery Call.



Sabine Messner & Leslie Allyn Finkel
Directors with Centropix
Sabine@SabineMessner.com
Leslie@UnstoppableHealing.com
Click to Text (480) 371-0426
Centropix.us/unstoppablehealing
Linkedin.com/in/sabinemessner/
Linkedin.com/in/lesliefinkel/





"The Power of Plants"

Hello! I'm Megan Joseph. Here's a snapshot of my journey of why I'm passionate about helping people live a higher quality of life for themselves and those they love through benefit and power of plants!

After I was diagnosed with Ehlers-Danlos Syndrome (EDS), which affected my daily living for years, I was prescribed multiple medications to address issues from muscle aches, bone pains, depression, anxiety and given multiple medical equipment to keep my joints in place.

I was once compared to a very old faulty door hinge about to break.

For years I felt stuck, and most doctors wrote me off as "just take the medications to feel ok" but I persisted in learning about my condition and wanting to know how to change the outcome.

My journey to healing began after removing my breast implants after specific bloodwork showed traces of silicone. I was being poisoned!

Then started observing my diet more closely and started removing and reducing certain foods heavy with sugar, dyes, and heavy metals. I began to embark on a transformative journey into healing myself and dedicated my time into learning about natural alternatives and the power of plants.

With my perseverance and education, I was able to obtain a solid foundation of understanding around the intricacies of both physical and mental well-being.

This, combined with my personal experience led to a new professional and skills to listen, share and coach others how to overcome challenges and embrace positive lifestyle changes with holistic approach. Teach and guide my clients toward a more balanced and fulfilling life.

As a certified wellness and health coach, I focus on cultivating healthy habits, promoting overall well-being and introducing natural alternatives (the power of plants) to help address each client's unique situation, needs and goals while educating them along the way.

"A chance to change and improve the quality of your Natural life. For you and those you love!"

For over twenty years, I've studied and trained in alternative health to help me heal my body naturally, differently from my previous experience, after being diagnosed with Ehlers-Danlos Syndrome.

EDS affected my daily living for years where I was prescribed medications to address my muscle aches, bone pains, depression, anxiety, and was given multiple medical equipment to keep my joints in place.

Now I own a Natural Life Franchise store which provides me a means to passionately teach others seeking to change their quality of health and life through the possibilities that natural healing, food choices and lifestyle changes offers without the side effects I suffered through!

My clientele has many backgrounds, elderly to college students.

They all seek to:

- become better educated on what heals their body and mind.
- be introduced to alternative health and medicine to gently improve their quality of life, wellness, and health outcomes.
- understand how to supplement or replace their current protocol with effective natural alternatives, void side effects.
- understand how the power of plants and mushrooms can truly improve their mind, body, and overall health.

The natural healing powers of plants and mushrooms is worth considering as a solution for traditional healing. Before any synthetic or lab produced medicine was created plants played a vital role in healing, as a medicine and improving overall health for humans and animals.

Most have forgotten or are unaware of plants or natural alternatives. Education and sharing from a position of personal experience is key! Does this resonate? Embark on a transformative journey with me!

I will be with you every step of the process as WE journey into realms of personal development, goal setting, and mindset shifts. By fostering self-awareness and resilience, I help clients navigate life's challenges with confidence, unlocking their full potential and guiding them towards a greater defined purpose-driven existence in health.

Come see my Natural Life store in person, and benefit from a FREE Wellness consult as I listen to your goals and educate you on the many natural alternative products available which address issues of stress, anxiety, relaxation, sleep, energy, health, muscle pain, etc...

If you are out of town, I will provide a FREE Wellness Consult by phone or zoom and together we'll go through what's available online, and I'll even provide you with a 20% discount on your initial purchase.

NATURAL LIFE

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Megan Joseph, Franchise Owner

Shop Natural Life Tempe, AZ

Certified Integrative Nutritionist

Click to TEXT/CALL [602-303-8425](tel:602-303-8425)

MegaLifeHW@gmail.com

Linkedin.com/in/megan-joseph-megalife

Facebook.com/megalifehw

Instagram.com/megankjoseph

WHAT OTHERS SAY



"This Apothecary of Wellness is a must visit spot! The owners from the minute I walked in gave me a warm and friendly welcome. All the products are of high quality and Lab Tested. As you know I'm picky because I'm a certified Herbalist and I'm always looking for legit resources and partners to send my clients to. They were knowledgeable of their Kava, CBD and other helpful herbal Ally's. They even have Information posted around the shop as well as making sure you understand the item you are purchasing before you buy it, so responsible and caring of their clientele. The shop specializes in herbal alternatives for pain, sleep, anxiety and inflammation. They even have CBD for pets! Love it! I was excited to learn about classes, demos and other upcoming events to share information and empower their community with alternative options. I love Natural Life's mission and Vibes."

Lana Hyatt, Noble Root Herbs

"I love this place and that it's family owned! I wanted to get healthier and Megan showed me the way. I had a gallbladder attack which led me to this shop. Megan gave me guidance to start healing my body & gallbladder. No surgery! I haven't had an attack since! CBDA & Kava mixture not only helped me with my anxiety, it weaned me off of alcohol all together as I was drinking almost weekly to soothe my over active thoughts. I was healing trauma from childhood and would cover it up with alcohol. Megan also helped my 13 year old with her anxiety & panic attacks. Kava was a more quick action natural way to get her to come out of them. So much better & more natural than Xanax. She also takes CBD daily (I am sure lot of people are like OMG you drug your child) but let's get real. CBD does not contain THC & Kava is a root plant! It's better than shoving pharmaceuticals that can become addicting down her throat. She went from an isolated nervous wreck to my loving kind talkative child again. There isn't a price you can put on that! I have my child back. Especially if it naturally can be done, I would ask their advice. They work magic here!!! Don't walk, run in!" ~ **Kellie Summers**

"Megan took the time to learn about my dad and his situation (stage four colon cancer) and was on top of finding everything that would help him, and she helped me out with my anxiety in regards to it all. If you have any questions or concerns, ask them and they will answer them and even teach you a few more things that you might not have known ;) Great products and even better people!" ~ **Jessica Robledo**

DID YOU KNOW

Sea Moss is an edible sea plant like seaweed and kelp considered as super-food packed with essential nutrients like vitamins (A, B, C, D, E, and K), minerals (iodine, iron, magnesium, potassium, and zinc), amino acids, and antioxidants. Is a natural source of iodine, a crucial element for thyroid function and its mucilaginous nature may contribute to joint health that supports the connective tissues and may reduce inflammation. Its dietary fiber contributes to digestive health, and its collagen-producing properties promote healthy skin.

Dr. Mark Hyman, functional medicine advocate, says in his book, "The UltraMind Solution: Fix Your Broken Brain by Healing Your Body First." Quotation: "Certain mushrooms contain compounds that support brain health by promoting the growth of nerve cells and protecting against neurodegenerative conditions."

Mushrooms are a great source of selenium, beta glucans and vitamin D. Known to be low in calories, cholesterol free, fat free and very low in sodium. Certain mushrooms mitigate the risk of developing health conditions like Alzheimer's, heart disease, cancer, and diabetes, also providing natural energy, improving immunity, focus and metabolism.

Dr. Andrew Weil, integrative medicine expert shares in his book, "Mushrooms for Immune Health" about Beta-Glucans Boost Immunity, "Beta-glucans found in mushrooms stimulate the immune system, enhancing its ability to defend against infections and diseases."

CBG is considered the "mother of all cannabinoids" harvested from young hemp plants and reduces chronic pain and inflammatory disorders, as a muscle relaxant, may reduce anxiety and depression.

Perseverance is important & can be life changing. Over time life gets better and individuals become stronger and gain the knowledge to be able to teach others who are on a journey to become healthier and improve their quality of life. "Persistence in doing something despite difficulty or delay in achieving success".

NEXT STEP

Schedule a Complimentary Discovery Call.



Megan Joseph, Franchise Owner
Shop Natural Life Tempe, AZ
Certified Integrative Nutritionist
Click to TEXT/CALL [602-303-8425](tel:602-303-8425)
MegaLifeHW@gmail.com
[LinkedIn.com/in/megan-joseph-megalife/](https://www.linkedin.com/in/megan-joseph-megalife/)
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[Instagram.com/megankjoseph](https://www.instagram.com/megankjoseph)





PATTI SAPONARO



"Empowering You to Be Your Best Beauty Self"

I'm Patty Saponaro, founder and owner of Fiorina Beauty, a woman owned and operated company, and the creator of Beauty Balance.

This unique nutritional beauty powder drink is designed by and for women to feel, look and be their best while flourishing like a flower.

Fiorina beauty was named after my grandmother's first name. In Italian it means little flower, blossom, to flourish and new beginnings.

Nana Fiorina was an incredible woman. A strong warrior, rock, and pillar of strength. A God-fearing woman whose wisdom surpassed many. She loved, gave of herself, honored her family and served us all well.

I am who I am today because of her. In honor of her steadfast love, tenacity, and warrior like attitude, I have birthed this company with her first name while honoring women of today as we unite.

Sometimes life events bring on possibilities that bless us and many.

This past year I was challenged by an unfortunate accident and for the first time in my life I transformed from always feeling great with high energy to struggling with feeling unwell with very low energy.

Unable to tolerate caffeine I needed a solution to get through the day.

Recognizing my need for a caffeine-free solution to boost my energy and positive mood to conquer the day, I created Beauty Balance to help bring my body back into balance at the cellular level by balancing my hormones, metabolism, and blood sugar. Women's top concerns!

So what started as a solution for own daily wellness transformed into a venture aimed to providing a sustainable and long-lasting solution to enhance well-being and vitality, ensuring that I can tackle each day with renewed vigor and a positive mindset, and other women too!

My passion is to leave a footprint for women to be their best beauty self. We are powerful when we come together as one united force.

"Let's empower one another to be our best beauty self as we come together in united beauty."

I'm Patti Saponaro, and I am honored that you wish to learn more about the Fiorina Beauty family where our goal and mission is to design and deliver products that help you feel and experience results.

Fiorina Beauty is women owned and operated, and our drinks are designed by women and for women to look and feel their best.

We've created the top R&D research Formulator's top chemist team to produce our custom blends for women are using only the finest high-quality ingredients as we believe that beauty starts from within our bodies creating our unique line of nutritional beauty powders.

Beauty Balance

Sometimes life events bring on possibilities that bless us and many yet this past year I was challenged by an unfortunate accident and found myself with very low energy for the first time in my life.

I've always felt great and had high energy, yet this past year I struggled with not feeling well. I needed to find a solution to help me to get through the day, but I cannot tolerate caffeine.

I created Fiorina Beauty to bring a foundational long-term solution to feel better and have more energy to conquer the day feeling great while in a good mood without caffeine.

We set out to find the best manufacturing team to meet our high standards and goals to produce the highest quality products resulting in foundational cellular level good nutrition. Feel good, good mood!

We birthed our unique beauty line of nutritional powders to first begin with your inner beauty in order to be feel our best beauty self.

Then we must feel good and have happy healthy foundational sustained energy while in a good mood with no cravings or crashes.

How about your hormones? High Quality Herbs and Super foods!

We created Beauty Balance to bring women's bodies back into balance at the cellular level by balancing your hormones, metabolism, and blood sugar. Yes, this is a formula for women's top concerns.

We nourish your hormones with high quality herbs and superfoods to help support and increase libido, better mood, better cycle, no more dryness and stable good mood.

PLUS you will be able to burn fat with sustained all day energy, sleep more soundly while looking and feeling good!



THE POWERFUL DRINK THAT NOURISHES YOUR INNER BEAUTY



FiorinaBeauty.com



[Reserve Your Beauty Balance](#)
['Look Good Feel Good Kit!'](#)

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Patti Saponaro
Founder of Fiorina Beauty
[Hello@FiorinaBeauty.com](mailto>Hello@FiorinaBeauty.com)
FiorinaBeauty.com
Click to TEXT/CALL 972-898-2855
Linkedin.com/in/pattisaponaro/
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BRENDA FOSHEE



"From Loss to Teaching How the Body Self Heals"

Hi, I'm Brenda Foshee, and eight years ago my son passed unnecessarily. Since then, I've felt a sense of urgency to dedicate myself to helping those seeking wellness solutions as a Health & Wellness Advocate.

Recently, I've become familiar with a science patented wearable technology in a form of phototherapy known as "Photo Biomodulation".

This is a non-invasive, non-transdermal patch worn on the body void of any chemicals or medications, and yet it's highly effective in supporting and stimulating the body's own natural healing systems.

Stimulating the GHK-cu peptide, it renews over 4000 genes to a younger healthier state by activating our body's own stem cells.

Did you know that as we age the body produces less of its own stem active cells? At 35 years old we're down to about 50% of active stem cells; by 60 years old we're down to 10%. As our body declines and degrades it can no longer keep up with the repair process. This reduction opens the door for health conditions and disease.

However, we can help uptake our stem cells through the science of phototherapy to repair, regenerate and rejuvenate. Studies show that it's possible to reverse and decrease our biological and vascular age.

This works very similar to when we walk into the sun, the sun rays signal our body to produce vitamin D but the sun is not needed here because our body becomes its own energy source. It naturally emits a low level of infrared light which then reflects off the patch and back into the body sending a specific wave of light to stimulate our natural healing systems and helping the body to self-heal from the inside out.

My mother, being 85 years old, has slowly declined both mentally and physically. By wearing this patch, we have helped to improve her quality of life in both areas.

Little things we take for granted being such a blessing by getting her stem cells back into action and with a understanding that this is part of a healing process.

DID YOU KNOW

WHAT IS PHOTOTHERAPY?

The science of phototherapy, which has been around for about 100 years, uses light to improve the health of the body. As far back as two thousand years ago, the ancient Greeks had a center for studying the effects of different colored lights on the body. Even the ancient Egyptians, who promoted health by focusing sunlight through colored glass on certain areas of the body, understood this concept.

GHK-cu has been studied for over 40 years and you can find many publications within the PubMed site. Studies showing promising and positive influence on various biological processes that contribute significantly to overall health, such as the activation and mobilization of the body's own stem cells. Reduced inflammation systemically, wound healing, Immune support, cardiovascular health, bone health, hair regrowth and skin health (inside and out) along with many anti-aging results.

This also includes: athletic performance, muscle growth-recovery, ATP production, metabolic health, gut health, brain health including cognitive and neurodegenerative disorders, rapid growth cells, working towards Homeostasis in the body. Stem cells are pluripotent. They can turn into any form of tissue or organ cell that the body needs to repair, restore, regenerate, and rebuild. Relief of chronic pain is by disrupting the pain signal within the body without chemicals or drugs, using the science and healing properties of phototherapy.

Glutathione is our body's Master Antioxidant crucial in supporting our immune system and is instrumental in detoxification. It's found in nearly every human cell, and medical experts say that our lifespan is directly equivalent to the amount of Glutathione in the body. We can increase our own glutathione levels with this patented proprietary form of phototherapy.

Carnosine is an antioxidant that many are deficient in. Is clinically shown to increase stamina by 125%. Improves bioelectrical properties of the organs, tissue repair, brain balancing benefits, good for the eyes, improving flexibility and helps to protect the Telomeres.



Backed by over 10 years of research and development as well as many independent third party clinically studies, X39 has been shown to provide an abundance of health benefits related to:

- Mental clarity
- Energy and vitality
- Workouts and recovery
- Skin appearance
- Quality and duration of sleep
- Minor discomfort relief



ELEVATE, ACTIVATE, REGENERATE with X39!

X39 is a true breakthrough. X39's patented wellness technology elevates the flow of your body's innate energy, fostering overall wellness and an active lifestyle.

Health and Wellness Advocate, educating for natural options and self-healing. Representing LifeWave Technologies X39 stem cell activation patch. Along with multiple other patch options, stimulating and supporting the body's own self-healing abilities through Photo Bio-modulation. Passionate about educating and helping people feel their best and being physically and mentally healthy.



Brenda Foshee

Health and Wellness Advocate
Associate Distributor of LiveWave
Serving the Greater Phoenix Area
Click to TEXT/CALL [602-722-4161](tel:602-722-4161)
BrendaFoshee007@gmail.com
Lifewave.com/BrendaFoshee





"Reconnecting with Joy"



Listening to my inner voice has led to many life experiences. The most transformative is the sudden death of my life partner Sanjay.

The day after Thanksgiving, after playing two games of pickleball, he lowered himself to the ground. As I held his head I screamed and prayed for him to breathe before he died in my arms at just fifty-three years old.

This highly personal and devastating trauma has now required me to learn how to move through the grieving process myself as a credentialed professional of recovery coaching.

The first step forward for me was to learn the layers of trauma. One of mine was captured like a still photograph at the pickleball court and stored in my subconscious where it manifested pain, anger, sadness and more.

Then I applied Bio-Energetic Synchronization Techniques (B.E.S.T.) to rebalance the energy flow in my nervous system, initiate physical healing and the mental and emotional lifting of my spirit, and a deeper reconnection with my inner voice and joy.

The byproduct of bio-energetic synchronization treatments, both in my receiving it and delivering it to clients biweekly, has made a tremendous impact on how I'm now moving through grief.

If you have experienced loss or trauma, struggle to see light at the end of the tunnel, and are disconnected from your joy, I am clear that beyond my duty and response-ability for me to live in joy, I am here to help you do the same using B.E.S.T. and my recovery coaching as a life experienced, credentialed professional.

Joy Rigberg, MEd, MA, CC
Next Step Recovery Coaching
NextStepRecoveryCoaching.com
Click to TXT/Call [602-526-0004](tel:602-526-0004)
[LinkedIn.com/in/JoyRigberg](https://www.linkedin.com/in/JoyRigberg)





CHARITY BROWN

"Create Clarity with Charity!"

My mantra is "Determination today leads to success tomorrow!" For years I was challenged with failure, despair, and devastation.

I persistently chose to bounce back each time, and through each iteration of this process I evolved into a better version of myself.

Testing my potential and learning self-mastery helped me to achieve greater in life and in my vocation as an entrepreneur, which is likened to being the pilot of your own life.

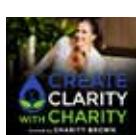
Everyone likes to be the commander in chief, easier said than done, right?

As a life-long learner, my journey equipped and compelled me with a passion and recipe to become a helping hand to others searching for guidance on how to side step stumbling blocks.

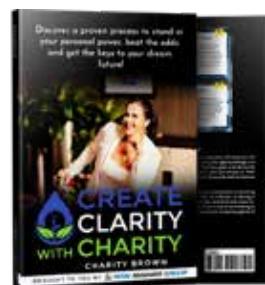
My experience reveals more is achieved when I converge my positive mindset with an approach supported by right planning. This creates greater ease, flow, and shows me what is possible.

If you would like to learn how to explore your potential, how to learn self-mastery to reach higher levels in life and in your vocation, and how to achieve a lasting contribution for yourself, and others, I'm here to help guide you.

Scan the QR Code for a free consultation. As a life-long learner scan my book QR code.



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DENISE MERIDITH MPA



"Bounce Back, Keep Booming!"

I'm a baby boomer who grew up in a time when US society still thought women belonged in the kitchen and Black people belonged in the fields, I have faced and overcome many obstacles to where I could live, what I could for a living, and what I could hope to achieve.

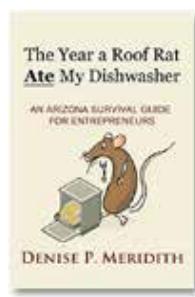
Yet I became the highest-ranked career executive in a major Federal conservation agency in DC; helped get an NFL and several MLB spring training stadiums built; and have participated in projects that have generated billions of dollars for Arizona's economy.

Ridding your life of roof rats is no simple task in Phoenix, where I've lived the past quarter of a century. I'm not sure what ancestral indiscretion unleashed rats, killer bees, Hanta virus-carrying mice, West Nile-spreading mosquitoes, and other plagues upon the US' sixth largest city. These are some of the natural (and unnatural) disasters that have made life challenging for Arizona entrepreneurs. My book "The Roof Rat that Ate My Dishwasher: A Survival Guide for Entrepreneurs" advises how to thrive despite the challenges of running a business.

Arizona also has great weather and a relatively low cost of living, making it an ideal place for ambitious and creative start-ups. Since I am addicted to sunshine, and, as mentioned in my autobiography "Thoughts While Chillin'", I decided to stay in Phoenix forever and had to fortify myself against pestilence of the eight-, four- and two-legged kind. I humorously share my lessons learned with others, who are already here or are thinking of moving here. I also provide personal and group counseling for GenXers and fellow baby boomers from anywhere who need some inspiration to bounce back and keep boomer!



Denise Meridith
C-Suite Executive Consultant
Click to TXT/Call [602-763-9900](tel:6027639900)
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Over time, the women in this book I have personally come to know, like and trust so that you may too! Many I've met in person you will see in our included road tour photos.

Enjoy reading and learning from their backstories why they started their business, how what they offer matters, what clients say about them, and learn from their 'did you know' insights to bust some myths, or fill in the gaps of what you may not know, or have an incomplete understanding of.

These women are a resource for your benefit. Please reach out to them for expertise, products or services, and share this with someone you know.

Book these niche experts to interview, speak or teach at your organization.



Angelina Musik

Awarded Twice by the U.S. SBA, one of the first 10 female web tech CEOs, Creator of the Enterprising Women's Project, MOMtrepreneurs & Business Women News Network, Wellness by Choice Network. (Txt/Call Angelina at [480-440-4740](tel:480-440-4740))