



TOTAL HEALING  
LIFE COACHING

# Total Healing Life Coaching

For the Mind, Body, & Soul

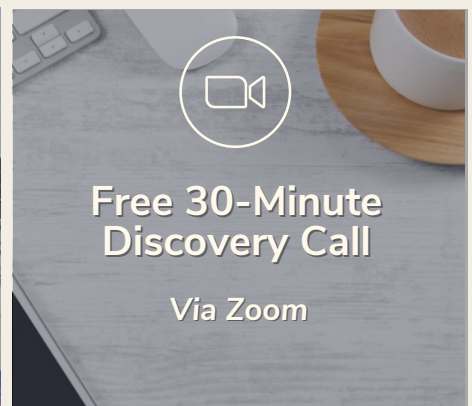
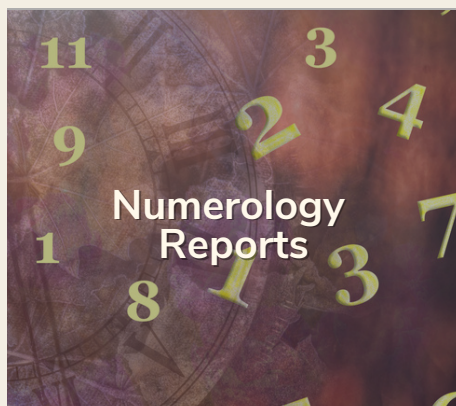
## Total Healing Life Coaching for the Mind, Body, & Soul

Total Healing Life Coaching helps individuals start living their best lives by overcoming self-limiting beliefs, negative patterns and behaviors, building more self-confidence, gaining emotional awareness and control over those emotions, and discovering more passion and purpose in life. We strive to provide affordable transformational one-on-one coaching sessions, available in Session Bundles of 5 to begin your journey of self-discovery, or Session Bundles of 12 for a deeper dive at changing self-limiting beliefs and creating lasting change.

Our coaching style consists of encouraging the client to create a more positive, healthy relationship with themselves in an open, judgement-free zone. Through the use of scientifically based exercises and thought-provoking discussion, Total Healing can help you achieve the life you were meant to live!

Additionally, we also offer E-Books and E-Courses for a self-guided journey towards motivational and spiritual awakening, eye-opening numerology reports, and intuitive oracle card readings, as well as **FREE** guided affirmations & meditations, and **FREE** 30-Minute Discovery Calls for individuals who want to expand their connection with the Universe and gain valuable insight about themselves.

Visit [www.totalhealinglifecoaching.com](http://www.totalhealinglifecoaching.com) to learn more and to schedule any of our services.



## **Deep Dive Coaching Bundles --> 12 Sessions** **750 minutes of 1:1 Virtual Coaching**

Take a deep dive into a transformational journey of self-awareness, personal development, and self-discovery with these life-changing 12 Session Bundle options. Lasting either 3 or 6 months, depending on the frequency of your choice, these bundles are designed to help you make lasting, positive change and to start living your best life.



**Achieve Emotional  
Awareness**



**Develop a  
Growth Mindset**



**Discover Your  
Life Purpose**

## **Self-Discovery Coaching Bundles --> 5 Sessions** **330 minutes of 1:1 Virtual Coaching**

Dip your toes into a transformational journey of self-discovery with these thought-provoking 5 Session Bundle options. These bundles are designed to offer you an opportunity to work toward self-improvement and strive for a specific goal during a short amount of time: 5 or 10 weeks, depending on the frequency of your choice.



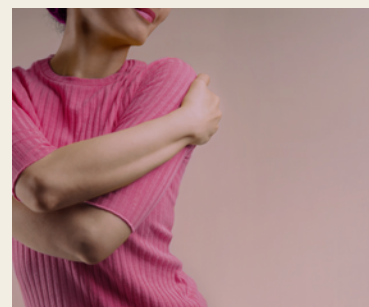
**Forgiveness &  
Healthy  
Communication**



**Goals &  
Accountability**



**Mindfulness &  
Meditation**



**Self-Love & Stress  
Management**





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# Achieve Emotional Awareness

12 Session Bundle





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## Achieve Emotional Awareness 12 Session 1:1 Coaching Bundle

### **? Need help fostering more self-awareness and control over your emotions ?**

In Total Healing's 12 Session 1:1 Coaching Bundle, Achieve Emotional Awareness, you'll uncover the techniques to increase your Emotional Intelligence (EQ), develop awareness of your thoughts and emotions, and banish self-judgement and perfectionism. In addition, you will learn healthy communication strategies and build your self-confidence.

As a bonus, you'll receive the Deep Dive Coaching Success Journal – a \$577 value!

### **Embrace Your Emotions!**

Do you:

- have trouble controlling your thoughts and emotions?
- want to reframe your self-limiting thoughts and build more self-confidence?
- struggle with handling other people's emotions and want to develop your own interpersonal skills?
- want to banish judgmental thinking towards both yourself and others?

If you answered yes to these questions, then the Achieve Emotional Awareness 12 Session Bundle is for you!

Visit [www.totalhealinglifecoaching.com](http://www.totalhealinglifecoaching.com) to learn how you can start embracing your emotions!

[www.totalhealinglifecoaching.com](http://www.totalhealinglifecoaching.com)  
[contact@totalhealinglifecoaching.com](mailto:contact@totalhealinglifecoaching.com)  
Call or Text: (847) 655-5506



# Achieve Emotional Awareness Coaching Timeline

<b>Session 1</b> Understanding EQ	<ul style="list-style-type: none"><li>• What is Emotional Intelligence (EQ)?</li><li>• Emotions are contagious</li><li>• EQ assessment</li></ul>	(your session date here)
<b>Session 2</b> Intrapersonal EQ	<ul style="list-style-type: none"><li>• Thoughts and emotions</li><li>• Emotion identification</li><li>• Practicing emotional awareness</li></ul>	(your session date here)
<b>Session 3</b> Self-Talk	<ul style="list-style-type: none"><li>• Awareness of self-talk</li><li>• Identify self-talk triggers</li><li>• Tools for overcoming self-doubt</li></ul>	(your session date here)
<b>Session 4</b> Overcome Negative Emotions	<ul style="list-style-type: none"><li>• Overcome negative emotions</li><li>• Identify emotional triggers</li><li>• Reframing your thoughts</li></ul>	(your session date here)
<b>Session 5</b> Stress & EQ	<ul style="list-style-type: none"><li>• Venting and reducing stress</li><li>• Practicing gratitude</li><li>• Positive thinking and affirmations</li></ul>	(your session date here)
<b>Session 6</b> Interpersonal EQ	<ul style="list-style-type: none"><li>• Developing empathy</li><li>• Practicing rapport</li><li>• Handling others' emotions</li></ul>	(your session date here)
<b>Session 7</b> Banish Judgement	<ul style="list-style-type: none"><li>• Overcoming judgement</li><li>• Releasing judgement</li><li>• Banish perfectionism and self-judgment</li></ul>	(your session date here)
<b>Session 8</b> Healthy Communication	<ul style="list-style-type: none"><li>• Healthy communication strategies</li><li>• Level up your listening skills</li><li>• Presumptions</li></ul>	(your session date here)
<b>Session 9</b> Build Self-Confidence	<ul style="list-style-type: none"><li>• Practicing confidence and certainty</li><li>• Confidence boosters</li><li>• Hope and joy</li></ul>	(your session date here)
<b>Session 10</b> Acceptance	<ul style="list-style-type: none"><li>• Accepting what is</li><li>• Pain and pleasure</li><li>• Cultivating mindfulness</li></ul>	(your session date here)
<b>Session 11</b> Become Your Best Self	<ul style="list-style-type: none"><li>• Present moment awareness</li><li>• Who you want to be</li><li>• What it'll take to be who you want to be</li></ul>	(your session date here)
<b>Session 12</b> Celebrate Your Milestones	<ul style="list-style-type: none"><li>• Creating a reward system</li><li>• Celebrate your milestones</li><li>• Affirmations for transformation</li></ul>	(your session date here)



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# Develop a Growth Mindset

12 Session Bundle





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## Develop a Growth Mindset 12 Session 1:1 Coaching Bundle

### **? Need help becoming more positive and gaining self-confidence ?**

In Total Healing's 12 Session 1:1 Coaching Bundle, Develop a Growth Mindset, you'll gain techniques to eliminate negative self-talk and rewrite your thoughts to build up your self-esteem. You'll learn to conquer any limiting beliefs and identify and overcome your triggers. Additionally, you'll discover a new-found confidence to make decisions and go after your goals.

As a bonus, you'll receive the Deep Dive Coaching Success Journal – a \$577 value!

### **Change Your Mindset!**

Do you:

- want to change your mindset to become more positive and increase your confidence in your abilities, talents, and in yourself?
- wish to conquer limiting beliefs and stop your irrational thinking?
- get triggered easily and wish to identify what sets you off and learn ways to overcome your triggers?
- have difficulty making decisions or taking action toward your goals?

If you answered yes to these questions, then the Develop a Growth Mindset 12 Session Bundle is for you!

Visit [www.totalhealinglifecoaching.com](http://www.totalhealinglifecoaching.com) to start changing your mindset!

[www.totalhealinglifecoaching.com](http://www.totalhealinglifecoaching.com)  
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# Develop a Growth Mindset Coaching Timeline

<b>Session 1</b> Irrational Thinking	<ul style="list-style-type: none"><li>• Irrational thinking and how the brain works</li><li>• The three levels of thinking</li><li>• Mindset assessment</li></ul>	(your session date here)
<b>Session 2</b> Identify Irrational Beliefs	<ul style="list-style-type: none"><li>• The 6 Human Needs</li><li>• Cognitive Distortions</li><li>• Recognizing triggers</li></ul>	(your session date here)
<b>Session 3</b> Dispute Irrational Thinking	<ul style="list-style-type: none"><li>• Methods of disputing</li><li>• Banish approval seeking &amp; say no to "should"</li><li>• Unconditional acceptance</li></ul>	(your session date here)
<b>Session 4</b> Develop a Growth Mindset: Awareness	<ul style="list-style-type: none"><li>• The Growth Mindset</li><li>• Developing awareness of self-talk</li><li>• Identify fixed mindset triggers</li></ul>	(your session date here)
<b>Session 5</b> Awareness: Fears & Self-Doubt	<ul style="list-style-type: none"><li>• Situational vs psychological fear</li><li>• Overcome fear of change: break the change cycle</li><li>• 8 steps to overcome self-doubt</li></ul>	(your session date here)
<b>Session 6</b> Perspective: Change Your Perception	<ul style="list-style-type: none"><li>• The power of perspective</li><li>• Change your fixed mindset thinking</li><li>• Reframe negative experiences</li></ul>	(your session date here)
<b>Session 7</b> Perspective: Change Your Perception	<ul style="list-style-type: none"><li>• Turn your demands into preferences</li><li>• De-catastrophizing or overcoming worry</li><li>• Creating a reward system</li></ul>	(your session date here)
<b>Session 8</b> Develop a Growth Mindset: Action	<ul style="list-style-type: none"><li>• Practicing a Growth Mindset</li><li>• Behavior experimentation for lasting change</li><li>• ABCD Journaling</li></ul>	(your session date here)
<b>Session 9</b> Action: Indecision & Inaction	<ul style="list-style-type: none"><li>• Exposure techniques for overcoming fear &amp; resistance</li><li>• Action Toolkit: Tools for Creating Action</li><li>• Overcoming indecision, autopilot, and being stuck</li></ul>	(your session date here)
<b>Session 10</b> Overcome Judgement	<ul style="list-style-type: none"><li>• The 3 core beliefs at the core of your suffering</li><li>• Overcoming judgment</li><li>• Banish perfectionism</li></ul>	(your session date here)
<b>Session 11</b> Create More Self-Confidence	<ul style="list-style-type: none"><li>• Confidence assessment</li><li>• Your zone of proximal development</li><li>• 7 confidence boosters</li></ul>	(your session date here)
<b>Session 12</b> Additional Tools for a Growth Mindset	<ul style="list-style-type: none"><li>• Changing limiting beliefs: The Table Leg Method</li><li>• Putting thoughts on trial</li><li>• The pain/pleasure principle</li></ul>	(your session date here)



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# Discover Your Life Purpose

12 Session Bundle





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## Discover Your Life Purpose 12 Session 1:1 Coaching Bundle

### **? Feeling stuck or need more direction in your life ?**

In Total Healing's 12 Session 1:1 Coaching Bundle, Discover Your Life Purpose, you'll uncover skills and passions that drive you toward success, eliminate self-limiting beliefs, and identify what you really want. Additionally, you'll gain more confidence, become more self-aware, and rewrite your story to start living your purpose.

As a bonus, you'll receive the Deep Dive Coaching Success Journal – a \$577 value!

### **Start Living Your Purpose!**

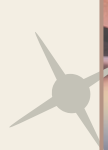
Do you:

- feel lost, stuck, or need more direction or meaning in your life?
- feel like you are meant for more, feel unfulfilled, or desire more purpose?
- have doubt that you are on the right path or aren't sure what you really want?
- want guidance discovering and living your purpose?

If you answered yes to these questions, then the Discover Your Life Purpose 12 Session Bundle is for you!

Visit [www.totalhealinglifecoaching.com](http://www.totalhealinglifecoaching.com) to learn how you can start living your purpose!

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# Discover Your Life Purpose Coaching Timeline

<b>Session 1</b> Conditioning	<ul style="list-style-type: none"><li>• childhood conditioning</li><li>• social influences</li><li>• personality type</li></ul>	(your session date here)
<b>Session 2</b> Passions & Skills	<ul style="list-style-type: none"><li>• Personality type assessment results</li><li>• Talents &amp; Skills</li><li>• Passions &amp; Interests</li></ul>	(your session date here)
<b>Session 3</b> Belief Systems (BS)	<ul style="list-style-type: none"><li>• Changing beliefs: Table Leg Method</li><li>• Choosing empowering beliefs</li><li>• Eliminate excuses</li></ul>	(your session date here)
<b>Session 4</b> Thoughts & Emotions	<ul style="list-style-type: none"><li>• Awareness of thoughts</li><li>• Awareness of emotions</li><li>• Emotion Identification</li></ul>	(your session date here)
<b>Session 5</b> Self-Talk	<ul style="list-style-type: none"><li>• Awareness of self-talk</li><li>• Identify self-talk triggers</li><li>• Tools for overcoming self-doubt</li></ul>	(your session date here)
<b>Session 6</b> Triggers & Negative Emotions	<ul style="list-style-type: none"><li>• Overcome negative emotions</li><li>• Identify emotional triggers</li><li>• Reframing your thoughts</li></ul>	(your session date here)
<b>Session 7</b> Healthy Communication	<ul style="list-style-type: none"><li>• Emotional Intelligence (EQ)</li><li>• Developing Empathy</li><li>• Developing Rapport</li></ul>	(your session date here)
<b>Session 8</b> Level Up Your Listening	<ul style="list-style-type: none"><li>• Handling others' emotions</li><li>• Healthy communication strategies</li><li>• Level Up Your Listening Skills</li></ul>	(your session date here)
<b>Session 9</b> Identify What You Want	<ul style="list-style-type: none"><li>• Wheel of Life</li><li>• Coincidences &amp; Life-changing experiences</li><li>• Pain/Pleasure Principle</li></ul>	(your session date here)
<b>Session 10</b> Rewrite Your Life Story	<ul style="list-style-type: none"><li>• Acceptance</li><li>• Movie activity</li><li>• Rewriting your life story</li></ul>	(your session date here)
<b>Session 11</b> Live Your Purpose	<ul style="list-style-type: none"><li>• Attachment to your story</li><li>• Clarifying your purpose</li><li>• Writing your manifesto</li></ul>	(your session date here)
<b>Session 12</b> Celebrate Your Purpose	<ul style="list-style-type: none"><li>• Symbolism &amp; ceremony</li><li>• Celebrate your milestones</li><li>• Affirmations for transformation</li></ul>	(your session date here)





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# Forgiveness & Healthy Communication

5 Session Bundle





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# Forgiveness & Healthy Communication 5 Session 1:1 Coaching Bundle

## **? Need help releasing past pain and resentment ?**

In Total Healing's 5 Session 1:1 Coaching Bundle, Forgiveness & Healthy Communication, you'll gain techniques to cope with feelings of anger, resentment, and grief. Learn how to foster more compassion and forgiveness for both yourself and others. Additionally, you'll discover healthy ways to improve your communication skills.

As a bonus, you'll receive the Self-Discovery Coaching Success Journal – a \$277 value!

## **Improve Your Relationships!**

Do you:

- struggle with releasing anger, resentment, and pain from past experiences?
- want to practice more forgiveness and compassion towards yourself and others?
- want to become better at communicating with others and level-up your listening skills?

If you said yes to any of these questions, then the Forgiveness & Healthy Communication 5 Session Bundle is for you.

Visit [www.totalhealinglifecoaching.com](http://www.totalhealinglifecoaching.com) to learn how you can start letting go of unforgiveness!

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**TOTAL HEALING  
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**Plus, TWO  
Guided Meditations**

# Forgiveness & Healthy Communication Coaching Timeline

<b>Session 1</b> Setting Forgiveness Goals	<ul style="list-style-type: none"><li>• Creating your forgiveness inventory</li><li>• Embracing a new way of being</li><li>• Practicing forgiveness</li></ul>	(your session date here)
<b>Session 2</b> Forgiving Yourself	<ul style="list-style-type: none"><li>• Importance of self-forgiveness</li><li>• Releasing regret and practicing intuition</li><li>• Finding the truth in your story</li></ul>	(your session date here)
<b>Session 3</b> Forgiving Others	<ul style="list-style-type: none"><li>• Awareness of programming</li><li>• From criticism to compassion</li><li>• From selfishness to generosity</li></ul>	(your session date here)
<b>Session 4</b> Healthy Communication	<ul style="list-style-type: none"><li>• Healthy communication strategies</li><li>• Level up your listening skills</li><li>• Presumptions</li></ul>	(your session date here)
<b>Session 5</b> Celebrating Forgiveness	<ul style="list-style-type: none"><li>• Making apologies</li><li>• Visualize forgiveness</li><li>• <b>GUIDED:</b> Forgiveness &amp; loving kindness meditations</li></ul>	(your session date here)

## Action Items

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## Appointments

### Reminders



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# Goals & Accountability

## 5 Session Bundle





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## Goals & Accountability 5 Session 1:1 Coaching Bundle

### **? Need help identifying your goals ?**

In Total Healing's 5 Session 1:1 Coaching Bundle, Goals & Accountability, you'll gain tools to help you identify and set instrumental and meaningful goals that move you toward living your purpose. You'll also come away with a structured plan to complete your goals. In addition, you'll gain tips to stay motivated and stay on track.

As a bonus, you'll receive the Self-Discovery Coaching Success Journal – a \$277 value!

### **Identify & Achieve Your Goals!**

Do you:

- want to identify and create specific goals that progress you toward living your best life?
- desire a structured plan in place to complete your desired outcomes?
- need a little help with keeping on track, staying motivated, and being held accountable towards your goals?

If you said yes to any of these questions, then the Goals & Accountability 5 Session Bundle is for you.

Visit [www.totalhealinglifecoaching.com](http://www.totalhealinglifecoaching.com) to learn how you can start going after your dreams!

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# Goals & Accountability Coaching Timeline

<b>Session 1</b> Creating a Vision	<ul style="list-style-type: none"> <li>Deciding what you want</li> <li>Having a big enough reason</li> <li>Creating your vision</li> </ul>	(your session date here)
<b>Session 2</b> Setting SMART Goals	<ul style="list-style-type: none"> <li>Setting long-term goals</li> <li>SMART goals and outcomes</li> <li>Weekly and daily planning</li> </ul>	(your session date here)
<b>Session 3</b> Being Accountable	<ul style="list-style-type: none"> <li>Action tool kit: Tools for creating action</li> <li>Creating accountability</li> <li>Productivity: Create your not-to-do-list</li> </ul>	(your session date here)
<b>Session 4</b> Staying Committed	<ul style="list-style-type: none"> <li>Monthly check-in</li> <li>Commitment and over-commitment</li> <li>Procrastination and the Pain/Pleasure Principle</li> </ul>	(your session date here)
<b>Session 5</b> Staying Motivation	<ul style="list-style-type: none"> <li>Stay motivated by eliminating excuses</li> <li>Uncover your key motivators</li> <li>Identify what demotivates you</li> </ul>	(your session date here)

Action Items

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Appointments

Reminders



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# Mindfulness & Meditation

5 Session Bundle





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## Mindfulness & Meditation 5 Session 1:1 Coaching Bundle

### **? Need help jumpstarting your own mindfulness practice ?**

Discover what Mindfulness & Meditation can do for you with Total Healing's 5 Session 1:1 Coaching Bundle. Learn ways to implement more mindfulness into your life, as well as several meditation techniques that you can easily implement on your own. You'll walk away with the tools to create your own mindfulness practice.

As a bonus, you'll receive the Self-Discovery Coaching Success Journal – a \$277 value!

### **Become More Mindful!**

Do you:

- want to control your racing thoughts, anxiety, and stress?
- wish to learn multiple mindfulness and meditation techniques to easily implement on your own?
- are interested in creating your own meditation practice?

If you said yes to any of these questions, then the Mindfulness & Meditation 5 Session Bundle is for you.

Visit [www.totalhealinglifecoaching.com](http://www.totalhealinglifecoaching.com) to learn how you can start using mindfulness and meditation to reduce your stress!

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[contact@totalhealinglifecoaching.com](mailto:contact@totalhealinglifecoaching.com)  
Call or Text: (847) 655-5506



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**Includes NINE  
Guided Exercises!**

# Mindfulness & Meditation Coaching Timeline

<b>Session 1</b> Introduction to Mindfulness & Meditation	<ul style="list-style-type: none"><li>• 7 common myths about mindfulness</li><li>• 3 core skills of mindfulness</li><li>• 3 types of meditation</li></ul>	(your session date here)
<b>Session 2</b> Present Moment Awareness	<b>GUIDED: Present Moment Awareness Activities</b> <ul style="list-style-type: none"><li>◦ Mini-mindfulness exercise</li><li>◦ 3-minute breathing space</li><li>◦ Candle meditation</li><li>◦ 2-minute bell exercise</li><li>◦ Simple mindfulness meditation</li></ul>	(your session date here)
<b>Session 3</b> Awareness of Thoughts & Emotions	<ul style="list-style-type: none"><li>• Intentionally creating desired emotions</li><li>• <b>GUIDED:</b> Gratitude meditation</li><li>• <b>GUIDED:</b> Progressive relaxation meditation</li></ul>	(your session date here)
<b>Session 4</b> Awareness of Self & Others	<ul style="list-style-type: none"><li>• Being present with others</li><li>• <b>GUIDED:</b> Self-Inquiry meditation</li><li>• <b>GUIDED:</b> Loving kindness meditation</li></ul>	(your session date here)
<b>Session 5</b> Creating a Mindfulness Practice	<ul style="list-style-type: none"><li>• Establishing a mindfulness routine</li><li>• Creating a formal meditation practice</li><li>• Affirmations for transformation</li></ul>	(your session date here)

## Action Items

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## Appointments

### Reminders



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# Self-Love & Stress Management

## 5 Session Bundle





**TOTAL HEALING  
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## Self-Love & Stress Management 5 Session 1:1 Coaching Bundle

### **? Need help fostering more self-love in your life ?**

In Total Healing's 5 Session 1:1 Coaching Bundle, Self-Love & Stress Management, you'll identify ways in which you are not prioritizing your needs and gain techniques to embrace self-love. Learn to release negative patterns of thinking and accept what is. Finally, learn to reduce stress in your life and put yourself first.

As a bonus, you'll receive the Self-Discovery Coaching Success Journal – a \$277 value!

### **Make Yourself a Priority!**

Do you:

- often tend to neglect your own needs due to avoidance, low self-esteem, or putting others first?
- struggle with feelings of unworthiness, see yourself as a victim, or want to break unhealthy mental addictions or patterns?
- desire healthy stress management techniques and tips for putting yourself first?

If you said yes to any of these questions, then the Self-Love and Stress Management 5 Session Bundle is for you.

Visit [www.totalhealinglifecoaching.com](http://www.totalhealinglifecoaching.com) to learn how you can start treating yourself with compassion.

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[contact@totalhealinglifecoaching.com](mailto:contact@totalhealinglifecoaching.com)  
Call or Text: (847) 655-5506



# Self-Love & Stress Management Coaching Timeline

<b>Session 1</b> Embrace Self-Love	<ul style="list-style-type: none"><li>• Creating more self-love</li><li>• Accepting and nurturing your body</li><li>• Embracing aging and reframing disease</li></ul>	(your session date here)
<b>Session 2</b> Addiction & Victimhood	<ul style="list-style-type: none"><li>• Beliefs of unworthiness</li><li>• Detaching from mental addictions</li><li>• Releasing the victim</li></ul>	(your session date here)
<b>Session 3</b> Acceptance	<ul style="list-style-type: none"><li>• Accepting what is</li><li>• Life movie visualization activity</li><li>• Re-write your life movie</li></ul>	(your session date here)
<b>Session 4</b> Reducing Stress	<ul style="list-style-type: none"><li>• Understanding the emotional scale</li><li>• The importance of stress reduction</li><li>• Overcoming negative emotions</li></ul>	(your session date here)
<b>Session 5</b> Putting Yourself First	<ul style="list-style-type: none"><li>• Tips for putting yourself first</li><li>• Tools for saying NO</li><li>• Confidence boosters</li></ul>	(your session date here)

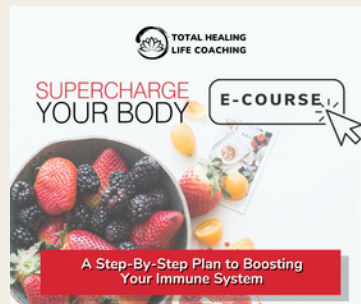
## Action Items

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## Appointments

### Reminders

**Each E-Course Includes:**  
**9+ Module Video Series | Supplementary E-Book | Checklist |**  
**Resource Cheat Sheet | Mind Map | Certificate of Completion**



## Abundance Mindset E-Course

### Manifest the Life of Your Dream! The Ultimate Guide to Living an Abundant, Unlimited, and Content Life

If you want to change your life, then the first important thing you need to understand is that you are entirely responsible for your actions. No one is going to create your life except you. It all comes from your mindset; from understanding more about yourself, what you want and what is currently stopping you from getting it.

Positive steps lead to positive results. Period. But how do you make those positive steps towards a brighter, more purposeful life? In Total Healing's Abundance Mindset E-Course, you'll uncover the secrets to end procrastination and overcome your fears, develop new, powerful habits, and create a more meaningful life.



Here's what you'll learn:

- How to adopt a new mindset and live an unlimited life
- How to live an abundant life and keep stress away
- Why you need to adopt an abundance mindset to improve your life
- How to reframe your thoughts to attract more abundance
- How to adopt habits of successful people and become more aware of your behaviors
- How to write your goals and develop actions that are easily implemented
- Two secrets of the law of abundance for more confidence
- How to apply changes in various areas of your life to create more wealth
- Practical ways to bring abundance in your daily activities
- And much more!

## Bulletproof Motivation E-Course

### Are You Lacking Motivation?

Grit, motivation, will power, and determination... these are all things that can be learned. These are all things that can be TRAINED. And because so few people have these traits anymore, once you develop them... you become a superhuman. It's extraordinarily easy to become TOP CLASS when no one else is really trying their best!

But where do you start? In Total Healing's Bulletproof Motivation E-Course, you'll uncover precisely how to tap into your motivation – so that you find everything becomes easier. You'll be healthier, stronger, happier, more confident, wealthier, more successful... All because you know how and when to put in the work.



Here's what you'll learn:

- How to hack your emotions to "want" the right things
- How our hierarchy of needs determines what our body tells us to do
- How you can increase your own motivation many times over
- How to fit your goals in around a busy schedule or routine
- How to stay calm and focused during a crisis
- How to create more spare time even while working tirelessly toward your goals
- How to stay motivated when things aren't going well
- How to become accustomed to discomfort and challenge, so they don't even leave a mark!
- And much more!



## The Daily Affirmation E-Course

**Discover Powerful Affirmations to Manifest Your Desires and Live the Life You've Always Wanted**

With the help of positive affirmations, anyone can improve their mindset and start manifesting their desires and begin living a life they've always dreamed of. Affirmations are an incredibly powerful tool that you can use to change the way you think and gain many benefits including a boost in self-confidence and belief in your abilities, more energy to achieve your goals, an increase in positive thinking, and many more.

If you're struggling with manifesting all your heart's desires, you're not alone. Luckily, Total Healing's Daily Affirmations E-Course provides you with all the tools you need to help you start attracting health, wealth, and happiness through the use of positive, transformational affirmations you can apply to your everyday life. Included in this course is a comprehensive handbook that provides you with **365 powerful affirmations** to help you manifest your desires and start living your best life!



Here's what you'll learn:

- How to use positive affirmations to attract your desires.
- How to make affirmations work for you.
- How to manifest better health.
- How to attract wealth.
- How to bring success into your life.
- How to foster a positive mindset and gain more self-confidence.
- Perform better academically, athletically, and at work.
- Enjoy a lower level of stress every day.
- How to incorporate creative visualization techniques.
- And much more!

## Embrace Your Weirdness E-Course

**Discover How to Embrace Your Weirdness and Use it to Succeed in All Aspects of Your Life!**

Being weird is like a superpower and you should be embracing it and leveraging it for successful job and personal interactions on a daily basis. There is no shame in being different and our book will teach you how to love each unique and different thought that passes through your mind. You will be able to be happy in your own skin and totally content with who you are on a daily basis while also succeeding in every aspect of life.

You can change your entire attitude about being different or weird just by reframing how you look at being unique. Total Healing's Embrace Your Weirdness E-Course will teach you how to be happier, healthier, and more effective as a person who broke the mold in the best way possible.



Here's what you'll learn:

- How to be comfortable in your own skin without worrying about approval from others.
- The ways that being weird can be a strength and benefit to you in your work and personal life.
- How to make and keep relationships that benefit your unique perspective.
- How to feel comfortable and happy as someone who is not normal.
- The best strategies to embrace and grow your weirdness into a skill that you can use to your advantage.
- And much more!

## Meditation for Busy People E-Course

**Discover How To Meditate When You're Busy And Strapped For Time!**

The idea that meditation requires a lot of time is a false myth. In contrast, meditation can take as little as 5 minutes a day. Moreso, you can meditate while doing everyday tasks like walking to work, waiting in line, or doing the dishes. Incorporating meditation into your life in this way will allow you to experience the benefits of meditation without taking up too much of your valuable time.

Very few people know about these time-sensitive meditation tips, but with Total Healing's Meditation for Busy People E-course, you will gain key insights about meditation, learn about the many health benefits of meditation, and discover how to incorporate meditation into your busy schedule.



Here's what you'll learn:

- Popular meditation tools
- 9 main benefits of meditation
- How meditation improves stress
- How meditation affects the mind & body
- 3 key types of meditation practices
- How to create your own affirmations
- How to create a daily meditation practice
- How to journal for meditation
- And much more!

## Mindfulness E-Course

**Learn How to Relax and Improve Your Body, Mind, and Spirit Through Mindfulness**

Stress alone is a large contributor to illnesses such as cardiovascular disease, obesity, and other serious health conditions. It is predicted that stress is responsible for at least 120,000 deaths a year in the US. With the problem of stress in mind, it is imperative to find a way to relieve stress and help manage other mental health problems.

Mindfulness is one of the best ways to help manage stress and other factors related to chaos that can occur in life. Mindfulness is a helpful tool for anyone, and it does not need to take up an excessive amount of time in your life. Still, practicing mindfulness can be difficult if you've never done it before. You might not know where to start or how to do it. But in Total Healing's Mindfulness E-Course, you'll learn the key tips and tricks for mindfulness. Once you have learned these tips, mindfulness will be an extremely easy and health-promoting tool that you can incorporate into your daily life.



Here's what you'll learn:

- What mindfulness is
- The best times to practice mindfulness
- The negative effects of chaotic times and stress
- How mindfulness helps relieve stress and anxiety
- Benefits of practicing mindfulness for the body, mind, and spirit
- How to set a mindful morning routine
- How to create helpful affirmations
- And much more!

## Overcome Anxiety E-Course

### Unlock the Secrets to Stop the Cycle of Anxiety, Worry, and Fear & Regain Control of Your Life

You may be suffering from an anxiety disorder, if you:

- worry excessively over normal, everyday situations.
- feel constantly agitated.
- constantly feel restless and on edge.
- suffer from chronic fatigue.
- have difficulty concentrating on your school, work, or home life.
- experience excessive irritability.
- have constantly tense muscles.
- have trouble falling or staying asleep.
- experience frequent panic attacks.

Fortunately, Total Healing's Overcome Anxiety E-Course is your comprehensive guide to help you finally stop the cycle of anxiety, worry, and fear so that you can regain control of your life.



Here's what you'll learn:

- Understand what anxiety is and how it differs from stress.
- Determine the kind of anxiety disorder you might be suffering from.
- Create a mindfulness practice to help you overcome your daily anxiety.
- Discover various breathing techniques to help you stop anxiety attacks.
- Get in tune with your thoughts and feelings.
- Learn to gain control over your anxiety disorder.
- And much more!

## Overcome Imposter Syndrome E-Course

### Stop Feeling Like an Imposter and Build Self-Confidence at Work and in Life

If you want to manage imposter syndrome and learn to feel successful once again, then you will want to learn the skills needed to assess your achievements. You will also need to determine where your imposter syndrome stems from, so you can cut it out of your life. There are five different types of imposter syndrome - each with a slightly different cause. You will want to know which type you have, so you can overcome it. Dealing with imposter syndrome on your own can be challenging, but you need to recognize that you don't have to be alone in this.

Total Healing Overcome Imposter Syndrome E-Course includes all of the information you will need to recognize and deal with imposter syndrome. If you want to move forward with your career, then you don't want to miss this course.



Here's what you'll learn:

- Understanding imposter syndrome
- How to overcome imposter syndrome
- How to recognize imposter syndrome in children
- The easiest ways to manage imposter syndrome
- How to be kinder to yourself
- Why you should work on yourself
- Why you should abandon perfectionism
- Knowing when your work is good enough
- Learning not to rely on criticism
- Understanding your value at work
- Why you should track all your success
- Redefining success for yourself
- And much more!

## Speak with Confidence E-Course

### Level Up Your Confidence Speaking In Front of People So You Can Captivate and Influence

Sweaty hands, beating heart, and nerves up the wall. These can be common symptoms for someone who does not like or enjoy speaking in public, even if it is on a topic that they really enjoy. This can make it hard to even get up to the front to deliver the speech.

Just the thought of having an audience spend time staring at you, judging your words and asking questions that you do not know the answers to can be enough to make your head turn. You want to impress, but may question whether you are able to bring in the expertise and confidence that is needed to make this a reality.

Anyone can become great at public speaking, no matter how their past with communication has gone. In Total Healing's Speak with Confidence E-Course, you can easily learn and apply the skills and techniques needed to finally give a great speech and impress everyone in your audience.



Here's what you'll learn:

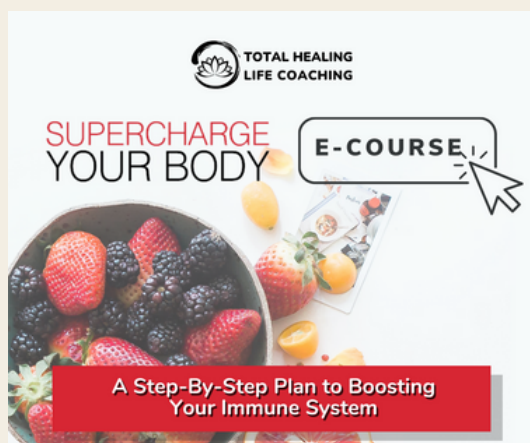
- The basics of presenting with simple words that make sense.
- How to avoid filler language that distracts from the message.
- The importance of body language to help you present well while avoiding negative body language that makes public speaking hard.
- How to properly do the research so you have plenty of topics for your speech, making you the most knowledgeable person in the room.
- How to use vocal exercises to help with pronunciation and more.
- The power of a pause and why you should choose to use them in your speech.
- How to speak on a Zoom or other online medium in our modern world.
- The importance of practicing to help you get better and better, building up the confidence that you need.
- And much more!

## Supercharge Your Body E-Course

### Discover a Step-By-Step Plan to Boosting Your Immune System and Supercharge Your Body!

The immune system is linked to so many aspects of our life. The food we eat, the quality of our sleep, and the level of stress are all things that are within our control to supercharge our body.

In Total Healing's Supercharge Your Body E-Course, you'll gain guidance on how YOU CAN fight harmful viruses and bacteria. You'll also learn the various steps that you can implement today to strengthen your immunity. Explore the basics of your immune system, the importance of adopting a healthy lifestyle, and learn which foods you can add to your meal that will help you avoid illness. Plus, learn natural medicines, uncover recipes, and receive a 21-Day Plan that can help you put all that you've learned into practice.



Here's what you'll learn:

- Foods to adopt in your meals for immune support.
- How to charge your immune system in 21 days and stay healthy.
- Delicious recipes that will support your immune system.
- Supplements essential to improve your body's immunity.
- Ways to manage your daily stress and increase your immunity.
- Successful techniques to detoxify your body of harmful antigens.
- Practical ways to boost your immunity in your daily activities.
- 6 things to avoid if you want to stay healthy.
- And much more!



## The Winning Mindset Formula E-Course

### Develop a Winning Mindset to Achieve all of Your Dreams!

It is certainly possible for you to develop a winning mindset so that you can achieve everything in life that you want. You need to accept that it is going to take time and effort to develop your winning mindset. In order to achieve all of your dreams, you'll need to uncover what you really want, set goals and make plans, and change your subconscious mind to empower you to achieve your goals.

Taking consistent action is essential for the development of a winning mindset. In Total Healing's The Winning Mindset Formula E-Course, you'll gain the tools to take action to achieve your dreams, discover what you really want, set goals, and change your subconscious thoughts to your advantage.



Here's what you'll learn:

- Understanding Your Brain
- The Power Of Your Mind
- What Do You Want?
- Why Statement And Setting Goals
- Create Plans To Achieve Your Goals
- Control Your Thoughts To Develop Your Winning Mindset
- Winning Mindset Traits And Developing Mental Toughness
- Use The Right Daily Routine To Develop Your Winning Mindset
- Best Practices For Developing A Winning Mindset
- And much more!

## Transform Your Life E-Course

### The Complete 10-Part Step-By-Step Plan to Transform Your Life and Become a Better You!

If you want to change your life, then the first important thing you need to understand is that you are entirely responsible for your actions. No one is going to create your life except you. It all comes from your mindset; from understanding more about yourself, what you want and what is currently stopping you from getting it.

Positive steps lead to positive results. Period. But how do you make those positive steps towards a brighter, more purposeful life? In Total Healing's Transform Your Life E-Course, you'll uncover the secrets to end procrastination and overcome your fears, develop new, powerful habits, and create a more meaningful life.



Here's what you'll learn:

- How to become smarter.
- How to overcome fear.
- How to get what you want in your relationships.
- How to find your purpose and discover meaning in your life.
- How to avoid procrastination and gain unstoppable discipline.
- How to become more inspiring and charismatic.
- How to adopt new habits and destroy bad ones.
- How to understand your brain and make better use of it.
- How to tap into a powerful flow state and perform at your very best.
- How to fix your health and gain more energy and vitality with simple changes.
- And much more!

# Unlock Your Full Potential E-Course

## Get Ready to Unlock Your Full Potential So You Can Attract All of Your Desires

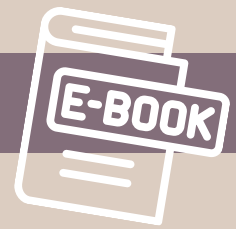
One feeling that is often associated with depression and suicide is hopelessness, but many others experience hopelessness too. Hopelessness turns into a vicious cycle that makes one feel unable to control themselves, their behaviors, and the world around them.

Although it's true that you cannot control the world around you, You can control yourself. In fact, it is completely possible to gain control of your life and create the best life possible through your actions. For those who feel hopeless about their life, this may feel like an unattainable goal, but it is one that you can reach with the right help and action. In Total Healing's Unlock Your Full Potential E-Course, you'll discover how to manifest your desires, start creating new, life-long habits, overcome past pain and view failures as learning experiences.

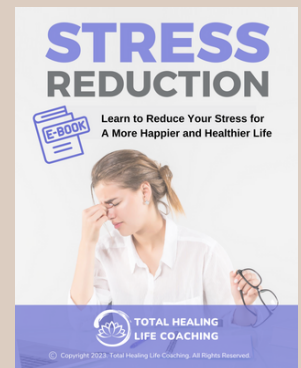
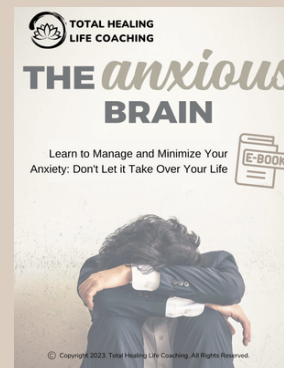


Here's what you'll learn:

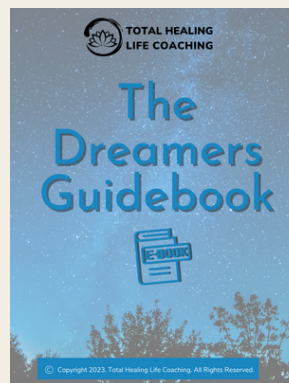
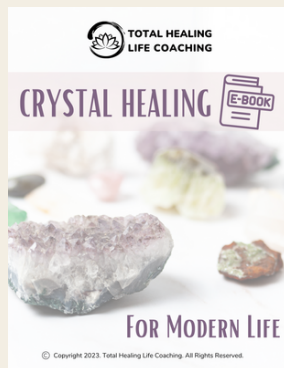
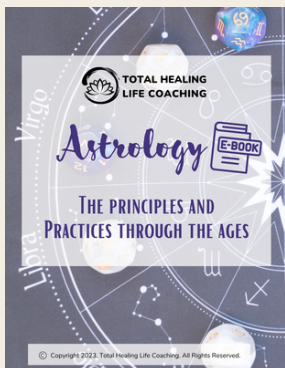
- Commit to the process
- Define your potential & uncover your true purpose
- Manifest your desires with the Law of Attraction
- Leverage the power of vision boards and to your advantage
- Start habits that last a lifetime
- Let go of the past & release the negative effects of resentment and bitterness
- Track your progress
- How to view failures instead of letting them stop you.
- How to stay motivated
- And much more!



## Self-Help Journey E-Books

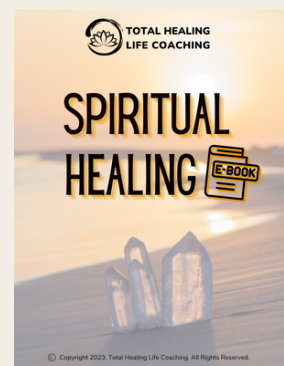
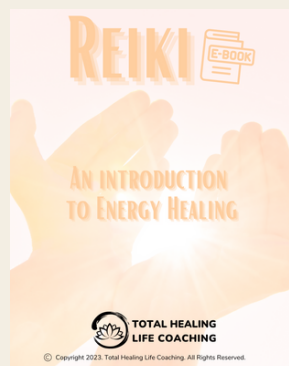
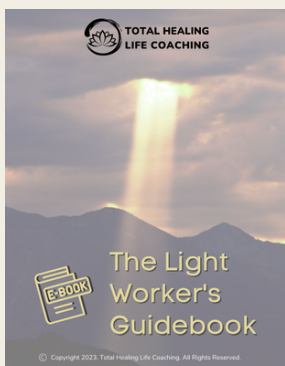


Each Self-Help Book Includes:  
E-Book | Checklist | Resource  
Cheat Sheet

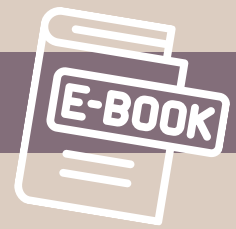


## Spiritual Journey E-Books

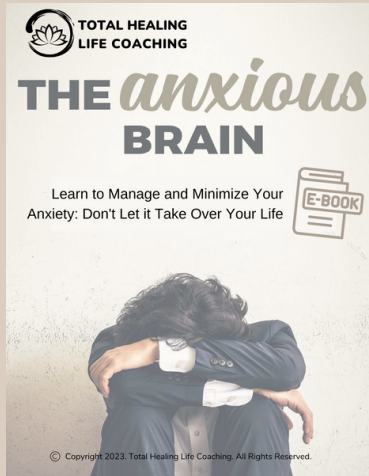
Each Spiritual Journey E-Book  
includes one of the following  
supplementary materials:  
Resource Cheat Sheet | Workbook  
| Bonus Material







## E-Books for Your Self-Help Journey



### The Anxious Brain E-Book

You feel tingling or numbness in your hands and feet... you start to feel pressure in your chest... you think you may be dying or at the least having a heart attack... you think you may be going crazy... but you're NOT! These are the classic symptoms of an Anxiety Attack. Millions of people scattered about the United States, not to mention other countries across the world, have them every single day. You may be one of them. Or you may know someone that is battling with this affliction.

In Total Healing's The Anxious Brain E-Book, you'll gain a deeper understanding of what anxiety is and what causes it, learn to identify your triggers, and uncover the tell-tale signs of a panic attack to stop them in their tracks, plus much more. Included with this e-book, which is formatted for your convenience, you'll receive the Anxious Brain Checklist to follow along with key points, as well as the Resource Cheat Sheet, which provides you with additional resources on this topic.



### Living a Purpose-Driven Life E-Book

Finding your purpose, your life's calling, and your passion changes everything. It gives you a reason to spring out of bed in the morning, it gives you a mission statement – it even helps you to decide who you are. It helps to inform your personal style, the way you present yourself.

In Total Healing's Living Your Life Purpose E-Book, you'll gain the tools you need to find and start living your purpose. Gain tips to change your perspective, learn how to stay motivated, walk away with an understanding of how to live on purpose, and much more! Included with this e-book, which is formatted for your convenience, you'll receive the Living on Purpose Checklist to follow along with key points, as well as the Resource Cheat Sheet, which provides you with additional resources on this topic.

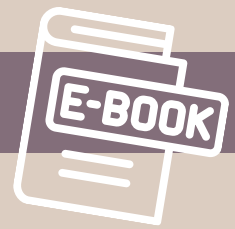


### Love & Attraction E-Book

We all know that relationships can be difficult. One of the best methods we have for making every relationship less stressful and more enjoyable is to show a little patience. Patience has been defined as what we lack for the driver in front of us and demand from the driver behind us.

In Total Healing's Love & Attraction E-Book, you'll learn ways to identify if you are in a toxic relationship and how to break up with someone while ending your relationship with dignity. Plus, find out if you have a fear of commitment and uncover the top relationship dealbreakers. Included with this e-book, which is formatted for your convenience, you'll receive the Love & Attraction Checklist to follow along with key points, as well as the Resource Cheat Sheet, which provides you with additional resources on this topic.





## E-Books for Your Self-Help Journey



### Powerful Mind E-Book

You might think of your brain as being fairly consistent. You generally have a consistent level of intelligence; your mood is usually pretty steady and on the whole, you don't tend to change all that much. Or so it seems. In reality though, your brain is constantly changing. Not only is it growing and adapting, but it will also change in terms of what it's capable of and how you feel.

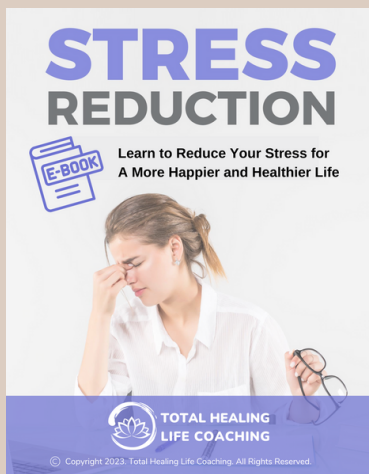
In Total Healing's Powerful Mind E-Book, you'll learn how to harness the power of your mind in order to improve your mood, change your perspective, and eliminate negative self-talk. In addition, uncover tips to help you create a successful mindset and learn how you can use your failures to your advantage, and much more. Included with this e-book, you'll receive the Powerful Mind Checklist to follow along with key points, as well as the Resource Cheat Sheet, which provides you with additional resources on this topic.



### Self-Confidence Mastery E-Book

Self-confidence is something that most people think other people have, while it's out of reach for themselves. All of us were endowed with special attributes though we rarely recognize these gifts. We are all capable of being self-confident. It's not something that we can touch nor see. It's not something that was given to the person sitting next to you while you were passed over. It is something that we all possess.

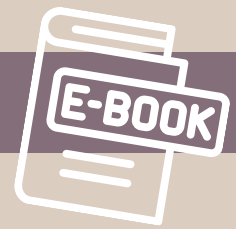
In Total Healing's Self-Confidence Mastery E-Book, you'll discover the root of your lack of self-confidence and gain tips to overcome it. You'll also uncover tips to help you believe in yourself and ways to boost your confidence, making you a master of your own self-confidence. Included with this e-book, you'll receive the Self-Confidence Mastery Checklist to follow along with key points, as well as the Resource Cheat Sheet, which provides you with additional resources on this topic.



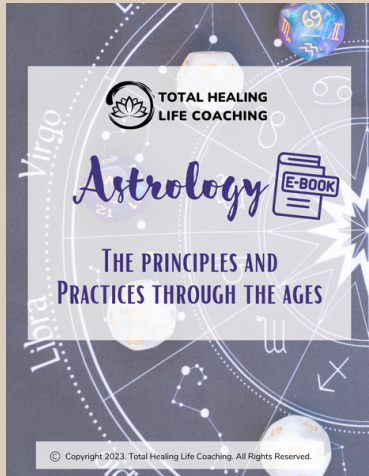
### Stress Reduction E-Book

Stress has always been a part of our daily routine; problems at work or issues with your business, or even some conflicts between your friends and family members, stress always rears its ugly head to make our life difficult. If left unchecked, stress will result to wrong decisions due to our confused state of mind. In fact, being unsuccessful is also attributed to stress -- which involves a person's fear and anxiety taking over their rational thinking.

In Total Healing's Stress Reduction E-Book, you'll uncover tips to create a stress management plan to help reduce stress and anxiety in your life. Learn how meditation can be used to deal with stress, learn stress-coping techniques, discover stress management tips for workaholics, and much more. Included with this e-book, which is formatted for your convenience, you'll receive the Stress Reduction Checklist to follow along with key points, as well as the Resource Cheat Sheet, which provides you with additional resources on this topic.



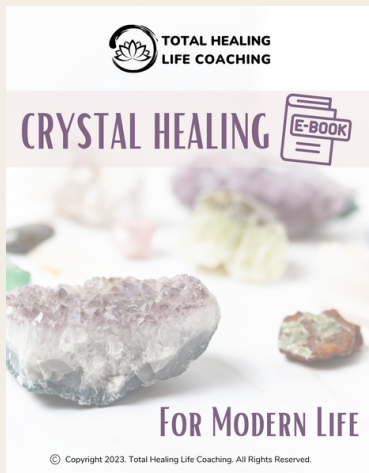
## E-Books for Your Spiritual Journey



### Astrology E-Book

Astrology has been practiced for thousands of years and by numerous different cultures around the world. Certain individuals view it as a prediction of the future, while others see Astrology as a guide to daily life. In its most basic sense Astrology is the search for meaning in life amongst the stars. Regardless of what your specific beliefs are, Astrology can be an amazing tool to obtain unique insights into your life and better understand the people around you.

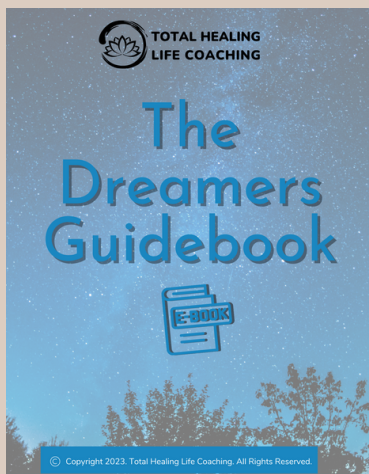
In Total Healing's Astrology E-Book, you'll gain knowledge of the basics and history of astrology, as well as the characteristics of each of the zodiac signs. You'll also come away with an understanding of the houses of the zodiac, plus tools used in astrology and much more. In addition, you'll receive Total Healing's Astrology Resource Cheat Sheet to use as a quick reference guide to learn the basics; plus, a bonus guide to numerology!



### Crystal Healing E-Book

Crystal therapy or crystal healing is a type of vibrational medicine. Crystal therapy typically involves the application of crystals or gemstones to aid in the healing of one's body or spirit. Gemstones hold spiritual and healing attributes that may be tapped into in a myriad of ways. Crystals can be carried or worn on the individual or placed in a location where their therapeutic vibrations may be felt by whosoever is nearby. Healers likewise, place stones on their clients' reclined bodies to equilibrate the chakras and aura.

In Total Healing's Crystal Healing E-Book, you'll gain valuable knowledge about crystals or gemstones that have healing power when used with positive intentions. You'll learn to harness that power when it comes to healing your energy, your vibration, and your life. Uncover ways to use crystals to ramp up your energy, enhance psychic abilities, detox your body and so much more. Included with this e-book, formatted for your convenience, you'll receive the Crystal Healing Resource Cheat Sheet to use as a quick reference quick of some common crystals and their characteristics.



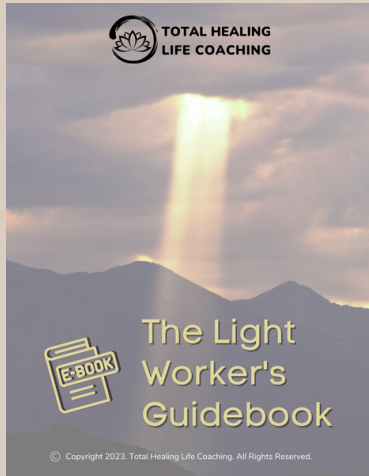
### The Dreamer's Guide E-Book

"Last night, I had the strangest dream!" How many conversations in your life have started this way? People have always been fascinated with the nocturnal "movies" that play in their head while they're sleeping. Some believe that dreams can predict the future or catch a glimpse of events that have yet to happen. While others say that dreams depict real life events and your feelings about day to day life. Still others believe that dreams are a manifestation of what we strive to be and what our inner conscience has the need to reveal to us.

In Total Healing's Dreamer's Guide E-Book, you'll walk away with a deeper understanding of the different types of dreams we have and what they could mean, learn about why we dream, and gain tips on how to remember and interpret your own dreams, plus much more. Included with this e-book, which is formatted for your convenience, you'll receive the Dreamers Guidebook Resource Cheat Sheet to use for tracking your sleep, as well as journal about your dreams to better remember and understand what your dreams are telling you.



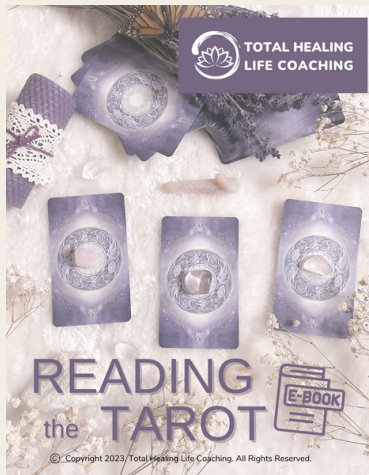
## E-Books for Your Spiritual Journey



### The Lightworker's Guide E-Book

Are there times where you feel that you are called to heal others? Do you want to try and resolve the social and environmental issues affecting the world? Do you feel compelled to heal your life as an initial step in healing others? If you feel and experience these emotions, then you have already started your journey into becoming a lightworker.

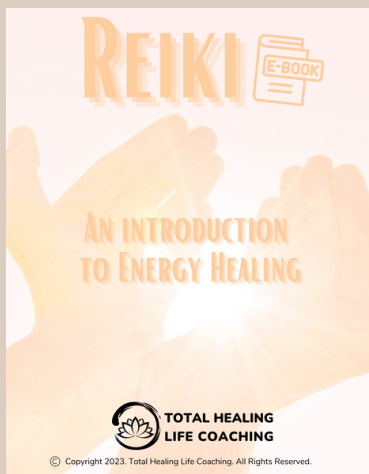
In Total Healing's Lightworkers Guide E-Book, you'll uncover the secrets to becoming a lightworker and use your unique talents to help others. Learn the stages and challenges involved with being a lightworker. In addition, we'll walk you through the process of a spiritual awakening, including the seven stages to awakening, plus, tips for receiving divine guidance and more.



### Reading the Tarot E-Book

Many people that are not open to the idea of the Tarot and intuition dismiss the idea of reading with the cards as a cheap parlor trick. The truth is that most people have a misconception of what a reading is. It's the intuitive gifts that the reader has and how he or she applies them to the cards that makes a reading effective. Most people who read cards are already intuitive to an extent from very early on in their lives which is what made them gravitate to the tarot in the first place.

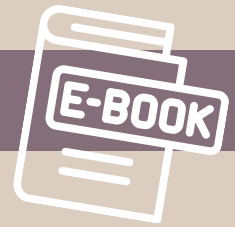
In Total Healing's Reading the Tarot E-Book, you can easily understand and interpret the Tarot. Uncover tips to get started and learn the major and minor arcana, with a breakdown of the suits, so you can start reading for yourself and others! Plus, receive the Reading the Tarot Cheat Sheet to use as a quick reference guide while learning the cards.



### Reiki E-Book

Looked upon as a mysterious practice, reiki originated from Japan, around 1922. Started by a Japanese Buddhist, this practice of energy healing basically uses the palm of an individual to emit positive healing energy unto the patient. Sometimes reiki is referred to as a style of eastern medicine by professional medical bodies. Reiki is a natural and safe method of spiritual and physical healing, stress reduction and self-improvement.

In Total Healing's Reiki E-Book, you'll gain a better understanding of what reiki is and how it can help you improve your life. Learn what to look for when searching for a reiki practitioner, understand how reiki can improve your physical and mental health, as well as other benefits of this ancient energy healing practice. Included with this e-book, you'll receive the Reiki to use as a quick reference guide while learning the cards.



## E-Books for Your Spiritual Journey



### Spiritual Healing E-Book

In today's face-paced world, more and more people are turning to alternative medicines and therapies to treat ailments, illnesses, and diseases. One of the most interesting of these therapies is spiritual healing. Though some in the western world might say this is a new practice, it has been around for centuries and has been used in many ancient cultures all over the globe.

In Total Healing's Spiritual Healing E-Book, you'll learn all about spiritual healing and how you can create a spiritual practice for yourself. In addition, gain tips to forgive others and live in a loving state and uncover ways to heighten your spiritual connections. Plus, discover the power of crystals and aromatherapy, and much more. Included with this e-book, you'll receive the Spiritual Healing Workbook, which walks you through the 8 Step Guide to Manifesting Goals & Inner Potential.