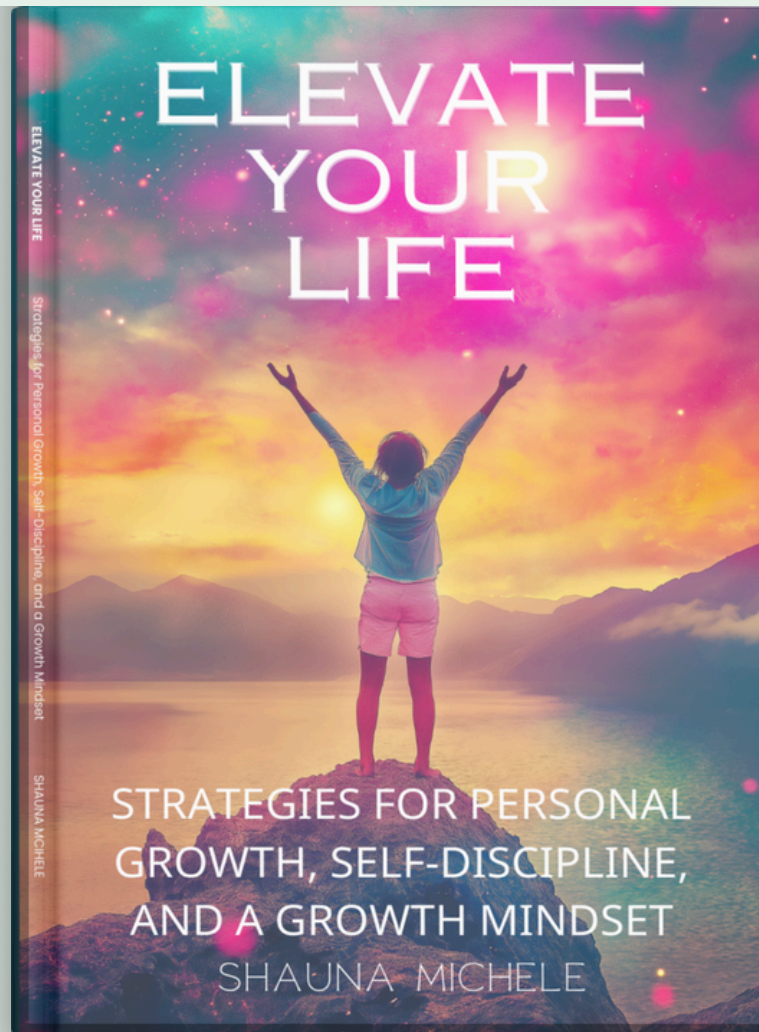


MEDIA KIT

Shauna Michele

MINDFULNESS & INTEGRATIVE
WELLNESS LIFE COACH

PERSONAL DEVELOPMENT
BOOK RELEASE



EXPLORE HOW TO UNLOCK YOUR POTENTIAL WITH
ELEVATE YOUR LIFE!

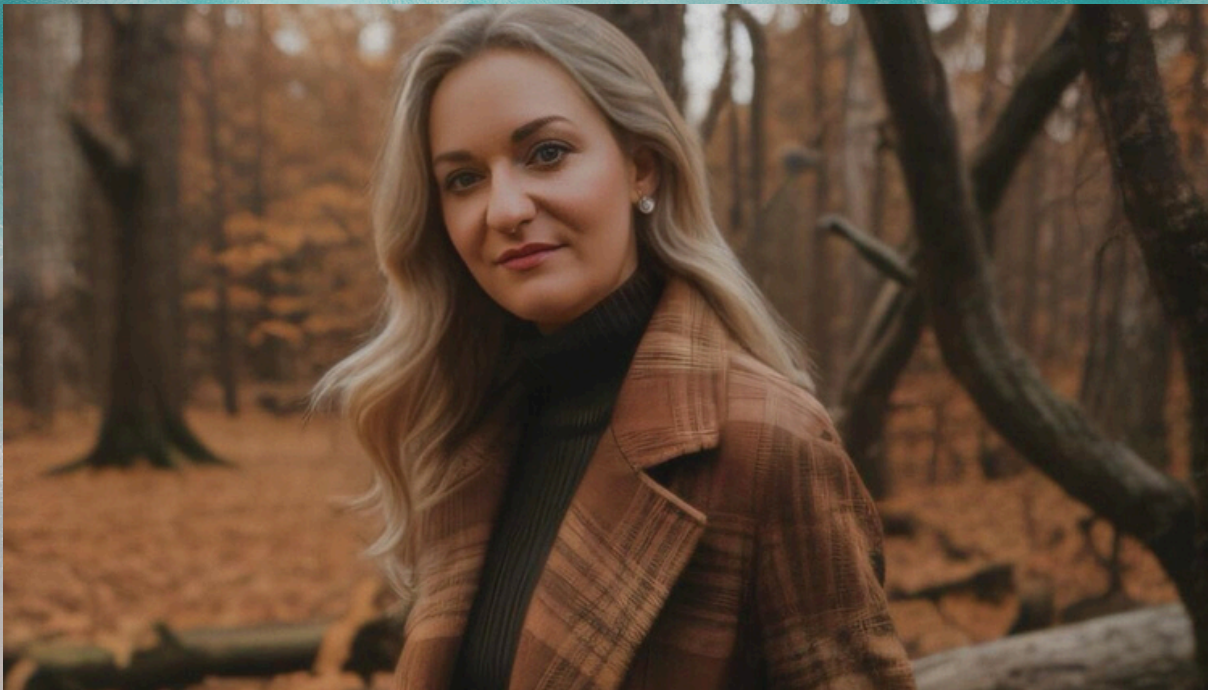
www.shaunamichelecoaching.com

Hi. I'm Shauna!

MINDFULNESS & INTEGRATIVE WELLNESS LIFE COACH

Shauna Michele is an Integrative Wellness Life Coach dedicated to guiding individuals toward transformation. Certified in mindfulness meditation, NLP (Neuro-Linguistic Programming), Reiki, and sound bowl healing, Shauna blends science with spiritual insights to help others unlock their potential.

After overcoming decades of complex trauma and surviving a two-year period of severe depression, Shauna rebuilt her life from the ground up. Her journey of self-discovery and resilience inspired her to write *Elevate Your Life*, offering readers the tools and empathy they need to uncover their true selves and achieve their goals.



LEARN MORE ABOUT MY JOURNEY AT
WWW.SHAUNAMICHELECOACHING.COM

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PRODUCT INFORMATION

Author: Shauna Michele

Title: Elevate Your Life

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SYNOPSIS



ABOUT THIS BOOK

Are you ready to take control of your life, overcome obstacles, and achieve your goals with care you ready to unlock your potential and take control of your future? Elevate Your Life is a transformational guide that combines actionable strategies, real-life examples, and science-backed insights to help you overcome obstacles and achieve your goals.

WHY IT MATTERS:

Personal development is the key to success in every area of life. Whether you're looking to excel in your career, improve relationships, or find deeper fulfillment, Elevate Your Life offers practical steps to bridge the gap between where you are now and where you want to be.

KEY TAKEAWAYS:

1. **Goal-Setting Simplified**

Break big dreams into achievable steps with the SMART framework.

2. **Build Self-Discipline**

Master strategies to stay consistent, overcome procrastination, and boost your energy.

3. **Adopt a Growth Mindset**

Reframe challenges into opportunities with proven mindset techniques.

4. **Develop High-Performance Habits**

Increase productivity, clarity, and balance without burnout.

5. **Cultivate Resilience & Community**

Learn how to bounce back from setbacks and connect with others for support.

With practical tools and motivational insights, Elevate Your Life empowers you to create lasting change and thrive in every area of life.

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EXCERPT

HERE ARE A FEW INSPIRING EXCERPTS FROM
ELEVATE YOUR LIFE.

From “Tools to Kickstart Your Growth”:

“Take stock of where you are right now. Grab a journal and answer these questions: What areas of my life feel stuck? What do I want to achieve in the next year? What habits or beliefs are holding me back?”

From “The Power of Purpose and Vision”:

“Purpose isn’t just a feel-good concept; it’s a proven driver of success and well-being. Research published in the Journal of Positive Psychology found that individuals with a strong sense of purpose reported higher levels of happiness, better physical health, and even increased longevity.”

From “Conclusion: Your Journey Begins Now”:

“Your potential is limitless, but realizing it requires courage, commitment, and action. You are capable of achieving extraordinary things, and the fact that you’ve taken the time to read this book is proof of your dedication.”

From “Why Personal Development Matters”:

“Studies have shown that people who actively work on personal growth are happier, more productive, and even live longer. Yes, you read that right—becoming a better you might actually add years to your life.”

From “What This Book Offers”:

“This isn’t your typical ‘change your life in five minutes a day’ nonsense. This book is rooted in science and real-life case studies—yes, actual humans like Maria, whose journeys prove that these strategies work.”

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CONTACT@SHAUNAMICHELE.COM



MEDIA RELEASE

Shauna Michele, an Integrative Wellness Life Coach and certified expert in mindfulness, NLP, and personal growth, is thrilled to announce the release of her groundbreaking book, *Elevate Your Life: Strategies for Personal Growth, Self-Discipline, and a Growth Mindset*. This empowering guide combines science-backed strategies, spiritual insights, and real-life case studies to help readers overcome obstacles, cultivate lasting habits, and unlock their full potential. With actionable tools and practical wisdom, *Elevate Your Life* is set to inspire individuals worldwide to take charge of their journey toward success and fulfillment.

WHY THIS BOOK MATTERS

The personal development genre is filled with advice, but *Elevate Your Life* stands out by seamlessly blending science and spirituality, offering readers tools that are both practical and inspirational. From mastering self-discipline to cultivating resilience, Shauna Michele's approach empowers readers to not only dream big but to take the steps necessary to make those dreams a reality.



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GET IN TOUCH

Readers can visit www.shaunamichelecoaching.com to learn more about *Elevate Your Life* and access free resources, including journaling prompts and bonus content.

Shauna