

Podcast Episode Title: Ep. 201 Healing from Within: A Journey Through Pain, Transformation, and Alternative Medicine

**Dr. Lynn Carey**

Dr. Lynn Carey earned a doctorate in chiropractic and a bachelor's degree in nutrition from Life University. She owned a practice in Wilmington, Delaware, for eighteen years, and has traveled to Brazil and India. Dr. Carey loves empowering others to create their desired life of health, wealth, and perfect self-expression. Today, she stays busy pursuing her entrepreneurial dreams and homeschooling her teenage son.



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Podcast Episode Title: Ep. 202 Success vs. Expectations: The Entrepreneurial Dilemma

### **Bryan Clayton**

Bryan Clayton's entrepreneurial journey is one of those stories that inspire others to pursue their dreams. One of the most remarkable aspects of his success story is his ability to teach himself how to build software to create GreenPal, the multi-million dollar company he co-founded and currently leads. Bryan's background was in the landscaping industry, and he had no prior experience in software development. But he knew that technology could solve many of the pain points in the landscaping industry, such as inefficient scheduling, unreliable service providers, and inconsistent pricing. So, Bryan set out to teach himself how to code. He spent countless hours reading books, watching online tutorials, and experimenting with various software development tools until he was able to build the first version of GreenPal. Bryan's expertise in both the landscaping industry and software development makes him a unique and valuable guest on any podcast. He can share his experience of bootstrapping GreenPal and developing software from scratch, providing valuable insights into how entrepreneurs can leverage technology to solve industry-specific problems. Additionally, Bryan can talk about the importance of customer experience in building a successful business. GreenPal's success is largely due to its exceptional customer service, which has earned it a loyal following of users. Bryan can share his secrets to delivering excellent customer service, and how other entrepreneurs can do the same. Overall, Bryan Clayton's journey is one of determination, hard work, and an unrelenting pursuit of excellence. As a guest on your podcast, he can offer valuable insights into entrepreneurship, technology, and customer service, inspiring your audience to pursue their own entrepreneurial dreams.



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Podcast Episode Title: Ep. 204 The Soul's Cravings Understanding the Quest for Security, Identity, and More

## **Cory Rosenke**

From a tattered canvas tent staked on the grass beside a remote lake in British Columbia, Canada, to a log cabin perched high above the clouds in the majestic Rocky Mountains, Cory Rosenke spent much of his childhood in the debilitating grip of poverty, isolation, and even homelessness.

“I found my reprieve in exploration,” Cory explained during an interview in January 2023. “As a kid, I would wander the lonely mountain slopes with a walking stick, a book, and my faithful dog. When I found a vantage point that suited my tastes, I would lean against a tree, open my book, and experience the magic of being whisked away into faraway lands and varied perspectives.”

Many of the books that captivated his curious mind were not your typical young readers. At the ages of eleven and twelve, Cory was eagerly exploring *Laws and Republic* by Plato, *Ethics* by Aristotle, and *Meditations* by Marcus Aurelius. “I especially loved, *Where I Lived, and What I Lived for*, by Henry David Thoreau,” says Cory, “as it seemed to meet me where I was at.” His early teen years found him exploring a new province (Alberta) and embarking on new literary adventures: the diverse works of Sigmund Freud, Edmund Burke, Plutarch, and C. S. Lewis, just to name a few.

“I’m not exactly sure what sparked it all,” Cory said in response to my inquiry, “but from a very early age I wanted to understand why people did the things they did. I especially longed to understand myself. For as long as I can remember, I’ve yearned to identify the deeper why lurking beneath the surface why. Eventually, I found Jesus, and the puzzle pieces finally began to fit together.”

Cory Rosenke’s insatiable curiosity has remained a constant force throughout the ups and downs of living. From a cowboy to a carpenter, a business owner to a small-town pastor; a seminary graduate to a dynamic multi-national teacher, Cory Rosenke’s varied and eclectic life has graced him with a unique and insightful perspective—an innovative voice that pierces the fog of false religion and philosophic dogma.

Now an accomplished author, theologian, and pastor, Cory remains as inquisitive as ever. He currently resides in the San Francisco Bay Area of California (as of 2023), and he spends his days as he always has—reading, writing, exploring, shepherding, and forever watching and wondering.



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Podcast Episode Title: Ep. 205 Beyond the Octagon Lessons from MMA Fighting and the Search for Fulfillment

## **Nico Verresen**

Why should every CEO & Everyone In Sales Be Punched In The Face?

Nico has 15 years experience as a professional Muay Thai champion and elite MMA fighter

16 years as a performance psychologist specialized in Sales, Sales Teams and CEOs.

As a published Wellbeing researcher and former assistant professor Methods In Psychology, he brings an enticing mix of science- & experience backed approaches to optimizing results for leaders and their sales teams.

10 years experience in content creation and as a guest in interviews, podcasts, as keynote speaker on entrepreneurial events

Specializations:

- + Hypnosis
- + How to stay calm in stressful and emotionally intense situations
- + Strategies to flow state, peak performance and enjoyment
- + How enrichment of intimacy can help ambitious couples to thrive
- + Curing Post Success Depression, how to handle the curse of the high-performer



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Podcast Episode Title: Ep. 207 Investing in Knowledge: The Fundamentals of Financial Planning and Wealth Building

**Steve Selengut**

Over the course of my 40+ years managing client portfolios, I developed a time tested and safe methodology for producing spendable income far in excess of the 4% generally needed by retirees.

I will share with you a look at my own IRA portfolio which at current (Nov 2023) prices is generating nearly 12% in annual income that can be either spent or reinvested.

My book, Retirement Money Secrets explains the six basic principles and understandings needed to safely steer investment portfolios into and through retirement without dipping into principal.

My experience is hands-on, security selection management. No models or corporate entities telling me what to buy and sell. I was a DIY investor for hundreds of people, every day. I owned every security I ever bought for a client!

I get people to sustainable, growing, income level that will make market corrections, volatility, and interest rate raises a benefit rather than a problem.



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Podcast Episode Title: Ep. 208

**Amanda Gradney**



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Podcast Episode Title: Ep. 209: Remarriage Realities: Unpacking Shame, Divorce, and the Stepparenting Journey

### **Amy Stone**

I am a stepparent for over 20 years. This is a journey or a life path that is well-established to be challenging. Did I buck the trend or did have special skills that made it possible for me to find happiness? I did not have special skills when I started but when I discovered that the advice that I was getting wasn't working I did forge my own path and today I share what worked for me with others who are starting a similar journey.



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Podcast Episode Title: Ep. 210 Balancing Act Juggling Motherhood, Reinvention, and the Art of Finding Compatibility

## **Charisse Walker**

Charisse Walker is a multifaceted individual whose journey embodies resilience, ambition, and the unwavering pursuit of dreams. As an accomplished author, podcast host, TV personality, realtor, lender, real estate investor, coach, and speaker, Charisse's life is a testament to the transformative power of determination and hard work.

Her podcast, "Unbreakable Mompreneurs," serves as a platform where she shares insights, experiences, and wisdom to empower mothers in business, navigating the delicate balance between entrepreneurship and motherhood. Charisse's captivating presence extends to television, where she hosts the Emmy-nominated show, "The American Dream," captivating audiences with her expertise in real estate and entrepreneurship.

From humble beginnings reliant on food stamps to a life where she could retire her husband, Charisse intimately understands the struggles of uncertainty about the future. However, she stands as a beacon of hope, demonstrating the profound impact of resilience and perseverance.

Throughout her career, Charisse has garnered numerous accolades in teaching and real estate, reflecting her commitment to excellence and dedication to her craft. Whether through her roles in academia, where she began teaching at the age of 22 and later directed and even established a college, or in the dynamic realm of real estate, Charisse has touched the lives of thousands, guiding them towards their aspirations.

She is also the author of "Flipping the Iceberg: Discovering and Celebrating What Lies Beneath the Surface in Your Relationships." In this insightful book, Charisse shares her expertise on building strong and lasting relationships, particularly focusing on two crucial steps couples should take before saying "I Do," to ensure a happy, healthy, and enduring marriage.

With a fervent desire to uplift others, Charisse channels her passion into coaching and speaking engagements, where she imparts invaluable insights and strategies for success in business, real estate, and relationships. Her mission is rooted in the belief that everyone possesses the potential to achieve greatness, given the right guidance and determination.

Charisse Walker's journey embodies the transformative power of perseverance, from overcoming adversity to achieving extraordinary success. Through her diverse ventures and unwavering commitment to empowering others, she continues to inspire countless individuals to pursue their dreams relentlessly.



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Podcast Episode Title: Ep. 211 Tangled Destinies: The Unbreakable Threads of Mothers and Daughters, Grief's Trials, and the Journey from Plans to Purpose

**Farah Flisher**

My mother, Meher, believed that we choose our lives for the lessons we will learn. These lessons flow into each of our lives for us to find a way to develop our innate emotional strength. There are no common methods or modalities for dealing with life's challenges as they arise, and so we all struggle until we discover our own unique blend of tools to navigate the journey.

My mother-daughter relationship memoir, *Meher & Me* describes some of the situational lessons I am supposed to have 'chosen', which I have had to learn to deal with. One such lesson started with a phone call in the middle of the night that shook my world. "Your mother has been shot. We are taking her to hospital. You have to come home. Come quickly."

In this book, I share my struggles to reconcile the mysteries of life and death, and as I looked back, it was difficult to accept that I would have wished to be displaced as a child or could have 'chosen' to have my father abandon me and my stepfather reject me. Would I really have picked a life where my mother was shot?

Reeling from the magnitude of what transpired, I embarked on a journey inward to find the strength to overcome the harrowing tragedy, harnessing my inner strength to find meaning in my life, which ultimately brought me to a place of equanimity I sought.

I hope that by sharing my memories of this life and the lessons it has dealt me, I will leave you with something you can take from my journey and use in your own life.



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Podcast Episode Title: Ep. 212 Sipping from the Abyss The College Days, Struggles with Alcohol, and the Journey to Sobriety

## **Adrian Knight**

Adrian Knight is an accomplished acquisition entrepreneur, adventurer, and endurance athlete.

Adrian buys and sells businesses for a living and has used his acquisition skills to build a multi-million children's education group from the ground up in less than 3 years.

Adrian experienced a nervous breakdown at 19, which was shortly followed by alcoholism and other addictions. This led to almost a decade of him travelling the world and visiting over 45 countries in an attempt to run away from his inner demons. It was only when he started to be true to his authentic self and prioritised his personal development and well-being, that his life started to turn around.

This has led Adrian to experiencing fast business success while finding new aspects of himself, including that of an endurance athlete and adventurer.

In 2022, Adrian ran/cycled/kayaked across Scotland, then in March 23' he participated in a multi-day endurance event in the Arctic Circle. In June 23' he ran across Northern England and in November 23' he is competing in the Spartan World Championships (in Sparta, Greece). In March 24' Adrian is on a 14-day Jungle expedition across Panama.

Today, Adrian leaves the running of his Children's Education Group to others, while he spends his time working on his own personal growth and mindset, and helping others to do the same, which he undoubtedly recognizes as the secret sauce to his business and endurance success to date.



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Podcast Episode Title: Ep. 213 From Navy Success to Healing and Innovation A Journey of Resilience

## **Darlene Greene**

Stem Cell Activation Technology Consultant, retired US Navy Commander, and Co-Author of the 2024 best-selling book, "Become Empowered - Echoes of Grace and Strength."

Darlene Greene wants to help you take charge of your own health, get out of pain, improve your energy, increase the quality of your sleep, reduce systemic inflammation, increase mental clarity, improve your nervous system, lower your anxiety, enhance brain functioning, improve cardiovascular functioning, and elevate your GHK-Cu for a host of additional benefits to include increasing your own stem cells, producing growth factors, protect lungs, reset genes to their younger healthier state, repair damaged DNA, inhibit cancer, increase hair growth, improve skin, increase healing, accelerate wound healing, reduce Fibrinogen (top predictor of cardiovascular disease) and more...

Having exhausted IV stem cells, hyperbaric chamber, ozone therapies and more to help her husband with his Early Alzheimer's, she FINALLY discovered an affordable technology that dramatically improved his symptoms within the first week, without drugs, without a prescription, and without any contra-indications to other treatments or therapeutic modalities.

After experiencing the amazing results for herself, and watching family and friends have their own miracles, Darlene is passionate about sharing this technology with the world. A driving force for her remains, "Why didn't I know about this two years ago... where would my husband be if we had started using this technology two years ago...and who out there needs to know about this right now?"

When an anesthesiologist says, "This is the most significant medical breakthrough in my lifetime..." and when over 300 Olympic Athletes use the technology in the 2008 Olympics, aren't you curious as to what it could do for you in addition to making you look and feel younger?

Darlene Greene has over 26 years of experience in executive leadership and senior management positions across diverse industries, including positions such as: Vice President of Strategic Technology Partner at McAfee (Intel), Dean of Culver Girls Academy, Director of Client Services for HyeTech Networks and Security, and Senior Director LifeWave Foundational Cell Activation Technology. During her 20 years of military experience, she earned her MBA and held three Commanding Officer positions, including serving as base commander and overseeing over 1200 personnel. Darlene created the Returning Warrior Weekend Workshop in 2006 to help military members and their spouses reintegrate successfully – a program still supporting military across the country today.

Darlene's passion today is helping people elevate their GHK-CU peptide to activate their stem cells, repair their DNA, reverse age, and get out of pain through the latest photo biomodulation technology.



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## Podcast Episode 214: Ink Necessities: How Writing Became an Essential Journey

### **Kristoff Morrow**

I'm a disabled U.S. veteran, author, and award-winning journalist that's sold more than 1300 copies of my debut book, "The Second Sun," after going viral on TikTok in June and it is recommended reading in university classes studying literature. I have more than 1,000,000 views across my videos, and readers in over 50 countries on all six inhabited continents!

Growing up, I was the third born but the first to graduate high school. I was viciously abused by my parents. They both have suffered from some form of addiction.

I taught myself to write while serving in the US Navy as a Corpsman right after high school, and after leaving, I learned a University education would not inform my work any more readily than being self taught, despite winning the highest award for short fiction and poetry at two different colleges in their annual creative writing contests.

While living in Louisiana, I was hired by a film director to help complete his script and got to work on a film set.

I became an EMT around the age of 23, then a 911 dispatcher at 26 before earning, by audition, a job at a newspaper. At this point, I was 27 years old and won awards from two Texas Press Associations for feature writing and photography.

I later became sober from alcohol, as my Tourette's manifested in a way I could no longer ignore and I spent five years battling worsening symptoms and not writing a word.

Several dozen times a day, my ticks force me to slap, punch, and claw myself in the face. It makes me call myself names very loudly that I won't write here, I say I hate myself, and I'm often laughed at in public, (however, it's not malicious) additionally, I've lost almost all use of my right thumb from chronic impact injuries, as it compels me to

punch hard surfaces around me. I'm currently wearing bandages and tape on two fingers, and a thumb brace from an injury resulting from just that.

On October 16, 2021, I surrendered that fight and began writing once more. In February of this year, I published my first book!

P.S. I've omitted a lot, such as how many different places I've lived in the US, Canada, and even a story about how I learned I wasn't a dad after raising a baby for two years.



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## Podcast Episode 215: Beyond the Barracks: Finding Peace after War, Spirituality, and Living with Purpose

### John Lawyer

From 12 years desert combat zones to a battle within, John Lawyer transformed from soldier to spiritual seeker. He is the co-founder of Kishar, a non-profit online spiritual community where people share their journeys and explore their own unique spiritual path. John is an Omnist and believes in the validity of great human thought from around the world and across time. He is a higher purpose and transformational coach. John offers individual spiritual guidance as part of the Kishar Spiritual Community.



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Podcast Episode 216: Walking Through Fire: Transforming Pain into Purpose, Supporting Heroes in 'Do No Harm'

## **Dave Albin**

Dave Albin was born in 1954 at Queen of Angels Hospital in Hollywood, California to a single mother.

He was adopted by his Aunt & Uncle on his mother's side at the age of 5. His adoptive parents told Dave they were not his parents at the age of 11.

Later that year both his adoptive parents started drinking.

This is where Dave's life took a hard turn.

Dave tried alcohol at the age of 11. By the time he was 14 he was experimenting with hard drugs.

Grossly addicted to drugs and alcohol he joined AA some 20 years later in June 1988.

This is when Dave was introduced to the personal development industry. He attended a seminar with Tony Robbins in 1995 where he did his first firewalk.

Dave went on to work for Tony Robbins for just shy of 20 years as Tony's Firewalk Captain.

Dave retired from the Anthony Robbins Companies in 2014 shortly after GOOGLE hired him to put on an event for them.

Firewalk Productions, LLC was born in 2014.

Dave has done gigs for NASA, Heineken, The Entrepreneurs Organization (EO), RE Max, Chick-fil-A, Pruvit, Google, NI, NC Chiropractic Association, Isagenix, Heineken, Boone, Blowing Rock, Ashe and the Caldwell County Chamber of Commerce, Wayne Dyer, T Harv Eker, CRISP Video, Y.M.C.A., NATE BAILEY, Tony Robbins and many others.



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Podcast Ep. 217: Whispers from the Dark Turning Loss into Light through Mental Health Advocacy

### **Lisa Sugarman**

Lisa Sugarman (she/her) is an author, a nationally syndicated columnist, a 3x survivor of suicide loss, a mental health advocate, and a crisis counselor with The Trevor Project. She writes the opinion column We Are Who We Are in Boston and is the author of How To Raise Perfectly Imperfect Kids And Be Ok With It, Untying Parent Anxiety, and LIFE: It Is What It Is available everywhere books are sold. Lisa is also a storyteller with the National Alliance on Mental Illness (NAMI) and a contributor on Healthline Parenthood, GrownAndFlown, TODAY Parents, Thrive Global, LittleThings, and More Content Now. Lisa lives and writes just north of Boston. Visit her online at [www.lisasugarman.com](http://www.lisasugarman.com).



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Podcast Ep. 218: The Outsider's Tale: Finding Belonging Through Passionate Storytelling and Effective Communication

**Zane Landin**

From the dawn of childhood, I was always on a path to finding my personal identity. From an early age, I experienced depression and anxiety. This really impacted how I viewed myself and was an ongoing battle. I always felt something was wrong because I never seemed to “fit in” wherever I went. I was always more sensitive than most people, which was constantly pointed out. Even today, I tend to feel isolated and alone. I continually challenge myself by putting myself out there and trying new things. It can be emotionally exhausting, and when I reach those moments, I must set boundaries for my mental wellness.

One of my most defining moments was when my mother passed away last year. Hearing she passed away left me motionless in my thoughts. It was a shocking moment I will never forget. My mom was my biggest supporter and always advocated for me. She stood behind me and was passionate about anything I was working on. I was starting to speak on a few podcasts before, and she was proud every time I said. Recently, I have been grateful to speak on so many podcasts and share my journey.

The following week, after she passed away, I worked on different professional projects, including the magazine, because I knew that was what she would want more than anything. She wouldn't want me to lose sight of my vision for the world. Even though it was incredibly hard, I didn't want to make her any less proud of me. I have faced many rejections and setbacks, which one faces even more if they put themselves out there more. But my mother's story is the most powerful one that has made me even more resilient. Before, I wanted to make myself and my mom proud, but now, it is more than that. It is about imprinting her legacy in the hearts of others, so they can experience the selflessness and beauty she carried.

It pains me I don't get to hear her thoughts, feel her love, and see her reaction to some of the most amazing things that have ever happened to me, like being invited to the White House as a mental health advocate and meeting President Joseph Biden. Even though she is physically not here, I know in my heart she is here in a spiritual capacity. I recently had a dream about her, and it was so clear. A wave of peace and tranquility fell

over me, and I knew she was beside me. It was one of my most pleasant dreams, making me feel fulfilled and happy.



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## Podcast Ep. 219: Born to Battle: Choosing Resilience in the Face of Adversity and Corporate Boardrooms

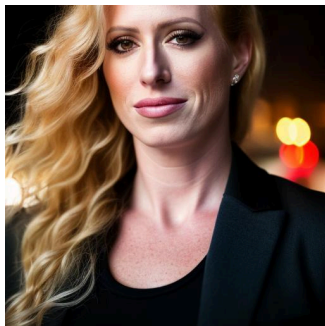
### **Victoria Pelletier**

Victoria is a 20+ year Corporate Executive, Board Director, #1 selling author and Professional Public Speaker. Nicknamed the “Turn Around Queen” and the “CEO Whisperer” by former colleagues and employers, Victoria inspires and empowers her team and clients to change mindsets and drive growth in business, leadership and culture.

As someone who does not subscribe to the status quo, she is always ready for new challenges becoming one of the youngest Chief Operating Officers at the age of 24, president by 35 and a CEO at age 41.

Victoria was recognized as one of the 100 Global Outstanding LGBTQ Executive Role Models by Involve (sponsored by YouTube), a 2023 Women of Influence by South Florida Business Journal, a semi-finalist in the 2023 50/50 Women on Boards Women to Watch, 2022 Top 30 Most Influential Business Leaders in Tech by CIOLook, 2022 Most Influential Entrepreneur of the Year by World Magazine, 2021's Top 50 Business Leader in Technology by Insight Magazine and a Mentor of the Year by Women in Communications & Technology in 2020. HSBC bank awarded her the Diversity & Inclusion in Innovation award in 2019 and she was IBM's #1 Global Social Seller ranked by LinkedIn in 2019 and 2020.

As a prolific motivational and inspirational speaker, Victoria has delivered keynotes discussing the significance of Whole Human Leadership - being an empathetic and authentic leader, as well as the importance of personal branding and its impact on professional growth; the power of DEI on corporate cultures and building a life of resilience.



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## Podcast Ep. 220: From Darkness to Light A Journey of Self-Discovery and Spiritual Awakening

### **D. Neil Elliot**

To any outsider, D. Neil Elliott was highly educated, owned a profitable consulting firm, and had a successful career and an amazing wife and family. But things were not all they seemed to be ... Neil was facing a lot of challenges. In a phrase, he was in a dark place. Quite by accident, he discovered a Higher Road. As he traveled that road, he found the key to transforming his life.

Over the course of the following year, Neil lifted himself to an inner state of love, peace, joy, and abundance. His perspectives on life changed entirely. His troubles and tribulations were his impetus to find the key that enabled him to revolutionize his life. He learned that the search for a better life does not entail positive thinking, saying affirmations, chanting mantras, or traveling to India to sit at the feet of a guru—or any other popularized method of “finding yourself.” ...The key? To ascend in both spiritual perception and truth, you need to use the right process to break through your entrenched, human-ego barriers.

For nearly three decades, Neil read hundreds of self-help and spiritual books and took self-development courses. All of them offered hope for change and improvement, but nothing fulfilled his needs or genuinely delivered on its promises.

Neil's desire—and his new mission in life—is to share the knowledge he gained and the process he used on his journey to self-awareness, together with the blueprint document he discovered that was instrumental in transforming his life. He wants to give you, regardless of your station in life, the tools and opportunity to empower yourself, transform your life, and draw peace, joy, love, and prosperity into your personal situation and environment. Neil believes that as more and more people follow this Higher Road to true spiritual perfection, a New Era of Love and Peace will dawn for everyone throughout the world.



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## Podcast Ep. 221: Breaking Free: The Invisible Corporate Exit and the Visionary Leap into Relationship Coaching

### **Jeanell Greene**

Jeanell, the Relationship Coach and Marriage Expert, is well-known for saving countless marriages from loneliness and divorce while also addressing generational trauma within families that hold us back from what we truly want: True Connection and Love. Her passion lies in rekindling the 'best friend' dynamic for couples, allowing them to rediscover profound love, peace, and fun partnership.

With a background that includes overcoming childhood trauma, infidelity, and divorce, Jeanell now thrives in a beautiful 17-year marriage that once seemed like a pipe dream inspiring her commitment to helping families heal and thrive.

Jeanell firmly believes that self-love and forgiveness are necessary to be in a happy and healthy relationship, and that couples can attain the marriage they've always desired by embracing healing, growth, and change. She's here to guide you on a beautiful, transformative journey, full of compassion, love, and wisdom, empowering you to be not only the best partners for each other but also inspiring role models for your family.



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Instagram: <https://www.instagram.com/saveourmarriage>

YouTube: <https://www.youtube.com/@jeanellgreene>

## Podcast Ep. 222: Mindful Living: Nourishing Calming and Energizing The Anxiety Busting Trio

### Heather Lillico

Heather Lillico is an anxiety warrior that struggled for years with her mental health. She went on a journey to figure out what works and how to heal the roots of anxiety. She's developed a 3-pillar system to conquer anxiety through: mindset, nutrition, and movement. It's about the thoughts you think, the food you eat, and the way you move your body. This is why she became a Nutritionist, and Yoga & Meditation Teacher, to help others put the pieces of the puzzle together in a manageable way (without the overwhelm).

She works with high-achievers, overthinkers, people-pleasers, and perfectionists. She brings her lived experience of mental illness and her compassion into the work, because she knows living with anxiety sucks, but also knows there's a way out.

She's been featured on iHeart and Zoomer Radio, and in The National Post and Tiny Buddha. She's also the creator of the anxiety support app, Cultivating Calm.



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TikTok: [https://www.tiktok.com/@heather\\_lillico](https://www.tiktok.com/@heather_lillico)



## Podcast Ep. 223: Beyond Bots: Crafting a Safe Digital Haven for Kids Beyond Social Media

### Bre Gentile

Dr. G, also known as Bre, is a visionary in the field of UX research and a dedicated advocate for trauma-informed practices. Based in the vibrant city of San Francisco, she's the founder of Dr. G's Lab, a pioneering consultancy specializing in trauma-informed UX solutions. With a passion for empowering youth and creating safer digital spaces, Dr. G's work is characterized by a perfect blend of innovation, empathy, and evidence-based insights.

Check the link to her new eBook, From Psychology to UX: The Evolution of a Career and the Intersection of Disciplines. This is a super digestible book about psychology and UX with some career tips for those who are interested in UX: <https://www.drgslab.com/ebook>



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YouTube: <https://www.youtube.com/channel/UCqD4seePBNCjbvH4YsH469A>

## Podcast Ep. 224: Digital Ventures: A Tale of Two IT Businesses and the Power of Personal Connections

### Eric McHugh

Eric is a 30-year-old entrepreneur whose philosophy emphasizes the importance of simplicity, adaptability, and a clear mind, which has translated well into the world of web3 entrepreneurship. Eric specializes in leveraging his strategic thinking and adaptability to create innovative and effective solutions to the challenges facing this cutting industry.

Eric's fierce independence and commitment to self-mastery made him a natural leader and role model for those seeking to live a life of purpose and freedom in the digital age. As a staunch individualist, Eric is a vocal advocate for the decentralization of power and control, promoting the democratization of access and opportunity in the digital world.

Eric has an IQ of over 140, enjoys playing chess and fine cuisine, and main hobbies include fighting, chess, and reading.



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Podcast Ep. 225: Navigating the Unknown: From Grief's Shock to Becoming a Coach for Life's Transitions

### **Melissa Harris**

My company, WYSHBONE, was born out of a passion to help others thrive after major life events, focusing on transition and loss.

Loss in any form, can be devastating. It can make you question everything. But when you are ready and with the appropriate support, you can turn the loss into a thoughtful transition that can serve yourself in ways you may not have even imagined.

I believe life is about growth and honoring our gifts within to generate a thriving ecosphere. It was through my own coaching work, that I was able to reveal a love of something that finally resonated. A deep curiosity for the creativity in all of us and a desire to help people reach their highest potential.

This led me to who I am today.....

A Certified Professional Co-Active Coach (CPCC) through Co-Active Training Institute (CTI) + Associate Certified Coach (ACC) through the International Coaching Federation (ICF). My speciality is working with individuals who have experienced a major life event (i.e. job loss, organization restructuring, divorce, death of a loved one) and contemplating where they are NOW and what to do NEXT.



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Podcast Ep. 226: Behind Bars to Beyond Limits: Navigating Crime, Chaos, and Despair to a Purposeful Sunrise

### **John Kimble**

Got some stories to tell. Been in hand cuffs, psych wards, suicide attempts, etc. Now an online personal trainer helping people for the better just as I did myself. Here to reach more people to help through podcast while benefiting the podcast itself with my story, knowledge, and wisdom.

Sober since - March 15th, 2021



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Podcast Ep. 227: Sleep Matters: Exploring the Impact on Mental Health, Weight, and the Path to Prevention

**Dr. Bijoy John**

I am a board-certified physician and practicing sleep specialist currently in private practice with over 25 years

of experience in Pulmonary/Critical Care and Sleep Medicine. Based in Nashville, TN and I treat both children and adults with various sleep disorders. I am the founder and medical director of Sleep Wellness Clinics of America offering in-person and online consultation, education, modern diagnostic modalities, home testing, and comprehensive treatment for a full spectrum of sleep disorders.

I am also the founder of Sleep Fix Academy which offers online courses, podcasts, and other resources to improve sleep quality.

I also serve as an Affiliate Assistant Professor at the University of Tennessee Health Science Center College of Medicine.

I am member of the American Academy of Chest Physicians, American Medical Association, and American Academy of Sleep Medicine. I was recognized as one of the Top 100 Physicians in Nashville for 2022 by My Nashville magazine. Additionally, I received the Top Sleep Specialist award consecutively from 2015–2020 from Nashville Lifestyle magazine, as voted by my peers and patients. I am also mentioned in Marquis Who's Who as one of the Top Sleep Physicians for 2023-24.



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Podcast Ep. 228: Stress and Success: The Workaholic's Tale, Childhood Echoes, and the Making of a Resilient Coach

### **Lolita Guarin**

Lolita Guarin, a four-time #1 bestselling Amazon author, stress management coach, and dynamic speaker. Through her journey, Lolita discovered powerful, drug-free stress management strategies, emphasizing the importance of healing childhood trauma. As the founder of Be Amazing You, she's dedicated to reducing burnout and boosting energy. Let's dive into a conversation about resilience, stress management, and unlocking our full potential with the amazing Lolita Guarin!



<https://www.beamazingyou.com/> - Link this to the picture please.

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YouTube: <https://www.youtube.com/channel/UCmNR0syTzdbdDsp11CsPWVw>

## Podcast Ep. 229: Mindful Success A New Frontier with the 4-Part Brain Model

### Liam Naden

Liam Naden is a pioneering coach who uniquely integrates cutting-edge neuroscience, psychology and practical strategies to help people unlock their true potential, overcome challenges, achieve goals, and live a deeply-balanced, purpose driven life.

He is the host of the "Let Yourself Off the Hook" podcast and coaching program, explaining how to achieve success without the struggle.

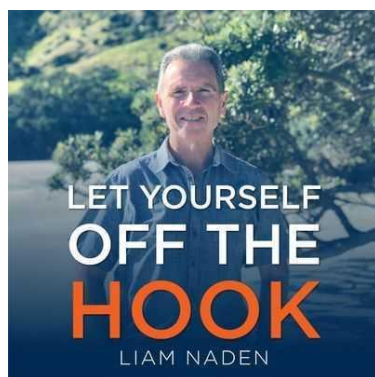
Liam is also an experienced marriage and relationships coach, host of the "Growing in Love for Life" podcast, author of two books and the 20-volume Growing in Love for Life series of short books on marriage. He is also creator of 4 relationships coaching programs.

Originally from New Zealand, Liam has recently completed an eight-year adventure sailing through fifteen countries in Europe on his own yacht. He is now on his next adventure: travelling through Europe by motorhome.

Liam's video reel here: <https://www.youtube.com/watch?v=dPtBH7WT9sk&t=130s>

One Sheet here:

[https://drive.google.com/file/d/1y0-lzYTW3s\\_Vp6TY1M7jXO5HDuFSGwaJ/view](https://drive.google.com/file/d/1y0-lzYTW3s_Vp6TY1M7jXO5HDuFSGwaJ/view)



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YouTube: <https://www.youtube.com/c/LiamNaden>



## Podcast Ep. 230: Voice for the Voiceless: The Journey through Breast Implant Illness and the Road to Advocacy

### **Erin Souza**

Erin Souza is a multifaceted health expert, including roles as a Functional Diagnostic Nutrition Practitioner, Board Certified Holistic Health Practitioner, Registered Dental Hygienist, and Certified Mold Illness Practitioner.

As the Founder + CEO of EC RESTORATIVE, she specializes in aiding women affected by breast implant illness, through a holistic method, fusing functional lab tests, lifestyle evaluation, and nutrition to craft personalized health protocols.



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## Podcast Ep. 231: Excuses and Escapes Exploring the 'Not Now' Delay and its Impact on Facing Fears and Pain

### Jennifer Ginty

Jennifer is a single mom living with Complex PTSD and Depression from childhood abuse. While in a therapeutic group one day and frustrated with her symptoms she said, "I wished I had a monster I could rip apart and throw across the room and bang against the wall." The group members replied "yeah, you should have that!" Jen went home and created her first "Moody!" My Moody Monster is a pull apart plush doll to help kiddos with their frustrations in a safe way. Moody has helped families, therapists and teachers to teach healthy coping skills while helping them understand all emotions are valid. The My Moody Monster YouTube channel includes Moody Story Time (Jen and Moody read books about feelings) and monthly Moody Talks with a featured emotion discussing how to understand how feelings effect everyday life and coping skills to work with.

<https://youtube.com/@mymoodymonster>



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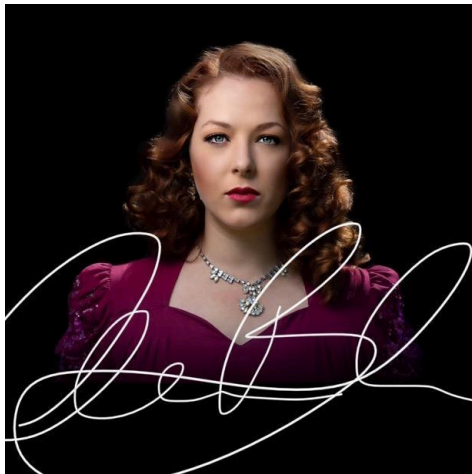
TikTok: <https://www.tiktok.com/@mymoodymonster>

Podcast Ep. 232 / 233: Beyond the Statistics: A Survivor's Courage in the Face of Child Abuse and Human Trafficking

### **Amanda Blackwood**

Amanda is the adult survivor of child abuse, drug addiction, 'sport torture' and human trafficking. She started publishing her books in 2018 and has since released over a dozen books in six years, with many more to come. This year (2023) promises to be a big one, with the launch of a public speaking career in the USA.

[Find Amanda's books HERE](#)



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Twitter: <https://x.com/DetailedPieces>

## Podcast Ep. 234: Mind Matters: Unlocking Brain Health for Children and Adults through Epigenetics

### **Dr. David Bilstrom MD**

Dr. David Bilstrom is a quadruple board certified MD and Medical Director of International Autoimmune Institute. Dr. Bilstrom has helped thousands of chronically ill patients reverse autoimmune disease (which the science data says also prevents future disease) because he treats at the root cause. He's spent almost 30 years striving to treat people using protocols that don't create more disease. He's a Functional Medicine expert who is passionate about helping kids reset their epigenetics before age 19 to prevent chronic disease and helping kids and adults optimize their epigenetics to improve the health of their next 6 to 8 generations. Illness because of "old age" is a myth until you reach 90 years of age. Prevention is much easier than the traditional medical industry leads people to believe.



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## Podcast Ep. 235: Muscles Couldn't Heal My Mind: A Bodybuilder's Odyssey from Low Self-Worth to Entrepreneurial Triumph

### Kevin Palmieri

Some people find rock bottom... I found out that rock bottom had a basement.

In my mid 20's... I had it all. I had a beautiful girlfriend, high paying job, sports car, my dream body... but I still ended up sitting on the edge of a bed debating suicide.

After my rock-bottom moment, I went all in on holistic self-improvement. I was determined to overcome my anxiety, depression and to finally live the life I'd always dreamed of.

Years later, I now host a podcast that impacts hundreds of thousands of people in countries all over the world. At this stage, I've helped grow the podcast into a \$1M+ revenue business, and I've recorded well over 2,700+ episodes. I've also given hundreds of speeches, trainings, and coaching sessions with people all over the world.

The main thing that changed was ME.

I focused on learning what I didn't know (unlearning a lot too), and my life started to shift. I love talking about consistency, commitment, habits, mindset, confidence, fear, relationships, limiting beliefs, and everything in between. I believe in a heart-driven but NO BS approach to holistic self-improvement, and I look forward to teaching even more people about what it really takes to get to the next level!



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Coaching: <https://www.nextleveluniverse.com/group-coaching/>

## Podcast Ep. 236: Embrace Your Mess Radical Kindness by Processing Your Sh\*t

### Natalie Bedard

NatNat, also known as Natalie Bedard, is an **Energy Healing Specialist** committed to guiding others on their journey of self-discovery and emotional well-being. As the founder of Lift OneSelf and the host of the Lift Oneself podcast, she's been transforming lives since 2019 by offering tools to regulate the nervous system, relieve emotional pain, and transform anxiety into empowerment.

NatNat's trauma-informed approach helps individuals embrace their fullest potential through small, actionable steps toward growth and transformation. Despite facing life-threatening illness and the challenges of single parenthood, she remains a resilient mentor, empowering clients with compassion, resilience, and radical honesty.

Her podcast blends meditation, insightful dialogue, and practical advice, helping listeners navigate the messy, imperfect journey of life. NatNat believes everyone deserves to feel safe, loved, and appreciated, especially by themselves.

Join her on this journey of healing and self-awareness, where every episode is an invitation to lift oneself and embrace the warrior work of life.

Transforming Anxiety into Empowerment 🦋



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## Podcast Ep. 237: Crafting Character: Intentional Personal Evolution and Aligning Personality with Values and Goals

### **Dr. Shannon Sauer-Zavala**

Dr. Shannon Sauer-Zavala, a clinical psychologist and academic researcher, has dedicated her career to developing psychological treatments to help people recover from mental health difficulties. She has focused on proven strategies to shift the personality traits that put people at risk for anxiety, depression, substance misuse, etc. But you don't need to be struggling with your mental health to take advantage of what the science of personality change has to offer. What if, instead of letting a personality test tell you what you'd be good at, you identified the life you want and shaped your personality to make those dreams more likely. Dr. Sauer-Zavala will show you proven strategies to nudge your personality traits for success.



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## Podcast Ep. 238: Performance Extremes: Gaining Perspective on the Emotional Spectrum for Optimal Well-Being

### Steve Hochman

I went from growing up poor as f\*ck to co-founding Flt Body Boot Camp, the largest fitness boot camp franchise in the world.

I remember living in an old beat up car my senior year in high school. It was absolutely degrading.

But everything changed when I turned the fitness industry upside down and did \$100k/mo in my first year.

Before I knew it, I had six 6-figure gyms that got 1000's of people undeniable results.

I had trainers and gym owners coming to me for coaching on how to scale their business.

I was on top of the world!

But it all came crashing down when my inflated ego got in the way...

It disrupted all I was and forced me into hiding to work on myself for an entire decade.

I sold all my gyms, shut down my coaching, all my sites, everything.

Now, I'm finally back after starting the largest privately-owned fitness boot camp chain in Orange County, California with a wild story to share!



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## Podcast Ep. 239: Breath of Life: Exploring the Window of Tolerance and Nervous System Regulation

### Alexis Alcalá

Alexis, the founder of InnerCamp, is a seasoned Breathwork, Bodywork, and Tantra teacher with over 12 years of extensive experience. Renowned for his ability to blend deep scientific knowledge with spiritual insights, Alexis excels at making ancient wisdom accessible and relevant in contemporary contexts.

After several years working in the corporate world and constantly seeking happiness, Alexis found himself utterly disconnected from his body. This disconnection led to various digestive disorders and insomnia. Despite trying talk therapy and coaching, he realized he needed more somatic therapies to understand the messages from his body.

Alexis has trained with some of the most renowned schools and teachers in Breathwork, Somatic therapies, and Tantra. Some of his esteemed mentors are Tony Robbins, Wim Hof, Dan Brulé, Swami Vivekananda Saraswati, Shaman Nabeel Redwood, Jon Paul Crimi, Michaël Bijker, Elliott Saxby, Nirmala Taryn Walker, Gema Sanchez-Cabezudo, Kirsty Ka, Philippe & Romain Schwiderski, Sandra Sas, and Siegfried Demetz. After six years of facilitating healing processes for thousands of people in Asia and Europe, he founded InnerCamp in 2018.

Since its inception, InnerCamp has trained over 2,000 therapists globally, and hundreds of thousands of individuals have experienced Holosomatic Therapy®. InnerCamp's mission is to spread Holosomatic Therapy® worldwide and establish Holosomatic therapists in every major city worldwide, helping communities heal, grow, and thrive in their lives.



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