



Phyllis Ginsberg

Phyllis Ginsberg is known as a Survival to Thrival Expert.

Her expertise in positive psychology, brain research, and EFT Tapping, along with 30 years of experience as a marriage and family therapist, gives her clients an edge in making lasting, profound changes in their lives.

From the age of 19, when she had a health scare, Phyllis developed a passion for health and well-being. She has integrated this passion into her work with her new book, *Tired and Hungry No More – Not Your Ordinary Guide to Reclaiming Your Health and Happiness*.

You can learn more at <https://www.phyllisginsberg.com>