



Cynthia Mobley Howell

The Lifestyle Transformer

Cynthia Mobley Howell, the Lifestyle Transformer is an international speaker, minister, best-selling author, and mental health advocate. She is the Founder and CEO of HoWELL ARE YOU, a health and wellness business based in Central Florida.



HoWELL ARE YOU empowers individuals to achieve holistic well-being by aligning their spirit, soul, and body. We offer guidance, support, and resources for self-awareness, faith, and a health-focused lifestyle. Our core values—faith, integrity, and generosity—ensure we support and uplift our community.

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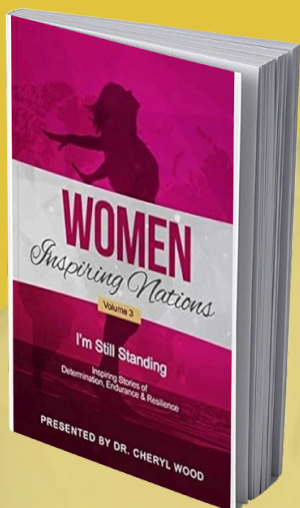


Website
www.cynthiamobleyhowell.com

Speaking Topics

- Early Intervention in Mental Health
- Bridging the Gap Between the Faith-Based and Mental Health Communities
- Coping with Sibling Mental Illness
- How A Plant-Based Lifestyle Can Transform Your Life

Literary Projects



<https://cynthiamobleyhowell.com>

Links

Speaking: <https://youtu.be/YjP7c9-6BM4>
(Leadership Experience Tour Excerpt)

Interview: <https://bit.ly/3A19JPf> - PART I
<https://bit.ly/3OHYvbp> - PART II
(Interview with Jenni Russell of UK Health Radio)

Talk Show: <https://youtu.be/6B1ObZbwgE8>
(Interview with Gregory S. Dossie - "Bullycide")

Article: <https://www.nami.org/Blogs/NAMI-Blog/July-2021/What-My-Brothers-Taught-Me-About-the-Importance-of-Early-Intervention>



Logos



EXPOSURE

