

## ***Alice Greene, America's Healthy Lifestyle Coach***

Alice Greene is the author of *Help Me Off the Couch & Out of the Fridge* (publication Jan 09), *Wake Up Women: Happy, Healthy & Wealthy* (Fall 08), and *Caught in the Perfectionist Trap* (Jan 09). She is the former co-host of Living Your Personal Best talk radio featuring healthy lifestyle success stories.

Alice has guided hundreds of people to change their mindset about healthy habits and helped them discover ways to eat well, be active and take better care of themselves that feels so good they are motivated to stick with their new behaviors as a way of living.

## ***Alice Greene's Healthy Lifestyle Guides***

Each guide delivers eye-opening education, a 9-step behavioral change process, balanced lifestyle suggestions and self-empowering goal- setting and tracking.

The series topics include: Getting Fit, Losing Weight, Eating Healthier, Reducing Stress, Reducing Blood Sugars, Giving Self Care, Easier Menopause and Balancing Hormones.

To download a data sheet visit [feelyourpersonalbest.com/organizations.asp](http://feelyourpersonalbest.com/organizations.asp)

Optional support for the guides includes online content, open hour coaching, tele-programs, email inspiration, workshops, speaking and coaching.

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