



Guide to Topics and Speakers



Welcome to Renew You 2010!

It's really hard to accomplish much if you are constantly fighting your body. It is equally difficult to transcend your basic needs for shelter, food and dress if you don't know what's possible. We don't know what we don't know.

Now more than any other time in history, women have the opportunity to follow our bliss and realize fulfillment. But we need to educate ourselves and, more importantly, we must stick together. We need role models and we need to support and inspire each other. And we need to step back from time to time and take a break.

It is my hope that Renew You will help you become a better person for yourself, your family and your community.

I feel honored to share the stage with such a brilliant group of women and I'm thrilled to offer you their teachings. You're in for a yummy treat :-).

To your renewal,

A handwritten signature in black ink, appearing to read 'Andrea', written in a cursive style.

Andrea Ramirez

Hang Out With the Experts

On Facebook:

Fan True Nourishment — <http://Facebook.com/TrueNourishment>

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Renew You experts list — <http://twitter.com/AndRam/RenewYou>
#RenewYou hashtag — <http://bit.ly/renewyouhashtag>



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Ending the Pain of Perfectionism

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Andrea@TrueNourishment.com



Karly Randolph Pitman



Karly is the founder of First Ourselves. A writer, speaker, and teacher, she helps women heal from food and body image issues. She's the author of *Heal Your Body Image*, *Overcoming Sugar Addiction*, and the creator of the *Heal Overeating* and *Overcoming Sugar Addiction* support programs.

Karly has appeared in dozens of TV and radio interviews, and has been featured on ABC, KGO, the largest talk radio station in the country. Her work has been seen on the Yahoo home page, Yahoo Shine! and Beliefnet. Karly's passions include reading, yoga, family, and spirituality. When she's not traveling or speaking, she lives with her husband and four children in Montana.

website: <http://FirstOurselves.com>

The Self-Care Pathway: Four Practices to End Emotional and Overeating

Feeding our bodies healthy, nourishing food is one of the most grounding, caring, kind, ways that we can express love for ourselves. It's the most basic form of self-care.

And yet we can turn food from a gift to a burden – from something nourishing to something harmful. We do this when we take more than we need; when we feed our bodies too much junk; when we use food to meet all of our needs - not just our physical needs, but our emotional, spiritual and mental needs, too. When we overeat, or use food to assuage life's pain, we suffer.

Emotional eating, overeating, and mindless eating is very common in our modern culture, where our lives are often busy, fast-paced, stressful, and divorced from our needs.

In this class, Karly will teach us the four practices that helped her transform her relationship with food:

- Honor your needs.
- Honor your limits.
- Honor your power.
- Honor the flow of energy.

If you are or have been an overeater, a binge eater, a bulimic, a sugar addict, or a chronic dieter; if your relationship with food has been one based in fear, anxiety and instability — a ping pong between deprivation and indulgence, then you can't miss this class!



JJ Virgin



Celebrity Health and Nutrition expert JJ Virgin is the author of the new book, *Six Weeks to Sleeveless and Sexy* (Simon & Schuster). JJ is a spokesperson for Emergen-C and Subway. She spent two seasons as a health expert on "The Dr. Phil Show" and is the co-star of the TLC reality series, *Freaky Eaters*.

JJ has a Ph.d in holistic nutrition, and is a board Certified Nutrition Specialist and a master's student at USF medical school in nutrition and metabolic medicine.

Internationally recognized as the creator of the Weight Loss Resistance Revolution™ program, she is responsible for turning the most challenging weight loss resistant cases into stunning successes where clients stay lean for life.

website: <http://JJVirgin.com>

Five Insider Secrets to Boost Your Energy, Shrink Your Waistline and Feel Your Best

Have you seen JJ's arms? OMG, the woman is in ridiculously great shape. I don't know about you, but I will be ready with pen and paper to take notes and do anything she tells me.

In this class, JJ will share her 5 all-time favorite secret strategies she's used to get her celebrity clients in the best shape of their lives, while feeling healthy and vibrant.

You'll learn:

- JJ's breakfast secrets. Why is breakfast important? What are the best breakfast foods? What do you do if you aren't hungry?
- Why eating every 2 or 3 hours is not the best thing to lose weight and what to do if you get hungry.
- The one meal replacement that you should be using and why.
- Why walking isn't the best exercise for weight loss and how to maximize your workouts results.
- The importance of sleep and how to maximize your sleep effects.

"Every once in a while someone comes along who connects the dots and takes the mystery out of losing weight. JJ has done that."

— Suzanne Sommers



Brenda Kinsel



Brenda is the owner of Inside Out — a style and wardrobe consulting company based in the San Francisco Bay Area — and the best-selling author of several books, including *Brenda Kinsel's Fashion Makeover: 30 Days to Diva Style!* (Chronicle Books). She has appeared nationally on radio and television, including *The Oprah Winfrey Show* and NPR.

Brenda is a smart, funny, and inspirational speaker who champions a woman's right to express herself beautifully at any size, age or income level. With her upbeat style and up-to-the-minute fashion savvy, she brings to audiences the professionalism and

experience of an expert with the warmth and wisdom of the mother we wish we all had.

website: <http://BrendaKinsel.com>

Defining Your Personal Style from the Inside Out

Who said style is only for the rich and famous or that you need to wear Prada or Channel to look good? Style is your natural quality and it doesn't depend on what you're wearing.

In this class, Brenda will teach us the same affirming process she uses with clients to help them discover their own personal style.

Discover:

- The 5 biggest fashion sins women make consistently. Hint: This is why your closet is full of clothes you don't wear!
- Why you need to stop playing safe and instead adorn yourself every day in clothes you love.
- How to let your style "speak" through the objects, words and moods you identify with.

You'll leave this session inspired to define your personal style and confident that you can get out of fashion ruts and feel comfortable in anything you wear.

"Brenda helped me to dress and look my best, to be the person I am instead of imitating the unattainable models one sees in women's magazines. For the first time in my life, I like the way I dress."
— Isabel Allende, author of *Ines of My Soul* and *The House of Spirits*



Christine Arylo



Christine is the Inspirational Catalyst — writer, coach, speaker and m.b.a. — for the 21st century woman. A self-admitted, but recovering, achievement junkie and doing-addict, Christine teaches women how to stop trying to be super woman and start tapping into the energy of their Feminine Super Powers. She's been called the 'queen of self-love' and is the author of *Choosing ME before WE, Every Woman's Guide to Life and Love* and the founder of Madly in Love with ME™, a movement dedicated to making self-love a tangible reality for women and girls around the world.

website: <http://www.daretoliveyou.com>

Dare to Be Loved: Get the Love You Want by Loving Yourself First

With sass, soul and empowering wisdom, Christine turns the topic of relationships and love on its head by daring us all to stop looking outside and start looking inside for the love we crave. The secret to a great relationship has nothing to do with what planet he is from, how much he is or isn't into you, or whether or not 'he completes you.' The secret starts and ends with two letters: M-E.

The love you have starts with the love, respect, honesty, trust and belief you have with yourself... and Christine will help you find it!

Whether you're single, married or dating, Christine's proven, practical and provocative ideas and inquiries, will offer you a whole new perspective on how you can create the exact relationship you want.

You'll leave knowing:

- Which fairy tales you're using to push away love.
- The five ME vows you'll want to take.
- The two feminine superpowers that will rocket-ship your ability to attract and keep great love.

Get the love your heart and soul crave as you learn the relationship secrets no woman can afford to live without, but that most do.

"With wit and wisdom, Arylo teaches us how to find the answers about love and relationships inside ourselves. From here we can accomplish our most heartfelt dreams."

— Marcia Wieder, founder and CEO of Dream University®



Connie Bennet



Connie is a motivational speaker and author of the bestselling book *SUGAR SHOCK!* (Penguin Group), which has been praised by Dr. Mehmet Oz, Dr. Christiane Northrup, Mike Huckabee and many others.

Known as the Smart Habits Girl, Connie is a Certified Health Counselor, Certified Life Coach, host of the Gab With the Gurus Radio Show, blogger, and a frequent media guest (who has been featured by CBS News Sunday Morning, Oprah & Friends Radio, The Howard Stern Show, TIME, Woman's World,

Shape, Chicago Tribune and Women's Health); she's also an experienced journalist and social media consultant to wellness professionals.

Connie is now at work on her next three books--*Frequently Asked Questions to Stop SUGAR SHOCK!*, *SUGAR SHOCK! for Teens* and *The Smart Diet Habits of Highly Successful Losers*™.

website: <http://sugarshock.com>

Break Free of Your Sugar Addiction with the Author of Sugar Shock!

Are you feeling trapped and tormented by bad habits such as sugar addiction, over-reliance on coffee, an unhealthy obsession with diet soda or way too many late nights?

In this call you will:

- Answer 10 simple or fun questions to discover if you're "addicted" to sugar and refined carbs.
- Learn 5 simple ways to combat sugar cravings.
- Find the truth about the "natural sweeteners" agave, honey and stevia.
- Get the scoop about surprising foods with hidden sugars.
- Discover Connie's ABCs to Break Free of Your Sugar Addiction.

"Connie's work spills the beans on the shocking impact of simple carbohydrates on aging and quality of life — a double whammy for humanity."

— Mehmet Oz, M.D., coauthor of the # 1 New York Times bestseller, *YOU: The Owner's Manual*.

"Connie tells the shocking truth about the devastating physical and mental effects of over-consumption of sugar and refined carbs. Most importantly, she lays out the path to kicking the sugar habit and reclaiming your health!"

- Christiane Northrup, M.D., author of the bestsellers *The Wisdom of Menopause* and *Women's Bodies, Women's Wisdom*.

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Andrea@TrueNourishment.com



Rose Cole



Rose is a holistic nutrition coach, certified nutrition consultant, and certified natural health professional, and the co-author of the book *Audacious Aging* with Deepak Chopra and Andrew Weil.

A nationally recognized speaker on the subject of natural health and nutrition for more than a decade, Rose has helped clients use her step-by-step natural methods to overcome their health obstacles, achieve permanent weight loss without dieting, and increase their energy so they can take back control of their life and health.

Wellness With Rose, a resource of hundreds of free natural health and holistic living videos and articles.

website: <http://RoseCole.com>

The 3-Day Beautiful Skin Diet: Food For Clearer, Younger & More Radiant Complexion

There was a time when Rose — a former Ford model — struggled with skin issues. She had acne, dry skin, rosacea in her cheeks and and psoriasis covering almost her entire body.

Rose set out to find a holistic solution to her skin problems and she did! Since then, she has helped hundreds of people do the same.

In this class, Rose will share her secrets on how to get clearer, younger, and more radiant skin without using expensive and damaging products.

Learn:

- The top 7 ways weak digestion affects your skin.
- Five “bad” things that are actually good for your skin.
- The wonderful natural supplement you can use to get rid of psoriasis.
- The dirty little secret that the pharmaceutical companies and the medical community don’t want you to know.
- The chemicals and toxins that are putting your skin (and health) in grave danger and how you can get rid of them.

You’ll leave the class empowered to take action to start healing your skin — and your body — in a gentle way that works with your body, not against it.



Karen Russo



Karen is your Spiritual Guide in Wealth Creation. She's the author of *The Money Keys: Unlocking Peace, Freedom and Real Financial Power*, with endorsements from her teachers Dr. Michael Bernard Beckwith, Loral Langemeier and T. Harv Eker, and a foreword by Bob Proctor. Karen delivers keynote speeches, leads coaching groups and offers numerous self-study programs, showing conscious wealth creators (like you!) how to break through to new levels of spiritual money mastery. Get your *Escaping the Money Traps* Starter Kit at www.TheMoneyKeys.com.

website: <http://TheMoneyKeys.com>

Discover a New Money Reality: The Love Path to Abundance

Too many smart, spiritually connected, talented women are blocked by anxieties, resentments, and mess in their money lives. Karen believes it's not necessary—and certainly doesn't lead to personal and business success! Karen is an ordained minister, former corporate trainer, and award winning salesperson who studies the spirituality, beliefs and habits of conscious wealth builders and shares the principles and tools they use to build a holistic, powerful money experience.

Karen will share with us the obvious and subtle ways your habits, beliefs and spiritual perspective with money affect you. You'll leave the class with simple steps to enjoy more peace of mind, creative freedom, and the flow of prosperity right now!

Discover:

- The spiritual context of money and what it means in your life and your business.
- How to identify (and escape from!) the 3 Money Traps, including tactical actions for each.
- How to apply spiritual principles around money for yourself, your family, your clients, your business and the world!

"Karen Russo is a powerful and intelligent teacher who weaves together an unusual blend of business education with timeless spiritual truths. You are richly blessed to be encountering this important material."

— Bob Proctor, author of *You Were Born Rich* and featured in "The Secret" movie



Leanne Ely



Woman's Day magazine has called Leanne "the expert on family dinners." Her advice has been published in *Real Simple*, *Parenting*, *Child*, and *Parent & Child*, and she is the family columnist for eDiets.com.

Leanne is the best-selling author of the *Saving Dinner* cookbooks series and has been seen cooking in Bloomingdale's stores nationwide, on QVC, HGTV's Simple Solutions, and ABC Family's Living the Life, amongst others.

Leanne, along with Marla Cilley (FlyLady), hosts The FLY Show, the number one talk show on World Talk Radio. A sought-after speaker, she has appeared all over the country in front of different corporate, non-profit and religious organizations. She lives in North Carolina with her family.

website: <http://SavingDinner.com>

Nurture, Nourishment and Nutrition: Saving You and Your Family One Meal at a Time

Nurturing starts in the womb — what a mother eats affects both herself and the baby. Nourishment begins at the breast, moves to the table and nutrition is introduced. Nurture, nourishment and nutrition are developed by a deep connection within the family, which continues throughout life.

In this class, the Dinner Diva will teach us the skills that will keep you and your family healthy, happy and empowered to prepare meals.

You'll learn

- How to bring back the dinner table.
- Healthy lifestyle habits you need to teach your kids.
- How to save substantial money while eating the best quality foods.
- How to get everyone involved so you save time in the kitchen.

"Knowing what's for supper is the key to getting rid of the chaos. Leanne's *Saving Dinner* is one of the most powerful tools out there to make it happen."

— Marla Cilley, the FlyLady



Mary Tedesco



In her 15 years promoting health and fitness, Mary has helped hundreds of people achieve optimal wellness using a combination of weight training, yoga, Pilates and aerobics. She is an AFAA certified personal trainer, and NASM candidate and the owner of Body Fit Personal Training in Cross River, NY and MaryTedescoFitness.com

As Martha Stewart's personal trainer, Mary is the fitness expert on *The Martha Stewart Show*, a regular contributor to XM Sirius Radio and a member of the Editorial Advisory Board for *Body & Soul Magazine*. Mary is a coach for the Leukemia and Lymphoma Society and has helped raised hundreds of thousands of dollars for The Childrens Cancer Fund and The Multiple Myeloma Research Fund.

website: <http://MaryTedescoFitness.com>

Inspired to Exercise: Get Active and Fit in 5 Fun Steps

There's a big gap between understanding that exercise is necessary for good health, wellness and beauty and building the momentum you need in your body to keep a discipline. You must get inspired to exercise.

In this class, Mary will share the fool-proved strategies she has used with thousands of clients to finally "jump over the hump" and enjoy the benefits of an exercise routine they love.

You'll learn:

- How to pick a sporting event that will inspire you to keep up your exercise routine.
- How an exercise journal can make the difference when you are just getting started.
- A great way to re-ignite your passion for movement by going shopping!
- How to use art to help you realize your vision for a fit body.

"Even-though I do everything I possibly can to get myself out of shape, Mary keeps me in shape."

— Martha Stewart



Laura Klein



In 2003 Laura attended the New School of Cooking in California. Awestruck by the superior flavor and quality of organically grown produce, pasture-fed meat and sustainably harvested fish, she became an unstoppable green advocate.

Laura is the publisher of OrganicAuthority.com and runs the subscription membership site LauraKlein'sGreenClub.com. She is a sought-after organic food and green expert, covering topics ranging from the health benefits of a green lifestyle to using DIY home and

personal care recipes to saving green by going green and more. She is a regular speaker at green seminars and events, is the host of the lifestyle show Better Living with Laura Klein, and has been featured on The Food Network, TreeHugger/Planet Green.com and in *Woman's World*.

website: <http://www.organicauthority.com>

The Smart Pantry: Time and Money Saving Foods for Health and Flavor

Preparing healthy meals without a lot of fuss when you're time-strapped and hurried can be a real challenge, especially if you're juggling work, busy kids, and other leisure activities.

In this class, Laura will teach us how to make it easy to prepare fantastic-tasting dishes at a moment's notice by stocking your pantry with basic organic foods and staples.

Some of the topics Laura will cover:

- Why and how to create a healthy pantry,
- The essential perishables and non-perishables that will make the difference when you want to prepare a delicious healthy meal in a snap.
- The differences between conventional and organic produce, and how to shop for organic foods on a budget.
- The truth about low-calorie foods, diet soda and energy bars.
- The different certifications for animal products and what they mean.

"After consulting with Laura, I have changed my life. I'm on my way to a completely organic lifestyle and feeling better than ever!"
— Dr. John Spencer Ellis, fitness and lifestyle personality for TV and radio.



Stephanie McWilliams



A Women's Empowerment Coach, Board-Certified Holistic Health Counselor, workshop leader, intuitive, inspirational speaker and certified Feng Shui Designer, Stephanie is the host of HGTV's hit-show, *FUN SHUI* and the founder of Your Space for Success, Change Your Chi, and Coaching for Empowered Women. She is also the author of *Heal Your Space, Heal Your Life — The Ultimate Room-by-Room Feng Shui Action Guide*.

As a Feng Shui consultant, Stephanie brings healing to homes and lives that result in dynamic and dramatic shifts, both inside and out. Her transformational, heart-based coaching programs bring overworked, overwhelmed women back into their power, their spirits and their possibilities in bold, fresh, and profound new ways.

website: <http://StephanieMcWilliams.com>

Your Space for Success: Designing Your Dream Environment for Greater Purpose, Passion and Profits

Is your home, office and outlook sabotaging your physical, spiritual and financial success? If you're overworked, overwhelmed, and headed for burn-out, you won't want to miss this class, as Stephanie will share her design and spiritual success secrets with you.

Learn tips to transform your outer and inner world so you can balance your body, increase your income, crank up your confidence and rev up your romance!

Stephanie will cover:

- The 3 things missing from most women's lives (and homes) that keep them from the abundance they deserve.
- Quick tips for design your home and office so they no longer sabotage your dream.
- First-hand advice on how to go from broke to bountiful in all areas of life.
- The key thing you need to do at home to generate a loving and romantic relationship.



LiYana Silver



LiYana is known for her bold, fresh guidance for women and their partners, who want to step out of painful patterns and relationship ruts and into partnerships that are strong, sexy, sane and sustainable through the pressures of the 21st Century.

With over 10 years of expertise, LiYana makes the complex actionable, restoring hope, joy, respect and delight in relationships. LiYana maintains a private practice as a Relationship Counselor, speaks nationally, lectures in corporations, colleges and conferences, teaches workshops and retreats, has appeared on dozens of radio and TV shows and writes for various blogs and magazines.

website: <http://www.love3point0.com>.

Bringing Sexy Back: Decoding Desire, Attraction and Connection

In a culture where we are taught to be suspect of desire, and we not even sure we understand what attraction or connection are or how they affect our relationships, LiYana's bold and simple approach is a breath of fresh air.

In this class, we'll learn:

- Why desire often fades in long-term relationships - and what you can do to avoid it.
- The immutable, simple laws (like the Laws of Physics) of what makes you most authentically attractive and sexy.
- What really makes someone attractive and how to step into the power of attraction.
- How to move past limiting beliefs and patterns in relationships.

Unravel the riddle of intimacy and connection: why we are most afraid of what we want most.

“ Even when dealing with uncomfortable subjects, LiYana makes it lighter and fun. She is so gentle, yet direct and to the point, so hard things are easier to digest.

I find it so incredible to learn from LiYana because she inspires me with the adventure and passion in her life – and she lives what she teaches.”

— Rosalinda Paez, Chef, New York City & Mexico



Melonie Dodaro



Melonie Dodaro is an author, speaker and weight loss coach who helps people end their cycle of yo-yo dieting and experience lasting weight loss. Her new book *The MindBody FX Lifestyle* shows people how to create the mindset needed to attain their idea weight. She is also the founder & CEO of MindBody FX, a company that specializes in coaching people to change the way they think, so they can achieve permanent weight loss. Melonie is featured as the weight loss coach on the upcoming TV show *180 Life & Style Makeovers*.

With a family history of obesity and her own struggles with her weight, Melonie's passion for helping others began 12 years ago when she opened up a number of weight loss centers. Since then she has studied with the world's leading mind potential and human behavior experts and is certified in hypnotherapy, NLP and as a weight loss master coach.

website <http://MindBodyFX.com>.

The Psychology of Permanent Weight Loss

Food is not the enemy. Your mind is! Diets alone don't lead to permanent weight loss; learn the techniques that will bring permanent success.

Many dieters think food is the enemy. Melonie shares that food is NOT the problem. Too much focus is placed on what you should or shouldn't eat, when the focus needs to begin with what you should or shouldn't think.

You will learn:

- Why changing your beliefs can help you to lose weight and keep it off.
- How to fight off negative thinking.
- How to use positive affirmations to create the results you want.

"When you follow the simple, practical guidance in this program, you will lose weight, feel great, and create a new life."

— Brian Tracy, Bestselling Author and Professional Speaker

"The great part about this book is it incorporates the importance of the mind-body connection."

— Les Brown, Motivational Speaker and Author

"The program breaks your self sabotaging beliefs and empowers you to have the body you desire easily and effortlessly!"

— Rose Backman, PhD Kelowna, B.C.



Alisa Vitti



Alisa founded Laughing Sage Wellness Center, now the FLO Living Center in Manhattan 9 years ago after experiencing the many frustrating health symptoms of polycystic ovarian syndrome (PCOS), and then healing herself through food and lifestyle changes. She received degrees from Johns Hopkins University and the Institute of Integrative Nutrition, where she fine-tuned her unique approach to helping younger women naturally correct hormonal imbalances using medicinal foods. She specializes in the areas of reproductive and hormonal health and helping women connect to and express their feminine energy. Her protocol is now the subject of a clinical study in conjunction with a research physician from Columbia University.

website: <http://LaughingSageWellness.com>

Hot, Sexy Hormones

Do you want a bigger, more fun, more mature, more woman-centered working definition of sexuality?

In this interview, Alisa will share with you the connection that your physical and emotional health has on your libido. You will learn how to start enjoying yourself more and how you can start to observe this enjoyment changing everyone and everything around you. Especially if you have suffered with PMS, Post Partum Depression, PCOS, Fibroids, Thyroid Issues, Adrenal/Chronic Fatigue, Perimenopausal symptoms, or lost libido – this is a conversation you don't want to miss!

Here's what you'll discover:

- What's happening in your body and with your hormones that have left you breezeless on your sailboat.
- What foods and supplements will get your libido revved back up, beat chronic fatigue, bust hormonal challenges, and restore your youthful energy!
- How to let go of the emotional blocks that are keeping you from expressing yourself sexually more authentically and fully.
- A 10-part working definition for "sexual self-expression".
- The science of turn-on and how to turn yourself on, even at the grocery store! (It's ABSOLUTELY NOT what you think!).



Jennifer Louden



Jennifer is a best-selling author of six books, a personal coach, a national columnist, and creates and runs retreats around the country. She's devoted to helping women find 'the good' in their lives so they can have a blast while changing the world. She's been on Oprah, and has been interviewed in most major magazines, including Body+Soul, Woman's Day, People magazine, Health, Yoga Journal, Good Housekeeping, Shape, and Ladies Home Journal.

Her latest project is 'The Comfort Cafe', a learning adventure for women. Her blog, websites, and ezine draw thousands of readers each month and she has almost a million copies of her books in print.

website: <http://comfortqueen.com>.

Ending the Pain of Perfectionism

Are you soul-weary from struggling with life? Never feel like you quite measure up to internal or external goals? There is a way to free yourself from the pain of perfectionism—and it doesn't involve getting smarter, skinnier, or a better wardrobe!

Renowned life coach, speaker, and “but...! kicker” Jennifer Louden will show you how to:

- Release the handcuffs you place on yourself
- Allow your inner energy and wisdom to carry you where you long to go.

“The best part of coaching with Jennifer for me was success! Measurable success. I really enjoyed her sense of humor and realistic take on life. The single most valuable thing in coaching for me was constant affirmation by a person who did not have a vested interest in the outcome. This was an amazing experience for me: the whole thing, working with someone I don't know to help change my life.”

— Sarah F.

“Jennifer combines many aspects of coaching into helping her clients reach their goals. She is extremely supportive, makes difficult problems less difficult, and most important to me, she's a genuine, caring person with a great sense of humor.”

— Pat L.