

CELEBRATING OUR 2025 AWARD HONOREES: VISIONARIES IMPACTING THE WORLD OF HOLISTIC HEALTH.

BEST Holistic LIFE

AWARD
ISSUE

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The Future of Consciousness:
AN **EXCLUSIVE**
INTERVIEW WITH
MARK
ANTHONY, JD
PSYCHIC EXPLORER,
Visionary of the Year

TOP COACHES of 2025:
THEIR SECRETS INSIDE!

The
LEADERSHIP ELITE:
WHO MADE THE CUT?

Must-Listen PODCASTS:
THE BEST OF THE YEAR.

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EVERYONE'S TALKING ABOUT.

Award-Winning
DOCUMENTARIES:
EYE-OPENERS.







EDITING

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Jana Short

CELEBRATING TRANSFORMATIONAL LEADERS: THE 2025 VISIONARY AWARDS

With profound gratitude and inspiration, we unveil Best Holistic Life Magazine's Annual Visionary Awards—a tribute to the extraordinary pioneers reshaping holistic health, wellness, and personal development landscapes.

These remarkable individuals don't just practice healing—they embody transformation. Each honoree has turned personal struggles into powerful platforms of service, demonstrating how resilience becomes revolution when channeled toward helping others. Our 2025 visionaries stand apart through their unwavering commitment to authentic, accessible wellness. They've broken barriers, challenged conventions, and created innovative approaches that touch countless lives daily.

We proudly present this year's honorees—each one a living testament to how compassion, expertise, and bold vision can create ripples of positive change throughout our world. Their stories don't just inspire; they awaken possibility in all of us.

Join us in celebrating these luminaries who remind us that our greatest healing happens when we dedicate ourselves to the wellbeing of others.

Jana
EDITOR-IN-CHIEF

**RECOGNIZING TRAILBLAZERS
WHO ARE BOLDLY REDEFINING THE
FUTURE THROUGH PURPOSE-DRIVEN
LEADERSHIP AND TRANSFORMATIVE
IMPACT ON A GLOBAL SCALE.**







VISIONARY OF THE YEAR 2025

AL WYNANT

FOR REDEFINING PERSONAL GROWTH AND WORKPLACE WELL-BEING

Al Wynant is revolutionizing the way we approach personal development and employee well-being. As the Co-Founder and CEO of Ingomu, Wynant has created a platform that empowers individuals and organizations to unlock their potential and thrive in both personal and professional settings. Recognized as Best Holistic Life Magazine's Visionary of the Year 2025, Al's innovative approach to coaching and development is transforming lives and businesses globally.

A Mission to Empower Growth and Fulfillment

Ingomu was born out of Al Wynant's commitment to making personal development and coaching accessible to everyone. Founded with the goal of providing affordable, high-quality coaching, Ingomu offers personalized guidance through an intuitive app. By focusing on mental well-being, resilience, and personal growth, the platform enables users to reduce stress, overcome challenges, and cultivate lasting change. Ingomu's promise is simple yet profound: to help people unlock their full potential and achieve a life of balance, success, and fulfillment.

A Revolutionary Coaching Platform

Ingomu offers a wide range of services tailored to individuals and organizations alike. The platform provides personalized coaching, AI-powered support, and live virtual group sessions with expert coaches. With over 60 expert-led sessions monthly, users receive guidance on everything from stress management to building resilience and achieving their goals. The app's flexibility allows users to access coaching at their own pace, making it convenient and adaptable to any lifestyle.

Transforming the Workplace with Coaching Solutions

Al's impact extends beyond individual users to organizations. Ingomu helps businesses boost employee engagement, reduce turnover, and increase profitability through its coaching solutions.

Companies that invest in Ingomu's services report up to 21% higher profitability, 20% lower turnover rates, and 40% increased employee engagement. The app's features, such as personalized development tracking, mindfulness practices, and community engagement, help foster a culture of growth, innovation, and well-being within teams.

Unlocking Well-Being and Performance

Ingomu's impact is measurable, with users reporting an average 70% increase in well-being after just one session. Al's focus on making personal development affordable ensures that everyone, regardless of background or income, can benefit from coaching. This commitment has earned Ingomu recognition as a leader in the field of affordable coaching and well-being, providing a much-needed resource for people looking to improve their lives and careers.

A Vision for the Future of Personal Development

Al Wynant envisions a future where coaching and personal growth are accessible to all, regardless of location or financial resources. His work through Ingomu is not just about improving individual lives, but about transforming the way we approach well-being, success, and fulfillment in the workplace and beyond. Ingomu's growth-driven approach is changing the landscape of personal and professional development, one session at a time. To learn more about how Al Wynant's Ingomu platform can empower you or your organization, visit their website and begin your journey toward growth, success, and well-being.







VISIONARY OF THE YEAR 2025

CATHY MCKINNON

FOR GUIDING WOMEN FROM BURNOUT TO EMPOWERMENT

Cathy McKinnon is a transformative leader in the world of personal coaching and holistic health. As a certified Health and Life Coach, speaker, and author, Cathy has dedicated her life to helping women break free from burnout and step into their fullest potential. Her journey, shaped by overcoming cancer, infertility, and divorce, has propelled her to become a beacon of resilience and empowerment, earning her the title of Best Holistic Life Magazine's Visionary of the Year 2025.

A Journey of Awakening Through Adversity

Cathy's journey to becoming a transformational coach began in the face of personal adversity. Battling cancer, infertility, and a difficult divorce, Cathy realized she was merely surviving, not thriving. Her awakening came when she made the conscious decision to overhaul her mindset, habits, and routines. Cathy's transformation led to her discovery of the power of personal leadership and coaching, which she now shares with her clients to help them unlock their own potential.

Empowering Women Through Coaching

As a certified Health and Life Coach, Cathy combines mind, body, and energy work to help women create sustainable success habits. Her coaching philosophy is rooted in authenticity and self-empowerment. Cathy's coaching helps women gain clarity on their passions and vision, while providing them with the tools to break through limiting beliefs and fear. With Cathy's guidance, women learn to embrace their true selves, build confidence, and step into their personal power to create the life they envision.

Building Legacies Through Authenticity

Cathy's program, Wellness Warrior Coaching, focuses on helping women tap into their authentic selves and build legacies aligned with their true purpose. By addressing physical, mental, and emotional aspects of health, Cathy equips women with the tools they need to live a vibrant,

inspired life. Her coaching is a blend of personal leadership, wellness, and energy work, helping women break through obstacles and show up as their most confident, energetic selves.

A Vision for the Future

As Cathy moves into 2025, her vision is to continue empowering women to step into their full potential and create the legacy they were born to live. She plans to expand her reach, offering more resources and coaching programs designed to help women thrive in every aspect of their lives. Cathy's work will continue to inspire women to overcome challenges and embrace their authentic selves, as she helps them create lasting, positive change.

Cathy McKinnon's journey from adversity to empowerment is a testament to the transformative power of coaching and personal leadership. Her work continues to impact the lives of countless women, helping them break free from burnout and embrace a life of joy, confidence, and purpose. To learn more about Cathy's transformative coaching, visit her website and begin your journey to a thriving, authentic life today.





VISIONARY OF THE YEAR 2025

DANIELLE MARGGRAF

FOR UNLOCKING WEALTH THROUGH HEALING AND ENERGY ALIGNMENT

Danielle Marggraf is a leading figure in somatic therapy and wealth activation. As a somatic therapist, coach, and author, Danielle combines spiritual insights with powerful coaching to help individuals unlock their financial potential. Her unique approach, which integrates healing and wealth creation, has earned her the title of Best Holistic Life Magazine's Visionary of the Year 2025. Through her transformative work, Danielle has empowered many to break through financial barriers and step into their abundant, prosperous selves.

A Journey of Personal Transformation

Danielle's path to success has been defined by personal growth and a commitment to healing. After overcoming financial struggles and emotional challenges, Danielle embarked on a journey of self-discovery and somatic healing. This deep inner work led her to realize that prosperity is not just about external success but about aligning the mind, body, and energy to receive abundance. By healing emotional wounds and shifting her energy, Danielle transformed her life, setting the stage for her to help others do the same.

The Money Body Archetypes

Danielle's groundbreaking work focuses on "Money Body Archetypes," a system that helps individuals understand how their neurobiology influences their wealth creation. By identifying whether you are a Mystic, SuperProducer, Lover, or Boss, Danielle guides clients in leveraging their natural strengths to align with their financial goals. Through this work, she empowers others to embrace their unique archetypes, allowing them to create a financial reality that flows with ease.

Embodied Millions: A Pathway to Abundance

Danielle's Embodied Millions program combines somatic healing with wealth activation. This program is designed to help clients overcome emotional blocks and align their energy with financial

success. Through somatic therapy and energetically charged exercises, participants in Embodied Millions experience deep healing and rewire their energy for prosperity, enabling them to manifest wealth and abundance with ease.

Embracing Sacred Feminine Energy

A key element of Danielle's work is embracing the sacred feminine energy, which she believes is essential to activating wealth. She teaches women to tap into their inner wisdom and align their energy with abundance, leading to a life of fulfillment and financial success. Danielle empowers women to lead with authenticity and devotion, helping them create businesses and lives that are deeply aligned with their true purpose.

A Vision for the Future

As Danielle moves into 2025, her focus is on expanding her reach and continuing to mentor individuals—particularly women—on their journey to wealth activation. She is passionate about helping others tap into their sacred feminine energy, embrace their natural rhythms, and build lives filled with prosperity. Danielle's vision is to inspire a new generation of wealth creators who lead with devotion and authenticity.

Danielle Marggraf's journey is a testament to the power of aligning with one's true energy to create a life of abundance. Her work continues to inspire individuals to heal, grow, and manifest their dreams. To learn more about Danielle's transformative work, visit her website and begin your journey to embodied wealth today.



DANIELLE MARGGRAF







VISIONARY OF THE YEAR 2025

DAWNA CAMPBELL

FOR REPROGRAMMING THE MIND FOR WEALTH,
HEALTH, AND ABUNDANCE

Dawna Campbell, known as "The Mind Whisperer," is a transformative leader in personal development and holistic healing. With her unique ability to reprogram the subconscious mind, Dawna helps visionary leaders and high-achieving professionals unlock their ultimate potential, leading to prosperity, health, and enriched relationships. Her work has earned her the title of Best Holistic Life Magazine's Visionary of the Year 2025, recognizing her profound impact on those seeking true success.

A Journey of Transformation

Dawna's path to becoming a thought leader in holistic healing began with a solid foundation in financial expertise. As a former Financial Advisor and Managing Principal of a National Investment Firm, she managed over \$500 million in assets. Yet, her true calling emerged when she began to merge financial acumen with her passion for energy healing and personal development.

Empowering Leaders to Achieve Prosperity

Known for uncovering hidden emotional blockages, Dawna specializes in guiding clients toward abundance in all aspects of life. She works with individuals to align their subconscious mind with their desires, enabling them to increase wealth, improve health, and deepen relationships. Dawna's heart-centered approach focuses on reprogramming limiting beliefs and overcoming emotional obstacles that may be holding clients back.

Her work emphasizes the importance of achieving holistic well-being and success. Through her personalized programs, Dawna helps her clients release negative patterns and embrace a life filled with prosperity and joy. Her ability to help individuals unlock their potential has led to transformative results, including clients seeing up to 25% increases in their revenue.

A Vision for Holistic Healing

Dawna's teachings focus on more than just financial wealth—they encompass a holistic approach to living a fulfilling life. Her books,

Financially Fit: Living the Secrets to an Abundant and Prosperous Life and *The Abundant Soul: Creating Inner Wisdom for Financial Success*, provide readers with a roadmap to achieving abundance in both wealth and personal fulfillment. Her insights have been featured in over 110 media outlets, including NBC, ABC, Fox News, and Yahoo Finance, reaching millions globally.

Dawna has shared the stage with leading figures such as Sharon Lechter, Dr. Joe Vitale, and Mark Victor Hansen, empowering others with the tools to transform their lives.

A Heart-Centered Legacy

Dawna's mission is clear: to help individuals experience lasting transformation by unlocking their full potential. Through her international business, The Healing Heart, Inc., she continues to guide clients globally in realizing their dreams. Her exclusive programs, including Premier Personal Transformation and Fast-Track Transformation, cater to high-profile individuals, business leaders, and those seeking rapid change.

As Dawna moves into 2025, she remains dedicated to empowering others to live their best lives and create a prosperous, compassionate world. Her work continues to impact lives and contribute to the holistic well-being of individuals worldwide.

Dawna Campbell's journey from financial expert to holistic healer is a testament to her commitment to creating a life of purpose, prosperity, and abundance. To learn more about Dawna's services and insights, visit websites Better Call Dawna and Dawna Campbell.

Dawna Campbell

<https://bestholisticlife.info/DawnaCampbell>



VISIONARY OF THE YEAR 2025

DR. ERIC FETE, DO

FOR REVOLUTIONIZING HEALTH OPTIMIZATION

FOR VITALITY AND LONGEVITY

Dr. Eric Fete, DO, is pioneering a new era in preventative health and peak performance. As the founder of Relentless Vitality and PrimeX, Dr. Fete is revolutionizing age management, hormone optimization, and cellular health. Recognized as Best Holistic Life Magazine's Visionary of the Year 2025, Dr. Fete's innovative approach to health and wellness is helping individuals achieve vitality and longevity through personalized health plans and cutting-edge therapies.

A Journey Toward Health Optimization

Dr. Fete's career began in the ER, where he witnessed firsthand the effects of poor self-care, aging, and lifestyle-related diseases. Disappointed by traditional medicine's focus on treating illness rather than preventing it, he shifted his focus to preventative care and wellness optimization. He founded PrimeX, a company offering nutrition products, physician-grade supplements, hormone therapy, and personalized health plans designed to improve vitality, energy, and overall well-being. With a focus on mitochondrial health and cellular optimization, Dr. Fete's work aims to slow aging and enhance physical performance.

PrimeX: Transforming Health from the Inside Out

Under Dr. Fete's leadership, PrimeX has become a trusted name in age management and peak performance. Through personalized weight loss programs, hormone replacement therapy (BHRT), and peptide therapy, PrimeX addresses the root causes of many health issues, helping individuals optimize their health at the cellular level. PrimeX's approach is holistic, focusing on the physical, mental, and emotional aspects of health. Dr. Fete's signature philosophy of "Learning from the past, living for today, transforming the future" underscores his commitment to both the present and long-term health optimization.

Cellular Health and Age Management

Dr. Fete's focus on mitochondria—the energy powerhouses of our cells—has led to significant advancements in slowing aging and boosting vitality. Through targeted therapies like bioidentical hormone replacement therapy (BHRT) and peptide treatments, PrimeX helps individuals restore energy, improve fitness, and prevent age-related diseases. Dr. Fete believes that optimal health begins at the cellular level, and his work in precision medicine is helping clients rejuvenate and transform their lives.

A Vision for the Future of Wellness

As a thought leader in the wellness and biohacking communities, Dr. Fete is dedicated to educating the public and healthcare professionals about the power of preventative health and personalized wellness plans. His new book, *How to Win in Modern Wellness*, brings together insights from top leaders in the wellness industry to empower individuals to take control of their health and well-being. Dr. Fete's work has been featured in MSNBC, Muscle & Fitness, and other major media outlets.

A Legacy of Impact

Dr. Fete's mission is clear: to help individuals achieve sustainable health and performance by addressing the root causes of aging, hormone imbalances, and other chronic health issues. Through his work at PrimeX, he continues to inspire individuals to live their healthiest, most vibrant lives. His work is reshaping the landscape of wellness and preventative care, creating a legacy that will impact future generations. To learn more about Dr. Eric Fete's transformative work in health optimization, visit PrimeX and explore the cutting-edge therapies that can help you achieve optimal health.









VISIONARY OF THE YEAR 2025

MALAYSIA HARRELL

FOR GUIDING WOMEN TO HEALING, EMPOWERMENT, AND AUTHENTIC LIVING

Malaysia Harrell, a spiritual transformation coach, keynote speaker, and author, is being recognized as Best Holistic Life Magazine's Visionary of the Year 2025 for her transformative work in empowering women to heal and reclaim their authentic selves. With over 29 years of experience, Malaysia blends her clinical expertise as a Licensed Psychotherapist and Board-Certified Clinical Social Worker with spiritual guidance to help women break free from past trauma, limiting beliefs, and societal expectations.

A Journey of Radical Transformation

Malaysia's story of resilience is a testament to her transformative power. From overcoming childhood trauma to surviving a life-threatening illness, she has proven that personal growth and spiritual healing can transcend even the greatest adversities. Malaysia's passion for helping women rediscover their true selves fuels her work, guiding them on a deep, intimate journey of healing and empowerment. As the founder of Blissful Life Consulting, Malaysia leads women through a profound process of spiritual and emotional healing. Her approach is not just about coaching; it's about partnering with women to help them live their most authentic lives, free from fear and limitation.

Empowering Women to Live Authentically

At Blissful Life Consulting, Malaysia offers personalized coaching, group work, workshops, and retreats designed to help women align with their true purpose. She creates a safe space for women to heal, grow, and step into their power. Through her coaching, women gain clarity, build self-compassion, and embrace their unique journey toward freedom and fulfillment.

Malaysia's coaching is fueled by her own against-all-odds success story, showing women that transformation is possible, no matter

the challenges they face. Whether she is speaking to an audience of one or one thousand, Malaysia's presence is transformational, awakening women to the possibility of more in their lives.

A Legacy of Service and Empowerment

Malaysia's life-changing work has earned her numerous accolades, including the Presidential Lifetime Achievement Award for her volunteerism and the Trailblazing Woman Award for her dedication to women's empowerment. She is also an advocate for mental health and wellness, empowering women to live fulfilled, purposeful lives by integrating mind, body, and spirit into their healing process.

Her services extend to retreats, coaching, and workshops, where she helps women break free from trauma and live with intention. Malaysia's mission is to help women reclaim their voice and create legacies of impact and empowerment.

Looking to the Future

As she continues to grow Blissful Life Consulting, Malaysia envisions a future where women embrace their full potential, live authentically, and find joy in their transformation. Through her leadership, coaching, and advocacy, Malaysia Harrell is changing the narrative for women everywhere, showing that true freedom and fulfillment come from within.

To learn more about Malaysia Harrell and her transformative services, visit Blissful Life Consulting.



<https://bestholisticlife.info/MalaysiaHarrell>



VISIONARY OF THE YEAR 2025

MARCI HOPKINS

FOR TURNING CHAOS INTO CLARITY THROUGH
HEALING AND ADVOCACY

Marci Hopkins is a beacon of transformation, an award-winning host, author, motivational speaker, and a steadfast advocate for mental health and recovery. As the creator and host of *Wake Up with Marci*, her show brings vital conversations to the forefront, tackling topics such as addiction, trauma, mental illness, wellness, and empowerment. With three Telly Awards and two Anthem Awards under her belt, Marci's impact as a media personality is undeniable.

A Journey of Resilience and Transformation

Marci's path to greatness was forged in the fires of adversity. Having survived sexual and physical abuse and growing up amidst the turmoil of alcoholism, she turned to alcohol as a coping mechanism. For years, she was caught in a cycle of negativity. But through determination and grit, Marci found the strength to break free, celebrating nine years of sobriety. Her journey from chaos to clarity serves as an inspiration to many, proving that happiness is not just a possibility, but a reality for those who embrace healing and recovery.

Empowering Others Through Media

As a celebrated host, Marci has used her platform to ignite conversations that promote positive change. *Wake Up with Marci* offers a fresh perspective, empowering its viewers with tools, education, and stories of triumph. By sharing the journeys of people who've overcome their struggles, Marci fosters a community that believes in the possibility of transformation. The show, airing on CBS and other major networks, reaches millions across the U.S., further cementing Marci as a true catalyst for change.

Authorship and Advocacy

Marci is also the author of *Chaos to Clarity: Seeing The Signs and Breaking The Cycles*, an award-winning book that has touched the lives of countless readers. The book provides a roadmap for healing, offering insights into navigating addiction, trauma, and self-discovery. Through

her book, Marci advocates for self-love, self-awareness, and the breaking of cycles that limit personal growth. As a recovery expert, her guidance resonates on platforms such as FOX, CBS, NBC, and beyond.

Spreading Hope Across the Globe

In addition to her media work, Marci's philanthropic efforts have made a tangible difference in communities both near and far. She has worked tirelessly to raise funds for organizations like Kumali in Uganda, helping orphanages and children in need. Her support for initiatives like the YWCA and Access Family Services shows her commitment to providing safe spaces for women and children affected by abuse and trauma.

A Vision for the Future

As Marci continues to use her voice to elevate others, her focus remains on empowering individuals to step into their greatness. Whether through her show, public speaking, or community initiatives, Marci is committed to spreading hope and building a future where mental health is prioritized, and recovery is celebrated. Marci Hopkins' journey of resilience, compassion, and empowerment inspires us all to embrace the power of transformation and live life with purpose. To learn more about Marci and her mission, visit her website and discover how you, too, can make a difference.









VISIONARY OF THE YEAR 2025

MICHAEL DRESCHER

FOR INNOVATING WOMEN'S HEALTH THROUGH
CLEAN, SUSTAINABLE SOLUTIONS

Michael Drescher is a trailblazer in both the media and health industries, as a media entrepreneur, social impact investor, and visionary founder of VibrantBodyCompany. His work has earned him the title of Best Holistic Life Magazine's Visionary of the Year 2025, recognizing his commitment to women's health and his revolutionary approach to clean, sustainable products for the modern woman. Michael's dedication to social impact is evident in his creation of Vibrant, a company offering certified clean performance gear designed with a woman's health in mind.

A Visionary Entrepreneur with a Mission

Michael's journey to becoming a visionary in health and wellness was inspired by personal experiences. After witnessing the profound impact of breast cancer on those close to him, Michael was moved to create VibrantBodyCompany, a product line focused on women's breast health. His mission is clear: to provide women with clean, wire-free, and comfortable clothing that promotes health without compromising on performance. As a former co-founder of JDTV, a company that created the world's largest database of interactive television, Michael's entrepreneurial spirit is evident in everything he does.

Revolutionizing Women's Health

VibrantBodyCompany was born out of Michael's desire to improve women's everyday health by offering products free from harmful chemicals and designed to enhance comfort and support. With products like the EveryWear Bra™, which provides revolutionary support without the discomfort of underwires, Michael has set a new standard for women's intimate wear. The company's dedication to ensuring every stitch is free of toxins is reflected in its commitment to OEKO-TEX® STANDARD 100 certification. This means that every component of Vibrant's products is rigorously tested for harmful substances, ensuring they are safe for women's health.

A Powerful Advocate for Prevention

As a social impact investor, Michael's advocacy for prevention extends beyond products to influencing broader health conversations. In his TEDx

talk, "Theories on Breast Cancer," Michael explores lifestyle and environmental factors that may contribute to breast cancer, challenging traditional thinking and encouraging holistic choices for long-term wellness. His focus on prevention through education and accessible solutions empowers women to make informed decisions about their health.

Empowering Women to Take Control

Michael's work with Vibrant and his extensive media background demonstrate his commitment to empowering women through knowledge and choice. He believes that a woman's health starts with the basics—what she wears—and by starting with clean, supportive essentials, women can take control of their health. Vibrant's product line, built on the principles of comfort and health, reflects Michael's holistic philosophy, putting women's health first.

Looking Toward the Future

As Michael continues to innovate with VibrantBodyCompany, his mission to improve women's wellness grows. His impact extends beyond product development to being a passionate advocate for social change, making him a true visionary.

Michael Drescher's journey from media entrepreneur to leader in women's health demonstrates his commitment to making a positive impact. His work continues to inspire countless women, helping them live healthier, more vibrant lives. To learn more about Michael's work and explore VibrantBodyCompany's products, visit his website today.

vibrant

<https://bestholisticlife.info/VibrantBodyCompany>



VISIONARY OF THE YEAR 2025

SAMAEL TEJADA

FOR PIONEERING PREVENTATIVE WELLNESS FOR A HEALTHIER FUTURE

Samael Tejada is transforming the health and wellness industry with his forward-thinking approach to preventative care and nutrient IV therapy. As the CEO and Founder of Liquivida®, Tejada has built a multi-million-dollar company that empowers individuals to optimize their health through personalized treatments. Recognized as Best Holistic Life Magazine's Visionary of the Year 2025, Tejada's leadership is shaping the future of wellness.

A Journey from Emergency Medicine to Preventative Wellness

Tejada's career began in emergency medical services, where he served as a firefighter and paramedic. His time in the field exposed him to the importance of preventative care, which became the cornerstone of his vision for Liquivida®. What started as a small concept in Coconut Creek, Florida, has grown into a national network of wellness centers offering therapies like nutrient IV therapy, hormone replacement therapy, sexual health treatments, and regenerative medicine. Liquivida's mission is to bring preventative wellness solutions to the masses, helping people live longer and healthier lives.

Liquivida®: Revolutionizing Wellness

Under Tejada's leadership, Liquivida® has become a trusted name in preventative healthcare, offering services designed to promote health, rejuvenation, and well-being. By addressing the root causes of health issues, Liquivida® provides an integrative and holistic path to wellness. The company has expanded from a single location to a nationwide network with over 4,000 physicians and practitioners working to improve the lives of clients across the U.S.

A Vision for Accessible Wellness

Tejada's vision extends beyond individual wellness to creating a culture of preventative care accessible to everyone. Through Liquivida®, he has worked to make therapies like nutrient IV infusions and age management treatments available to the general public, not just the wealthy. His approach has shifted the wellness industry toward a more inclusive model.

A Leader in the Industry

Tejada's dedication to wellness and preventative health has earned him recognition as an entrepreneur and thought leader. His book, *How to Win in Modern Wellness*, educates health-conscious consumers and professionals on preventative therapies. He has been featured in *Forbes*, *Essence Magazine*, and *Cheddar News*, and has appeared on various health and wellness podcasts, sharing his expertise on holistic medicine.

Building a Legacy of Impact

Tejada's focus on helping others continues as a visionary entrepreneur and wellness advocate. His leadership has paved the way for a new era of healthcare, where prevention and personalized care are central.

To learn more about Samael Tejada's work with Liquivida® and the future of preventative wellness, visit their website and explore transformative health solutions.







VISIONARY OF THE YEAR 2025

STACEY ZIPFEL

FOR ADVOCATING FOR CANINE HEALTH
AND AWARENESS WITH PURPOSE

Stacey Zipfel is a passionate animal advocate and talented filmmaker whose career spans over three decades in the entertainment industry. With experience working on projects for CBS, ABC, Warner Brothers, and Lifetime, Stacey's creative vision has reached audiences worldwide. However, it was her personal health crisis in 2006 that led her to shift focus, ultimately founding Zippery Zoo Productions and dedicating her work to raising awareness about canine lymphoma. Her commitment to animals and their well-being has earned her the prestigious title of Best Holistic Life Magazine's Visionary of the Year 2025.

A Journey of Healing and Advocacy

Stacey's career took a sudden turn when she faced a health scare that required emergency brain surgery. During her recovery, she realized that her true passion lay in helping animals. This epiphany led her to create Zippery Zoo Productions, a company that would allow her to channel her creativity into projects that made a difference. Partnering with Terry Simons and CLEAR (Canine Lymphoma Education Awareness and Research), Stacey directed and produced the multi-award-winning documentaries *My Friend: Changing the Journey*, *A Reason to Change*, and *My Friend: Standing Strong*, all focused on canine cancer awareness.

Raising Awareness Through Powerful Documentaries

Stacey's work in film has brought vital attention to canine lymphoma, a disease that affects thousands of dogs each year. Through her documentaries, Stacey has provided pet owners with the knowledge and resources they need to make informed decisions about their dogs' health. *My Friend: Changing the Journey* was the first film she

directed, a groundbreaking piece that has received numerous accolades for its educational value. Her latest project, *My Friend: Radical Hope*, continues her mission to spread hope and support to dog owners.

Expanding the Mission of CLEAR

Stacey's involvement with CLEAR has been instrumental in expanding the organization's efforts to educate pet owners about all forms of canine cancer. She played a key role in the creation of Pop Up Canine Cancer Talks, a series of events designed to engage the community and raise awareness about the importance of early detection and regular wellness screenings. Her dedication to this cause has made a lasting impact on the lives of countless dogs and their families.

A Vision for the Future

Looking to the future, Stacey continues to focus on producing educational content that raises awareness about canine cancer. With her unwavering commitment to both animals and their owners, she is working to expand CLEAR's reach through new projects, fundraising initiatives, and continued advocacy. Her mission is simple: to ensure that every dog owner is equipped with the knowledge and resources to give their pets the best possible care and the best possible chance at life.

Stacey Zipfel's work is a testament to the power of passion and perseverance. Her dedication to raising awareness about canine lymphoma and her ongoing advocacy for animals have made a profound impact on the lives of many. To learn more about Stacey's work and her efforts with CLEAR, visit Zippery Zoo Productions today.



<https://bestholisticlife.info/ClearCanineCancer>



VISIONARY OF THE YEAR 2025

TERRY SIMONS

FOR CHAMPIONING AWARENESS AND RESEARCH FOR CANINE CANCER

Terry Simons, founder of CLEAR (Canine Lymphoma Education Awareness and Research), is honored as Best Holistic Life Magazine's Visionary of the Year 2025. Terry has become a trailblazer in raising awareness about canine lymphoma and advancing research for better treatment options, with his dedication to empowering dog owners and supporting veterinary professionals.

A Journey Fueled by Love and Loss

Terry's journey to founding CLEAR began with a heart-breaking personal experience. In 2011, his dog, Reveille, was diagnosed with lymphoma, and despite being an educated dog owner, Terry found that important information about the disease and treatment options was often hard to find. Grieving his beloved companion, Terry realized that many other dog owners were in the same situation—facing the same confusion and fear when it came to treating their dogs. This inspired him to form CLEAR, with the goal of providing dog owners with access to vital resources and information so they could make informed decisions about their pets' health.

Raising Awareness Through Documentaries

Terry's impactful work in filmmaking has been instrumental in raising awareness for canine cancer. Through his documentaries, *My Friend: Changing the Journey* and *My Friend: Standing Strong*, Terry has provided valuable education to both pet owners and veterinary professionals. *My Friend: Changing the Journey* tells the story of three dogs battling lymphoma, showcasing the options available for treatment and providing hope for owners. *My Friend: Standing Strong*, on the other hand, focuses on canine osteosarcoma, an aggressive bone

cancer that affects thousands of dogs each year. These documentaries have been praised for their heartfelt storytelling and their ability to inspire change in the way people approach canine cancer.

Expanding the Mission of CLEAR

Terry's commitment to the cause has led to the expansion of CLEAR's initiatives, including the Pop Up Canine Cancer Talks. These informal community talks provide a space for dog owners to learn about the signs of cancer in their pets and the treatment options available. By collaborating with veterinary professionals and educating the public, Terry has helped CLEAR become an essential resource for pet owners across the country.

A Vision for the Future

With the future of CLEAR in mind, Terry continues to drive the organization's mission forward. CLEAR is proud to support research initiatives, including a partnership with Dr. Kristy Richards at Cornell University, aimed at improving treatment options for canine lymphoma. Terry's ultimate goal is to contribute to the development of a cure for canine lymphoma, while ensuring dog owners have the tools and resources they need to advocate for their pets.

Terry Simons has transformed his grief into a mission of education, awareness, and hope. His work continues to inspire and provide vital support to pet owners and veterinarians alike. To learn more about his efforts with CLEAR, visit the CLEAR website and join the movement to end canine cancer.









WOMEN'S GLOBAL VISIONARY OF THE YEAR 2025

HANNA OLIVAS

FOR ELEVATING WOMEN'S VOICES AND LEADERSHIP WORLDWIDE

Hanna Olivas is a powerful advocate for women's empowerment and a trailblazer in the digital marketing and publishing industries. Recognized as Best Holistic Life Magazine's Women's Global Visionary of the Year 2025, Olivas is the Founder and CEO of She Rises Studios, an organization dedicated to elevating female leadership and entrepreneurship worldwide.

A Mission Born from Adversity

Hanna Olivas' journey to becoming a global visionary began with personal hardship. In 2017, she was diagnosed with Multiple Myeloma, an incurable blood cancer. Rather than letting this diagnosis define her, Olivas used it as fuel to empower other women facing adversity. In 2020, she co-founded She Rises Studios with the mission to inspire, empower, and educate women globally to navigate their personal journeys with strength and fearlessness. The organization has since grown into a global network that champions women's leadership, business growth, and personal transformation.

She Rises Studios: Empowering Women Worldwide

Under Olivas' leadership, She Rises Studios has become a hub for female entrepreneurs, authors, and leaders. The organization offers services ranging from publishing and podcasts to business accelerators and retreats. Their #SheRisesAccelerator program is designed to help women scale their businesses with web design, digital marketing, and PR outreach services. She Rises Studios also provides a platform for women to share their stories and inspire others, with many of their authors becoming Amazon and New York Times bestsellers. Building a Community of Empowered Women

At the heart of She Rises Studios is a global community of women supporting each other to reach their full potential. Olivas understands the importance of having a tribe that encourages,

empowers, and uplifts. Whether women are looking to publish their first book, launch a business, or make a significant career transition, they find guidance and inspiration through the She Rises Studios platform.

The She Rises Studios Podcast and Publishing

The She Rises Studios Podcast, co-hosted by Olivas, is a space where women share their stories of overcoming obstacles and achieving their dreams. With over 200 million listeners reached, the podcast covers topics like self-doubt, career transitions, and building confidence, helping listeners take actionable steps toward their own empowerment. Olivas' publishing program has been instrumental in turning aspiring authors into published bestsellers, offering them a platform to reach a global audience.

A Visionary for the Future of Women's Empowerment

Olivas' vision extends beyond personal success—she aims to change the landscape for women everywhere. Through She Rises Studios, she continues to empower women to embrace leadership, take control of their businesses, and rise above their challenges. Her mission is clear: the future is female, and by working together, women can make the world a better place.

To learn more about Hanna Olivas and her impactful work with She Rises Studios, visit their website and join the movement that is changing lives, one woman at a time.



SHE RISES
STUDIOS

<https://bestholisticlife.info/SheRisesStudios>



VISIONARY OF THE YEAR 2025

TONYA FINES

EMPOWERING PERSONAL BRANDS THROUGH PURPOSE, PASSION, AND REINVENTION

Tonya Fines is a transformative force in personal branding, social media, and business strategy. As a Brand Strategist, Best Selling Author, and breakthrough speaker, Tonya's journey from overcoming a toxic marriage to building a thriving personal brand has earned her the title of Best Holistic Life Magazine's Visionary of the Year 2025. Her expertise in digital storytelling and engagement has helped countless individuals turn passion into profit.

A Journey of Resilience and Reinvention

After leaving a toxic marriage, Tonya rebuilt her life in Tampa. With resilience and grit, she dived into the local business community, determined to start fresh. Her focus on vision and strategy helped her build the powerful brand she has today. Tonya's journey became the foundation for her successful career in branding, which emphasizes building from the ground up.

Building a Personal Brand from Scratch

Tonya's book, *How to Become a Media Socialite: And Monetize Your Passion*, is a guide for turning passions into thriving brands. She stresses the importance of authenticity, helping individuals connect with their audience by staying true to their "why." By aligning your brand with your core values, you build trust and authenticity, which resonate deeply with followers.

Key Strategies for Digital Identity

Tonya shares actionable tips for building a strong online presence. Her focus is on purpose-driven content—content that provides value, tells a story, and fosters

engagement. Tonya advocates for creating connections through stories that inspire and empower, helping people stay focused on their mission rather than just growing followers.

The Power of Networking

In her journey, Tonya quickly learned the importance of networking. She believes networking should not be about self-promotion, but about listening and adding value. Building relationships that align with your values often leads to valuable collaborations and personal growth.

Digital Storytelling and Legacy

Tonya believes storytelling is essential for brand success. In a crowded market, narratives create deeper connections and build trust. By focusing on authentic stories, brands can leave a lasting impression on their audience.

A Vision for the Future

Tonya continues to mentor women, helping them create brands that align with their values. Her vision is to inspire a new generation of brand creators to lead with authenticity and impact their communities positively. Tonya Fines' journey from overcoming adversity to becoming a leader in branding is inspiring. Her impact on digital marketing and entrepreneurship is transformative. To explore Tonya Fines' strategies and insights, visit her website and start building your own personal brand today.





HONORING INDIVIDUALS WHO LEAD WITH
HEART, COURAGE, AND INNOVATION—UPLIFTING
OTHERS WHILE CREATING LASTING CHANGE IN
THEIR COMMUNITIES AND INDUSTRIES.







LEADER OF THE YEAR 2025

KAREN FULLERTON

FOR GUIDING PEOPLE, PETS, AND HOMES TO ENERGETIC HARMONY

Karen Fullerton is a catalyst for profound healing and empowerment, blending 25 years of expertise in quantum energetics, Reiki, and spiritual guidance. A true embodiment of nature herself, she is dedicated to helping individuals, pets, and homes achieve balance, health, and joy. With her unique approach, Karen has earned the title of Best Holistic Life Magazine's Leader of the Year 2025.

A Journey of Transformation

Karen's path to becoming a leader in wellness has been shaped by diverse experiences—from marketing executive to non-profit founder to spiritual coach. As the founder of The Sergei Foundation, Karen raised over \$1 million to rescue pets for low-income families. Now, as a spiritual guide, she helps people reconnect with their True Nature, empowering them to unlock their potential for health and happiness.

Healing Pets, Places, and People

Karen's healing work extends to pets and homes, recognizing them as integral parts of the energy field. By helping pets release emotional trauma and clearing energetic imprints from homes, she facilitates long-lasting transformation. This holistic approach amplifies personal growth, creating a ripple effect that nurtures all aspects of life.

Quantum Energy and Nature's Wisdom

Drawing on nature's wisdom, Karen integrates six elements—fire, earth, metal, water, wood, and air—into her healing. Using these elements, she guides emotional resets, clears trauma patterns, and promotes spiritual alignment. Through her intuitive guidance, Karen empowers clients to embrace their true nature, creating a life that flows effortlessly toward success and fulfillment.

Empowering Others Through Education and Coaching

In addition to one-on-one healing, Karen offers courses, workshops, and motivational speaking engagements. Her Seven Insights to Emotional Wellbeing course provides actionable steps for self-healing. Whether through energy healing, personal growth courses, or talks, Karen's mission is to guide others to reconnect with their innermost selves and live lives of peace and purpose.

Looking to the Future

Moving into 2025, Karen focuses on expanding her reach and helping others experience the transformative power of healing. She is committed to spreading the message of self-discovery and empowerment, inspiring individuals to embrace their True Nature and lead lives filled with vitality.

Karen Fullerton's unique approach to healing continues to make a profound impact. Her work inspires others to embrace their full potential and live lives filled with vitality, joy, and success.

To learn more about Karen's transformative work and how she can help you unlock your full potential, visit her website today.







LEADER OF THE YEAR 2025

KATARZYNA 'KASIA' DODD

FOR GUIDING THE JOURNEY TO EMOTIONAL
FREEDOM AND SELF-AWARENESS

Katarzyna Dodd, founder of INHERENCE® LLC, is a renowned therapist and pioneer in emotional healing and self-awareness. As a clinical psychologist, author, and the co-creator of the Inherence® Process, she has transformed countless lives by guiding individuals to reconnect with their innermost selves. Her approach, which blends traditional psychology with spiritual insight, empowers people to release emotional attachments and embrace their authentic being. For her innovative work and dedication to personal transformation, Kasia Dodd has earned the title of Best Holistic Life Magazine's Leader of the Year 2025.

A Journey of Self-Awareness and Healing

Kasia's path to healing began at the age of eight when a hospital stay inspired her to help others. She declared, "One day I will come back here and help everyone in there to get better." This moment sparked her lifelong mission. Although initially interested in surgery, she discovered her passion for emotional and conscious healing. With two master's degrees—one in psychology from the EU and another in theology from CTU Chicago—Kasia's approach integrates the mind, body, and spirit.

The Inherence® Process: A Path to Freedom

Kasia's groundbreaking Inherence® Process helps individuals connect to the deeper layers of their consciousness. By uncovering unconscious emotional motives, the process guides people to release the attachments that keep them trapped in cycles of suffering. The result is a profound sense of inner freedom and self-empowerment. This transformative method allows individuals to embrace self-responsibility and heal from deep emotional wounds, ultimately leading to a life of authenticity and purpose.

A Focus on Self-Acceptance and Emotional Freedom

Kasia believes that self-acceptance is the key to healing. She shares, "The more you discover and accept your true essence and see how worthy and beautiful it is, the less you need a bad relationship to reflect back to you the unhealed parts of you." Her work helps

individuals embrace their full selves, heal from past trauma, and live in alignment with their true nature.

As a pioneer of Emotional Freedom Techniques (EFT) in Poland, Kasia introduced this powerful tool to help people release emotional blockages. Through EFT, she guides individuals to heal from past wounds and achieve emotional balance, offering them the freedom to live fully and authentically.

You Are the Dream of the Universe: A Transformative Guide

In her acclaimed book, *You Are the Dream of the Universe: Moving Towards the Inner Adult as a Further Step in the Evolution of Self-Awareness*, Kasia delves deeper into the concepts she has pioneered in her therapeutic practice. The book serves as a guide to self-discovery, helping readers reconnect with their true selves through a process of self-awareness and emotional release. It offers practical tools, including 25 EFT exercises, to help readers embrace their core gifts and dissolve limiting beliefs formed in childhood. With this book, Kasia provides an empowering resource to guide individuals towards a life of inner peace, freedom, and fulfillment.

A Vision for the Future

Kasia's mission is to continue helping people reconnect with their true selves through the Inherence® Process. She envisions a world where individuals are more self-aware, empowered, and aligned with their authentic purpose. Through her workshops, one-on-one coaching, and writings, Kasia is creating a ripple effect of healing, encouraging individuals to embrace their deeper selves and live in harmony with the universe.

Katarzyna Dodd's innovative approach to emotional healing and self-awareness has positioned her as a leading force in personal transformation. Her work continues to inspire and empower individuals, guiding them to live authentic, purpose-driven lives.

Visit Katarzyna Dodd's website to explore the Inherence® Process, learn more about her book, *You Are the Dream of the Universe*, and begin your journey toward emotional freedom and deeper self-awareness.



LEADER OF THE YEAR 2025

PATTY OLIVER

FOR UNLOCKING SOUL HEALING AND ABUNDANCE
THROUGH THE AKASHIC RECORDS

Patty Oliver has been named Best Holistic Life Magazine's Leader of the Year 2025, a recognition that honors her outstanding work in energy healing and Akashic Records. Patty's expertise in helping individuals release negative patterns, transcend karmic blockages, and manifest abundance has empowered clients across the globe to create more fulfilling and abundant lives.

Healing Through the Akashic Records

Patty's transformative work centers around the Akashic Records, a spiritual tool that holds a soul's history, lessons, and karmic patterns. Using this profound resource, Patty guides clients through a healing process to clear negative karma, heal past-life wounds, and raise their vibrational frequency, allowing them to manifest their soul's true purpose. She specializes in releasing the blocks that prevent clients from experiencing abundance in relationships, health, career, and finances.

Her 15 years of experience, including mastery in Akashic Records and Holy Fire III Karuna Reiki, has made Patty a highly sought-after teacher and healer. By accessing the Akashic Records, Patty provides clients with deep insights into their soul's blueprint, empowering them to step into their personal power and transform their lives.

A Journey of Empowerment

Patty's personal journey is a powerful testament to the life-changing effects of energy healing. After being diagnosed with aggressive breast cancer in 2007, Patty turned to Akashic Records as part of her healing process, ultimately transforming her life and manifesting new abundance. She now helps others do the same, guiding clients to unlock their soul's potential and manifest the life they deserve.

Through her private soul coaching, Patty empowers clients to clear energy blockages, raise their vibration, and tap into their soul gifts. Her sessions and online courses, which serve clients in five European countries, the United States, and beyond, offer transformative healing and provide the tools needed for lasting change.

A Visionary Leader

Patty is an award-winning energy healer, educator, and author. She has written several books, including *Heal, Transform & Manifest with Akashic Records* and *Intuitive: Speaking Her Truth*, and created the best-selling oracle card deck, *The Akashic Truth Oracle*. She is a regular

contributor to top publications, sharing her insights on energy healing, karma, and manifesting abundance.

Patty's online courses and private coaching programs teach clients to access their Akashic Records, heal karmic patterns, and take empowered action to manifest their dreams. Whether through one-on-one coaching or her courses, Patty's work helps individuals align with their soul's purpose and create meaningful change in their lives.

A Global Impact

Patty's healing work has reached people across the world, empowering them to break free from limiting beliefs and embrace their personal power. Whether through private coaching or online courses, her teachings have helped countless individuals tap into their soul's wisdom, heal deep wounds, and manifest abundance.

Patty's legacy as a healer and teacher continues to inspire and uplift, making a profound impact on the lives of those she serves.







LEADER OF THE YEAR 2025

DR. CALI ESTES

LEADING TRANSFORMATION: FROM ADDICTION RECOVERY TO EMPOWERED SUCCESS

Dr. Cali Estes, known as "The Female Dr. Drew," is a groundbreaking figure in addiction recovery, mindset coaching, and personal transformation. With a remarkable career helping individuals overcome addiction and achieve their fullest potential, Dr. Estes has earned recognition as Best Holistic Life Magazine's Leader of the Year 2025.

A Journey of Resilience and Reinvention

Dr. Estes' personal journey has shaped her unique approach to helping others. Her book *I Married A Junkie* chronicles the painful yet transformative experience of living with a loved one battling addiction. Through this candid memoir, Dr. Estes provides valuable insights into the emotional toll addiction takes on relationships while demonstrating the strength required to navigate such challenges. Her vulnerability offers hope to others in similar situations, showing that personal growth and resilience are possible even in the darkest times.

The 7 Key Principles to Tap Into the Wealth Inside You

Dr. Estes' second book, *The 7 Key Principles to Tap Into the Wealth Inside You*, serves as a powerful guide for individuals ready to unlock their potential and create lasting success. In this book, she outlines actionable steps to overcome limiting beliefs, embrace abundance, and build the life you desire. With practical advice and a focus on mindset mastery, Dr. Estes empowers readers to "unpause" their lives, remove obstacles, and step into a world of limitless possibilities. The book's principles provide readers with a roadmap to make success a reality, regardless of their current circumstances.

Revolutionizing Addiction Recovery

Dr. Estes has become a pioneer in the field of addiction recovery through her concierge services and personalized coaching programs. Her approach goes beyond traditional rehab, offering tailored support to top CEOs, musicians, and entrepreneurs seeking to break free from addiction and mental health challenges. Programs like *Sober on Demand* and the *5-Day Executive Reset* have become benchmarks for those seeking rapid transformation and long-term success.

Empowering Clients to Achieve Success

As a mindset coach and life strategist, Dr. Estes combines cognitive behavioral therapy, positive psychology, and personalized coaching to empower her clients to achieve their goals. Through her books and coaching programs, Dr. Estes has helped countless individuals unlock their true potential, leading to successful, fulfilling lives.

Legacy and Vision for the Future

Looking ahead, Dr. Estes is committed to helping individuals tap into their inner wealth and achieve success. Her work will continue to inspire and empower people around the world to break free from limitations and create a life of purpose and abundance.

Dr. Cali Estes' impact on the addiction recovery and personal growth fields is profound. With her books *I Married A Junkie* and *The 7 Key Principles to Tap Into the Wealth Inside You*, she continues to empower individuals to transform their lives. As Best Holistic Life Magazine's Leader of the Year 2025, Dr. Estes' legacy is one of empowerment, growth, and inspiration.

To learn more about Dr. Cali Estes and explore her programs, visit her website today.



LEADER OF THE YEAR 2025

MARIA BALTAZZI

DESIGNING A LIFE OF JOY, PURPOSE, AND
CONSCIOUS EXPLORATION

Maria Baltazzi, an award-winning author, Emmy-winning television producer, and transformative travel designer, is named Best Holistic Life Magazine's Leader of the Year 2025. Her unparalleled contributions to personal growth, happiness exploration, and wellbeing make her a leading force in empowering individuals to embrace a life of purpose, joy, and conscious living. **From TV Production to Transformational Leadership**

Maria's journey into the realm of happiness and wellbeing began with her remarkable career in television production. As a supervising producer for CBS's *Survivor* and the executive producer of *Expedition Africa: Stanley & Livingstone*, Maria's storytelling skills shaped some of the most iconic shows in television history. Her work on these groundbreaking projects ignited her passion for exploring human resilience, adventure, and transformation, which ultimately led her to a deeper calling: to help people lead more fulfilling lives.

Her work spans far beyond TV sets. Maria combines her expertise as a wellbeing mentor and author to guide others on a path of self-discovery and happiness. With her groundbreaking book *Take a Shot at Happiness: How to Write, Direct & Produce the Life You Want*, Maria provides readers with practical tools to cultivate happiness through faith, love, health, gratitude, forgiveness, peace, detachment, and abundance. Her unique approach integrates creative exercises, journaling prompts, and camera phone photography to encourage deep self-reflection, making the pursuit of happiness a personal and transformative journey.

Transformational Travel and Holistic Wellbeing

Maria's passion for wellbeing extends to her transformative travel experiences through *Sojourn Explorers*, a travel company she founded to curate bespoke journeys that combine adventure with personal growth. Whether trekking to Everest Base Camp or walking the Camino de Santiago, Maria designs travel experiences that foster meaningful self-exploration, helping individuals renew their spirit, strengthen relationships, and expand their horizons.

Her belief in conscious living is further supported by her PhD in Conscious-Centered Living and her studies in neuroplasticity, positive psychology, and spiritual psychology. These insights infuse her teachings, helping others lead with intentionality, mindfulness, and resilience.

A Life of Impact and Inspiration

Maria's commitment to happiness and wellbeing has earned her multiple accolades, including the Best Personal Development Book of the Year 2024 from Best Holistic Life Magazine. Through her work, she has inspired countless individuals to take control of their own lives, craft their own happiness, and become the directors of their own stories.

As Maria continues to guide people toward greater fulfillment, her impact as a leader in the fields of personal development, wellbeing, and transformative travel only grows. Maria's journey is a testament to the power of reinvention, exploration, and living authentically.

To explore Maria's transformative work, visit *Sojourn to Happiness*.





**CELEBRATING POWERFUL VOICES
WHO USE THEIR PLATFORMS TO
INSPIRE, EMPOWER, AND SPARK
HOLISTIC TRANSFORMATION IN
THE LIVES THEY TOUCH.**







INFLUENCER OF THE YEAR 2025

PARINAZ SHAMS

FOR MERGING ANCIENT WISDOM WITH MODERN HEALING
FOR LASTING TRANSFORMATION

In a world where traditional healing meets modern innovation, Parinaz Shams stands out as a beacon of transformative change. Named as one of Best Holistic Life Magazine's Influencers of the Year 2025, Shams has revolutionized the approach to trauma healing by masterfully bridging ancient wisdom with contemporary coaching methodologies.

A Unique Approach to Healing

At the heart of Shams's practice lies a profound understanding that true healing requires more than conventional methods. Her innovative approach combines time-tested ancient healing tools with cutting-edge coaching techniques, creating a comprehensive framework for transformation. This unique methodology has proven particularly effective in helping clients break free from the "push-harder" mentality that often perpetuates cycles of stress and trauma.

Beyond Traditional Trauma Healing

What sets Shams apart is her holistic understanding of personal transformation. Her work goes beyond merely addressing trauma; it encompasses a complete reimagining of self-trust, confidence, and authentic living. Through her guidance, clients learn to:

- Reclaim their authentic essence and inner wisdom
- Develop unshakeable self-trust and confidence
- Transform chronic stress into sustainable calm
- Navigate relationships with greater ease and authenticity
- Achieve career success without sacrificing well-being

The Integration of Ancient and Modern

Shams's methodology is distinguished by its seamless integration of ancient healing practices with modern coaching techniques. This synthesis creates a powerful platform for transformation that addresses healing on multiple levels:

- Emotional resilience building
- Spiritual awakening and growth
- Practical life skills development

- Sustainable stress management
- Deep trauma resolution
- Impact and Recognition

Her selection as one of Best Holistic Life Magazine's Influencers of the Year 2025 recognizes not just her innovative approach but the profound impact she has had on countless lives. Clients consistently report breakthrough results in areas including:

- Enhanced self-awareness and personal growth
- Improved relationships and communication
- Greater career satisfaction and success
- Deeper connection to authentic self
- Lasting freedom from trauma patterns

A Vision for the Future

As a leader in the field of transformative healing, Shams continues to pioneer new approaches to personal growth and trauma recovery. Her vision extends beyond individual healing to contribute to a larger paradigm shift in how we approach mental health and personal development. For those seeking to break free from chronic stress, past trauma, and self-doubt, Shams offers a pathway to genuine transformation. Through her unique blend of ancient wisdom and modern technique, she guides clients toward reclaiming their essence and stepping into their highest potential.

To explore the possibility of transformation through Shams's unique approach, individuals are invited to schedule a complimentary Clarity Call to begin their journey toward authentic living and lasting change.



INFLUENCER OF THE YEAR 2025

THERESA BYRNE

FOR REDEFINING PERSONAL POWER THROUGH BOUNDARIES AND INNER STRENGTH

Theresa Byrne stands as a transformative leader in the personal development and empowerment space. As the visionary founder of InPower - Activate The Power Within, Byrne has redefined the approach to self-empowerment, particularly focusing on helping "overdoers" transition from people-pleasing behaviors to embracing a balanced, self-centric life.

A Journey of Transformation and Empowerment

Theresa's path to becoming a leading voice in personal power development is as unique as her methodology. With a background as a professional martial artist and international self-defense expert, Byrne laid the foundation for her revolutionary InPower™ system. This approach bridges the gap between physical and emotional strength, empowering individuals to unlock their inner warrior and develop true personal power.

What truly sets Byrne apart is her compassionate understanding of personal safety and boundaries. Through her extensive experience in personal protection, she has redefined the concept of internal safety, delving into the psychological and emotional aspects of establishing healthy boundaries. This holistic approach transcends traditional self-defense techniques, offering a deeper, more integrated way to empower oneself.

The InPower™ System: A Paradigm Shift in Personal Development

Byrne's InPower™ system represents a paradigm shift in personal development. Central to the system is the philosophy of "boundaries from the inside out," a unique concept that helps individuals establish authentic, sustainable personal boundaries. This innovative methodology has proven particularly transformative for women, helping them discover their Inner Warrior© and unlock the strength and confidence to live empowered lives.

As an award-winning author of five books, Byrne's influence extends far beyond one-on-one coaching. Her InPower™ Living program, a comprehensive educational and training system, has become a go-to resource for individuals seeking to establish healthy boundaries, develop personal power, and achieve lasting success. By merging practical self-defense knowledge with emotional intelligence and personal development strategies, Byrne has created a blueprint for personal empowerment that resonates deeply with her community.

A Holistic Approach to Personal Safety and Power

From a young age, Theresa recognized her calling to help others reach their highest potential. Her innate "protectress instinct" has been a driving force behind her work, shaping her understanding of both physical and emotional safety. Byrne's approach acknowledges that true personal power and safety are achieved when physical capability is harmonized with emotional

intelligence. This holistic perspective has become the cornerstone of her work, offering individuals a path to empowerment that addresses all aspects of their being.

A Legacy of Empowerment

Theresa Byrne's work has had a profound impact on her clients and the broader community. Her system has particularly resonated with those who have struggled with boundary-setting and self-advocacy. Through the InPower™ system, these individuals have not only gained tools for self-protection, but have also embraced a comprehensive framework for lasting personal empowerment.

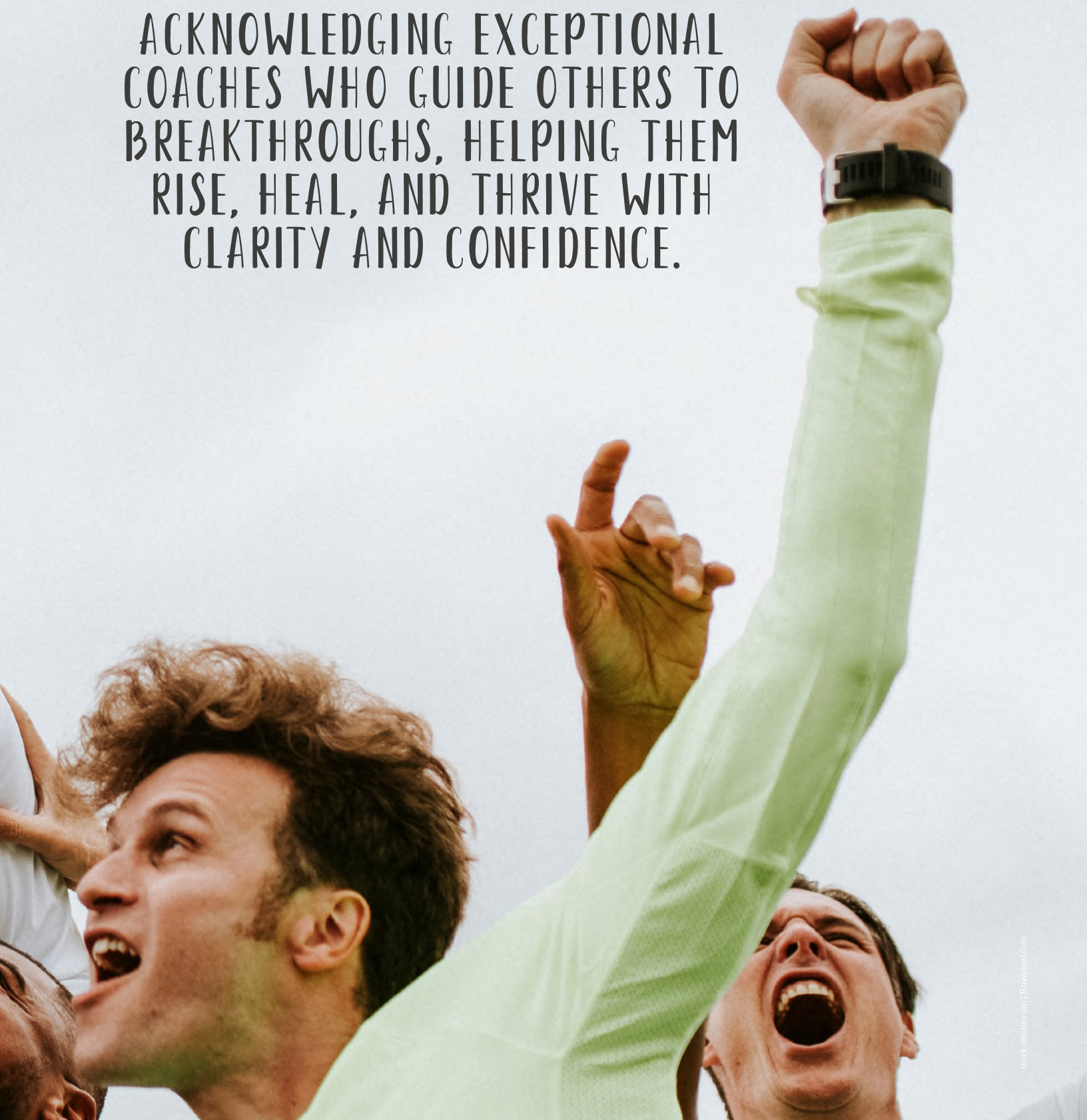
Looking ahead, Byrne continues to evolve her approach, addressing the changing needs of individuals in a complex world. Through her programs, books, and speaking engagements, she inspires others to discover their authentic power and strength.

Theresa Byrne's recognition as one of Best Holistic Life Magazine's Influencers of the Year is not only a celebration of her past achievements, but also a testament to her ongoing contribution to the field of personal development. Her innovative approach to personal power, boundaries, and self-actualization is shaping the future of empowerment for individuals worldwide.





ACKNOWLEDGING EXCEPTIONAL
COACHES WHO GUIDE OTHERS TO
BREAKTHROUGHS, HELPING THEM
RISE, HEAL, AND THRIVE WITH
CLARITY AND CONFIDENCE.







COACH OF THE YEAR 2025

BENTLEY MURDOCK, MPSY, CWN, MINT

FOR TRANSFORMING LIVES THROUGH WHOLISTIC WELLNESS AND CUSTOM COACHING

Bentley Murdock has been named Coach of the Year 2025 by Best Holistic Life Magazine for his profound dedication to guiding individuals, families, and organizations toward wholistic wellness. With over 25 years of experience as a Wholistic Health & Wellness Coach, Bentley's work helps clients integrate physical, emotional, and relational healing into their everyday lives. His Custom Coaching methodology empowers individuals to take control of their health, happiness, and relationships by creating a balanced, intentional lifestyle.

A Wholistic Approach to Wellness

Bentley's coaching philosophy emphasizes the importance of addressing all aspects of life. As a Certified Wholistic Nutritionist and Certified Master Health & Wellness Coach, Bentley integrates nutrition, emotional well-being, and relational health into personalized coaching plans. By using a non-template approach, he tailors his strategies to each client's unique needs, enabling them to heal, grow, and thrive.

The Three Pillars of Custom Coaching

Bentley's coaching focuses on three key pillars:

1. **Nutrition & Physical Health:** Focusing on plant-based nutrition, hydration, exercise, and detox for optimal physical well-being.
2. **Relational Harmony:** Helping clients foster effective communication, patience, and forgiveness in their relationships.
3. **Emotional & Mental Wellness:** Addressing emotional challenges, thought patterns, and spiritual practices for long-lasting emotional peace.

Desire-Based Lifestyle Customization

Bentley specializes in Desire-Based Lifestyle Customization, helping clients align their personal desires with a holistic wellness vision. Whether it's enhancing family life, overcoming personal challenges, or reversing disease, Bentley works closely with clients to design a personalized roadmap to their ideal reality. This approach ensures that clients can achieve their health and wellness goals while maintaining

balance and fulfillment.

Making Wellness Accessible

At Custom Coaching, Bentley is committed to making wellness accessible to all. His donation-based model allows people from all walks of life to benefit from his coaching services. Bentley believes that wellness should be within reach for everyone, regardless of their financial situation. This inclusive model ensures that his expertise can help individuals and families improve their lives and experience sustainable healing.

Family Legacy and Wellness

Bentley's passion for wellness is deeply rooted in his family's legacy in the alternative health industry. Growing up in a family that founded Miller's Honey and Nature's Way, Bentley learned the value of wellness from an early age. Today, he continues to honor that legacy by providing tools and resources to help clients live healthier, happier lives through his Custom Coaching programs.

Empowering Clients for Long-Term Success

Bentley's ultimate goal is to help clients achieve maximum self-actualization. Through his personalized coaching, Bentley guides clients toward balance, empowerment, and perpetual well-being. Whether seeking physical wellness, emotional peace, or relational harmony, Bentley's approach ensures that clients can achieve their desired lifestyle while fostering long-term success.

To learn more about Bentley Murdock's Custom Coaching programs and start your journey to wellness, visit his website.



COACH OF THE YEAR 2025

JOYCE GIOIA, MBA, CMC, CSP, FIMC

FOR SHAPING THE FUTURE OF LEADERSHIP AND WORKFORCE INNOVATION

Joyce Gioia, World-Class Consultant, Author, Futurist, and Speaker, is honored as Coach of the Year 2025 by Best Holistic Life Magazine for her outstanding contributions to leadership, workforce innovation, and corporate wellness. With over four decades of expertise, Joyce has empowered organizations worldwide to make better decisions today to ensure success tomorrow. She is recognized for her ability to guide clients through transformative strategies that prepare them for the future of work.

A Leader in Futurism and Corporate Wellness

Named one of Forbes Magazine's Top Women Futurists, Joyce is a sought-after thought leader and consultant specializing in future workforce trends. As the President of The Herman Group of Companies and Employer of Choice, Inc., she has helped countless organizations optimize their work cultures and human capital to achieve long-term success. Her work spans various industries, including healthcare, software, logistics, and manufacturing, where she provides strategic advice on leadership, employee engagement, and organizational stability.

Expertise in Experience and Engagement

In her groundbreaking book, *Experience Rules: How Positive Experiences Will Drive Profit into the Future*, Joyce highlights the critical role of positive experiences in shaping future business success. She advocates for business leaders to focus not only on customers but also on building meaningful connections with all stakeholders, including employees. Joyce's insights into creating a Culture of Caring have resonated globally, transforming the way businesses engage with their teams and customers.

Impacting Organizations Worldwide

Joyce's vast experience has led her to work with prestigious clients such as Procter & Gamble, SAP, and Honda. As a Certified Management Consultant (CMC) and Certified Speaking Professional (CSP), she has delivered high-impact talks and training programs across seven continents, helping executives build productive, innovative, and resilient teams. Joyce's strategies have proven to reduce turnover and increase employee satisfaction by fostering a culture of engagement and accountability. Her popular Herman Trend Alerts, a weekly publication read by over 30,000 subscribers in 91 countries, covers emerging workforce trends and the future of leadership. Joyce's ability to predict and navigate these trends has made her a trusted advisor to C-suite executives, guiding them in preparing for the changing dynamics of the workplace.

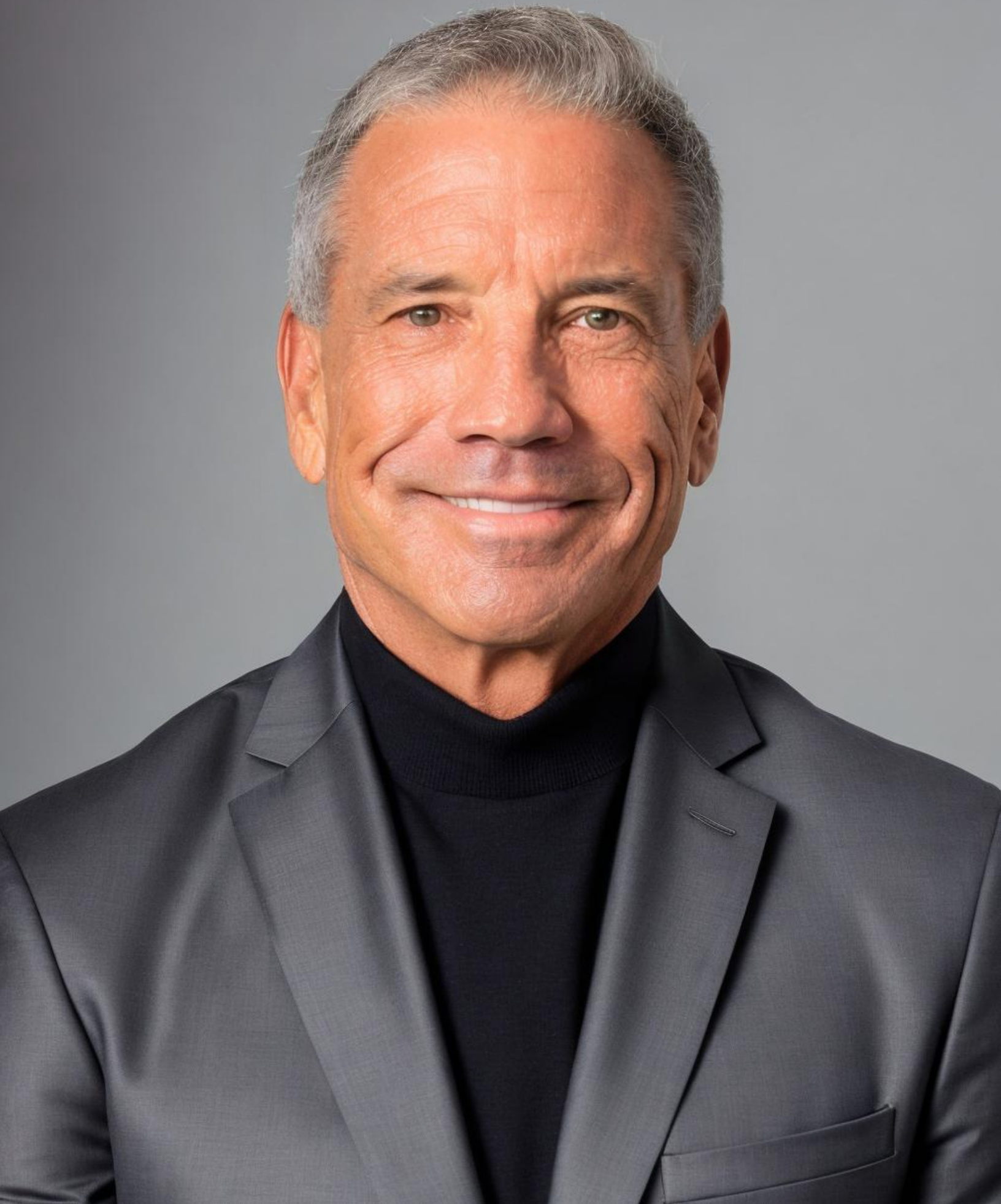
Transforming the Future of Leadership

Joyce's passion for futurism is evident in her efforts to shape the future of leadership. Her consulting services focus on strategic workforce planning, succession preparation, and leadership training, ensuring that organizations are well-equipped to meet the challenges of tomorrow. She is also committed to helping leaders develop emotional intelligence, resilience, and work-life balance, enabling them to lead with purpose and clarity.

A Visionary for the Future

As Coach of the Year 2025, Joyce Gioia continues to inspire and equip leaders with the tools needed to thrive in an ever-changing world. Her influence in the corporate world has been transformative, and her legacy of innovation and leadership will continue to guide organizations into a prosperous future.







COACH OF THE YEAR 2025

SIR JAMES GRAY ROBINSON, ESQ.

FOR TRANSFORMING STRESS INTO SUCCESS

THROUGH HOLISTIC HEALING

Sir James Gray Robinson, Esq., a third-generation trial attorney turned world-renowned healer, coach, and speaker, has dedicated his life to empowering individuals to overcome stress, anxiety, burnout, and depression. After a distinguished career in law and personal experience with burnout, Sir James transitioned into holistic healing. His work, combining over 30 healing modalities, has earned him the title of Coach of the Year 2025 from Best Holistic Life Magazine.

From Trial Lawyer to Transformative Healer

For 27 years, Sir James practiced law in North Carolina. However, the toll of stress and emotional exhaustion led him to leave the profession in 2004. He spent the next two decades studying neuroscience, epigenetics, and mind-body-spirit medicine, mastering over 30 certifications. His transformative journey not only healed him but also equipped him to help others unlock their true potential.

Helping Professionals Thrive in High-Stress Careers

Sir James focuses on professionals, particularly lawyers, executives, and entrepreneurs, through his Shift Program. Designed to uncover the root causes of stress, this program uses neuroscience and other healing practices to help clients heal in less than six hours. The goal is to help individuals reclaim joy and purpose in their careers and personal lives, turning stress into success.

An Author and Speaker with a Vision for Wellness

As an author, Sir James has written 13 books, including *Thriving in the Legal Arena: The Ultimate Lawyer's Guide for Transforming Stress into Success*. His books, which offer practical strategies for managing stress, have earned him international recognition, including the International Impact Book Award. A sought-after speaker, Sir James regularly shares his insights on stress management and career fulfillment at legal and corporate events. His articles are featured in leading publications such as *ABA Journal*, *Attorneys at Work*, and *Family Law Journal*.

A Legacy of Philanthropy and Film

Beyond coaching and writing, Sir James is a philanthropist dedicated to global humanitarian efforts. He has funded projects in India, Nepal, and Kenya, providing clean water, education, and medical care. His work earned him the President's Lifetime Achievement Award from President Joe Biden. Additionally, Sir James is a filmmaker, with documentaries like "Beyond Physical Matter" exploring health and healing, and upcoming films "Beyond the Mastermind Secret" and "Beyond Physical Life".

A Vision for the Future

Moving into 2025, Sir James is focused on expanding his impact through coaching, speaking, and film production. His vision is to continue guiding individuals to unlock their true potential and live lives filled with purpose, joy, and success.

Sir James Gray Robinson's remarkable journey from law to healing exemplifies the power of transformation. His dedication to improving the lives of professionals and making a global impact solidifies his role as a leader in holistic wellness.



The Future of Consciousness:
AN **EXCLUSIVE**
INTERVIEW WITH
MARK
ANTHONY, *JD*
PSYCHIC EXPLORER,
Visionary of the Year





Your book, *The Afterlife Frequency*, presents scientific proof of spiritual contact. How did your background as an Oxford-educated trial attorney influence your approach to blending science and spirituality?

I've always seen a connection between science and spirituality. The ability to communicate with spirits runs on both sides of my family. My parents were mediums, but not public about it. Mom was a commercial artist. Dad was a US Navy SEAL and aerospace engineer who taught me, "there are no mysteries, there's only questions for which we don't currently have an answer. But, if enough research, dedication and funding is applied you'll find an answer and it will be based on science." Being an attorney and a psychic medium may seem like polar opposites, but both involve helping people and both require evidence. As a trial attorney I represented people accused of crimes or those who were victims of devastating injuries or wrongful death. Through mediumship I help bereaved people by bringing comfort to them through facilitating communication with their loved ones in spirit.

As an attorney presenting credible evidence is crucial to proving my case in court. During spirit communication, I must present specific and verifiable pieces of evidence transmitted to me from spirits to prove the authenticity of the contact.

My civil law practice focused on brain injury cases. I spent years studying forensics, anatomy, physiology, and brain functions. I saw how spirit communication ability is possible because of human physiology which enables us to align our brainwave frequency with the frequency of spirits. Dad was right, there's a scientific explanation for everything, even the spiritual.

You've been called the 'Psychic Indiana Jones' due to your explorations of ancient ruins and supernatural phenomena. What have been some of the most impactful discoveries in your journey as a Psychic Explorer?

I've always loved adventure and examining ancient ruins and mystical locations is fun, although at times it can be dangerous. It also gives me the opportunity to combine my mediumship abilities with the scientific method of objective observation. I strive to avoid jumping to conclusions without evidence and to always expect the unexpected.

During 2018 I was on the Big Island of Hawaii filming a project about Hawaiian spirituality. Everyone in Hawaii, even the non-Hawaiians know about the akua (goddess) Pele who is closely associated with the Volcano Kilauea. Hawaiians believe Pele is not the goddess of fire, she is fire. She is not the goddess of the Volcano—she is the Volcano. The Hawaiians believe when Pele is calm, Hawaii is serene, but when Pele is angry, the earth shakes and volcanoes erupt.

Kilauea was erupting on a scale not seen in decades. My manager Rocky Trainer booked our cameraman Vince and me on the special helicopter used by Nat Geo, Smithsonian, and other major media outlets. It was faster and more maneuverable than bulky tourist helicopters. The three-man crew were the best of the best.

As we approached Kilauea, we slid open the door to film. Even at 3,000-foot altitude we felt the searing heat wave from the 2,000° lava—hot enough to incinerate a car not to mention a helicopter. Hawaii's normally volatile weather was exacerbated by this intense heat which caused ultra-hazardous atmospheric turbulence. The helicopter was thrashed by fierce wind and driving rain causing rapid shifts in our altitude.

Through steam, smoke, ash, and rain we saw devastation everywhere. Forests, neighborhoods, and a geothermal power plant were charred to smoking cinders. Rivers of lava flowed into the ocean boiling the seawater. As it cooled new land formed. In a few weeks, the Big Island had increased in size by several square miles.

Hawaiians believed Pele was angry because the geothermal plant violated her domain. Volcanologists theorized the eruption was due to destabilization of subterranean structures caused by deep drilling related to the geothermal plant. My science-oriented nature leaned toward the volcanologists.

Suddenly I connected with an immense female consciousness. This was no mere geological reaction. It was much more complex than anger. I felt the pain of a mother during child birth. We were witnessing the feminine side of the divine, the power of creation itself which ages ago formed the continents and was now giving birth to new land among the ocean.

One of the most alluring places in the world is Machu Picchu in the Andes Mountains of Peru. It was a shining jewel of the Incan Empire. When the Spanish invaded Peru in the 16th Century they never conquered Machu Picchu probably because of its isolated mountain top location. Nonetheless the inhabitants of Machu Picchu abandoned the city and it was covered by dense jungle growth until it was rediscovered in 1911. Machu Picchu remains shrouded in mystery. For over a century archaeologists have tried to understand this strange city. It clearly had agricultural and commercial importance but also deep religious and ceremonial significance.

While examining Machu Picchu I was drawn to what is known as the "Funerary Rock." Archaeologists named it this because of the vast cemetery discovered nearby. This carved rock table like structure has small steps that form a staircase leading to its surface. The head of the Funerary Rock is a triangular structure pointing to the sky. I immediately felt it was some form of an altar. Archaeologists theorize the Funerary Rock was used as a ceremonial table where mummies were embalmed—or did it have another purpose?

The altitude of Machu Picchu is over 8,000 feet. The Funerary Rocky is perched at the edge of a cliff near a stone structure known as the "House of the Watchman." A path leads from the Funerary Rock to the House of the Watchman which provides the best view for taking photos. Surrounded by mist, the Funerary Rock glistened from light rain as clouds wafted over the cliff behind it. This was a photographer's dream. I stood in the doorway of the House of the Watchman and focused the telephoto lens on my camera.

Suddenly, I felt disoriented. Initially, I thought it was altitude sickness, but this was different. I felt shifted into another time and reality. A female consciousness came to me and for a few seconds I was seeing through her eyes. On either side of the path leading to the Funerary Rock were dozens of people, mostly men, clad in loin cloths. They were adorned with gold and silver medallions and beaded necklaces. They wore elaborate feathered headdresses giving them the appearance of giant birds of prey.

This woman knew she was being led to the altar to be sacrificed to the gods—yet instead of fear she felt her sacrifice was a great honor. Abruptly I was catapulted back into my own reality. Drenched in sweat I sank to my knees overwhelmed by the realization I caught a glimpse of a human sacrificial ritual from a vanished civilization.

You've helped countless people find healing through spirit communication. What is the most crucial message spirits convey to those struggling with grief?

Every spirit communication session is unique, but the most crucial messages conveyed are about love, healing, protection and resolution. Your loved ones in spirit want you to know that they didn't disintegrate at physical death but have transferred to a new level of consciousness as immortal living beings. Yet love transcends physical death and they want you to have the happiest and healthiest life possible. That's why they may warn of a potentially dangerous situation and sometimes give you health advice. Spoiler alert, they never tell you to eat more bacon double-cheese burgers, sweets and junk food!

In The Afterlife Frequency, you discuss how spirit communication isn't paranormal but a natural part of the human experience. Can you explain the concept of frequency transfer and its role in connecting with the Other Side?

Every great spiritual teacher in human history has taught that the soul/spirit/consciousness pre-exists the body, comes into the body and leaves the body at physical death. The second law of thermodynamics in physics states energy is neither created nor destroyed only transferred from one form to another. Neuroscience proves the brain has an electromagnetic field. While the brain is 2% of the body's weight it uses over 20% of its electrical energy. Molecules are made of atoms which are composed of electrons, protons and neutrons, which are made of the smallest particle of electromagnetic energy known as a quantum, ergo the term "Quantum Physics." This means everything from the earth to our body, radio waves, light, the Moon and beyond are all on the subatomic level electromagnetic energy. My Electromagnetic Soul (EMS) theory describes what we really are in 21st Century terms: pure consciousness which is eternal electromagnetic energy. Electromagnetic Soul (EMS) Theory provides a sound scientific basis for the existence of the soul, afterlife and all forms of spirit contact including mediumship, near-death and shared-death experiences, deathbed visions, out-of-body experiences and even reincarnation.

The brain does not create the EMS, it merely hosts it. When you die, the individuality of your EMS is "uploaded" to an infinite array of Electromagnetic Souls, love and intelligence which I refer to as the Collective Consciousness.

Think of our dimension as AM Radio and the Afterlife dimension as FM Radio. Both dimensions are energy, but ours vibrates at a lower frequency. Spirit Communication occurs when your brain-wave frequency overlaps and aligns with the Afterlife Frequency.

As someone with a unique blend of credentials, from practicing law to studying at Arthur Findlay College, how do you address skepticism about mediumship and spiritual phenomena?

The revered 13th Century theologian Thomas Aquinas said, "To one who has faith, no explanation is necessary. To one without faith, no explanation is possible." The great 21st Century astrophysicist Neil deGrasse Tyson has said, "Science is true regardless of whether or not someone believes it."

As a medium I've lived with the ability to perceive spirits my entire life. As a Near-death Experience Researcher, I've seen how science is now proving the electromagnetic soul survives physical death and that we can communicate with spirits. New discoveries are always emerging. It's only a matter of time until science provides definitive proof of life after death and that spirit communication is real and based on sound scientific principles. However, even when there is scientific proof of the soul, afterlife and spirit communication some people will refuse to believe. There are people today who actually believe the Earth is flat!



Your book *Never Letting Go* has been recommended by grief counselors and hospices worldwide. What advice would you give someone stuck in grief and unable to move forward?

Never Letting Go is a guide for the lifetime journey through grief. There is nothing you can do about the fact a loved one has died, but you can change how you react to the death. This begins with accepting the reality of the death. Through that acceptance you will come to a place of inner peace which enables you to live with the loss. Some grief counselors say you must let go of the person who died. I disagree and my book is entitled “*Never Letting Go*” because what you must let go of is the pain associated with the death, but never let go of the love for the one who died.

You’re known as the ‘Go-To Guy’ when the paranormal and legal worlds collide. How has your dual expertise as a lawyer and psychic medium helped you resolve cold cases and high-profile investigations?

My background as a prosecutor, criminal defense attorney combined with my ability to communicate with spirits is extremely useful when working on cold cases. Information from spirits is hearsay and not admissible in court, but it can lead police to admissible evidence. On the CBS TV Show “*The Doctors*,” I conducted a reading for family members of a young woman murdered in Arizona. Despite finding DNA evidence at the scene the murderer had not been located and the case remained unsolved.

The victim’s spirit insisted the police broaden the parameters of the DNA testing. Through me the spirit conveyed the suspect would already be behind bars on an unrelated charge.

After the reading the victim’s father contacted the police. Soon after the Arizona Police applied the “*Familial DNA Test*” to the sample collected from the murder scene. At the time only 12 states used the “*Familial DNA Test*,” and this was the first time Arizona ever used it. Familial DNA broadens the parameters of the DNA search to identify people in the criminal database who are closely related to the unknown person’s DNA being tested.

Immediately the test identified the DNA of a close relative. Ironically this guy was serving time in prison. The police then obtained a search warrant for the blood sample of his brother who was also in another jail for Aggravated Drunk Driving. His DNA was a direct match to the sample found at the murder scene. Just as the victim’s spirit said, they would find the killer by broadening the parameters of the DNA search and because he’d screwed up, they’d find him in jail on an unrelated charge. The suspect is currently awaiting trial for premeditated first-degree murder.

All three of your books have been praised for their ability to comfort and educate. What inspired you to write *The Afterlife Frequency*, and what impact do you hope it has on readers?

In *The Afterlife Frequency* my “*Electromagnetic Soul*” (EMS) Theory explains how our soul is pure eternal energy—meaning we never die. Electromagnetic Souls are the spirits of our loved ones and they communicate with us. My RAFT (Recognize, Accept, Feel, Trust) Technique teaches readers how to Recognize contact with spirits, Accept it as real, Feel it without fear, and Trust in the experience.

The impact I hope *The Afterlife Frequency* has is to help people understand that while not everyone is a psychic or a medium, everyone is capable of having psychic and mediumistic experiences. Some people are simply better at spirit communication than others. Nonetheless we can all experience it to varying degrees. Everyone is unique and good at different things. For example, I can swim, but I’ll never be a Michael Phelps. The important thing to understand is that Spirit Communication is a gift accessible to everyone.

Mediumship has historically been met with fascination and skepticism. How do you see the role of psychic mediums evolving in modern society, and what do you think the future holds for this field?

One of my presentations “*Rulers, Royals, Psychics and Spirits*,” explains how for millennia powerful people have consulted with psychic advisers behind the scenes. This includes nearly a third of US Presidents, including some 21st Century Presidents. To paraphrase Gilded Age financier J.P. Morgan, “*Millionaires don’t consult Psychics—Billionaires do.*”

Given the discoveries by Survival of Consciousness and Near-death Experience research scientists it’s clear our Electromagnetic Souls survive physical death and are able to communicate with us.

As a medium, I’ve been studied by many scientists especially at the University of Arizona which has one of the leading Survival of Consciousness research centers in the world. Their evidence indicates mediums receive information they have no way of knowing from sources beyond the physical. I believe the future of mediumship is bright and will continue to contribute in positive ways.



Your radio show, *The Psychic & The Doc*, has been named Best Radio Show of the Year 2025. What has been the most memorable moment or guest you've had on the show so far?

It's a privilege to work Dr. Pat Baccili. She's an amazing and gifted person who went from being homeless in New York City to becoming a world-renowned Behavioral Psychologist. She founded TTN (Transformation Network) and for over two decades she's hosted multiple award winning "The Dr. Pat Show."

We've had many memorable guests and moments, but two come to mind. When the Ukraine war started, we were privileged to have as our guest Sviatoslav Yurash. At 26 he was the youngest member in the history of Ukraine's Parliament. Moments before we went on air, I learned that just 3 days before his girlfriend journalist Oleksandra Kuvshynova and his good friend and mentor cameraman Pierre Zakrevskiy had been killed when a Russian shell hit their car.

Dr. Pat and I saw the pain in his eyes as he talked about losing his girlfriend, his mentor and the horror of the invasion. I knew he was crying internally, but he maintained his composure. His dignity and inner strength were beyond impressive. It was an honor to interview this amazing man. He's currently serving in the Ukrainian Army and he and I stay in touch. He's always in my prayers.

I believe the most memorable moment for Dr. Pat and me was the first time we worked together. It was even before "The Psychic & The Doc" was even a concept. In 2019 I was on a spirit communication tour of Seattle and was invited to be a guest on "The Dr. Pat Show." The producer opened up the phone lines so I could do mini-readings to connect callers with their loved ones in spirit. A mom devastated by the recent death of her son called in. Immediately his spirit insisted she was not to take her own life. She paused, then admitted she was contemplating suicide. Calmly, Dr. Pat encouraged her to open up about her feelings. Then her son's spirit continued to convey uplifting messages of love. Together Dr. Pat and I literally talked this grief-stricken mom "off the ledge." Everyone in the studio from Dr. Pat and me, to her producers and my manager Rocky felt a "synergy."

Dr. Pat connected her directly with the Suicide Hotline and got her contact information in order to check on her progress which Dr. Pat did.

After the show, my manager Rocky said to Dr. Pat and me, "I think you two need to do a show together."

Many people fear the idea of connecting with spirits. How do you guide individuals to approach spirit communication as a healing and uplifting experience?

People fear the unknown and what they don't understand. Death is the great unknown and most people don't understand spirit communication. Some people feel it's somehow evil because of scripture. As the Psychic Lawyer I advise reading the entire document and not just a few select lines before jumping to ominous conclusions about what the document actually says.

Scripture is loaded with people with psychic abilities. When they're the bad guys they're called "witches" or "mediums." When they're the good guys they're called "prophets."

For example, Deuteronomy 18:10-22 in the Torah/Old Testament initially warns people about mediums, but in the same passage states that if the word the prophet speaks is true or comes to pass, then that's the word of the Lord. Does Deuteronomy condemn psychic abilities or does it set truth as the standard for them?

In the New Testament 1 Corinthians 12:4-12 lists gifts that God produces in everyone. Two of these gifts are the psychic abilities of "prophecy" (foreseeing the future) and "discernment of spirits" (mediumship).

Many Catholic Saints exhibited what we now know as psychic abilities. During the Medieval Era if you had these abilities and were a member of the clergy like Saint Francis of Assisi these abilities were deemed "visions of the Holy Spirit." His colleague Saint Clare of Assisi was said to be able to see and hear Mass (Church) services on the wall of her room when she became too ill to attend Church. We now know this ability as remote viewing which is where someone is able to extend their consciousness beyond the physical body in order to observe something happening in real time whether it is across town or across the world. Intelligence agencies in the UK, US, France, Russia and China have been using remote viewers for decades.

In 1958, eight centuries after her death Pope Pius XII declared Saint Clare of Assisi the "Patron Saint of Television." The Vatican has been well aware of people with psychic abilities for centuries. For Medieval psychics who weren't clergy members you ended up being burned at the stake for witchcraft like Joan of Arc.

The time for fearing spirit communication is over by accepting that it isn't paranormal or supernatural, but a normal part of nature. It's possible because of human physiology which enables frequency alignment between humans and spirits. It's a conversation with the spirits of people you love who love you. It can bring healing and resolution to those whose suffering is caused by grief, homicide, suicide, PTSD and survivor's guilt. Spirit communication must not be viewed with fear but rather as a healing gift of love to humanity.



As the Visionary of the Year 2025, you've already achieved so much. What legacy do you hope to leave in the realms of grief healing, afterlife studies, and spiritual exploration?

Designation as Visionary of the Year 2025 is a great honor. As a researcher I'm humbled to stand on the shoulders of giants who for the last half century have applied the scientific method to the study of Near-death Experiences and Survival of Consciousness. I'd like to be remembered as the Psychic Explorer whose work bridged the divide between faith and science by bringing spirit contact out of the darkness of fear and into the light of 21st Century science. The credit for defining my life's mission goes to my mother Jeannie. Not long after she passed, Mom came to me in a vision and said "You've been given the gift of mediumship so that you would not be crushed by grief, but now you must help people suffering with their grief understand that God exists, that Heaven exists, that our spirits are immortal living beings, that humans can communicate with spirits and that when it is our time to leave the material world, we will all be reunited in the Light that is God."

MEAGAN ELIEFF
&
MEGHAN FIALKOFF
WOMEN OF IMPACT
OF THE YEAR 2025







The Modern Day Wife is described as a movement, not just an organization. What inspired you to create a hub that serves women in all areas of life—from career to relationships and home life?

Meagan Elieff: I started Modern Day Wife during a transitional period in my life back in 2018 in Vancouver Canada. I was managing a career, a serious relationship, and trying to balance it all. The name Modern Day Wife came to me as I was striving for the next goal in my life (I wanted to be a wife) and I thought it was catchy. I knew the name would stick out and people would love it or hate it. I envisioned a community for women who wanted to learn how to balance their careers, home lives, and relationships – but I wanted to be fun and include a touch of glamour and luxury. There were elements of networking, discovering exciting brands and fashion that I also wanted to incorporate – as these were things that I loved and that so often bring women together.

I had experience working with brands through my corporate career as a Retail Buyer so I knew how to merge the concept of having brand activations and experiences into our events – curating this part of the event was like curating a mini store, and I knew I was good at that. I have loved Fashion since I was a young girl and I wanted all of our events to have a Fashion Show. I knew that this would set the company apart from other groups doing the same thing. Five years later, this holds true – every event does have a Fashion Show!

You've been recognized as Women of Impact for 2025. How is The Modern Day Wife redefining how women collaborate, grow, and thrive in today's fast-paced world?

Meagan & Meghan: After five years, we've recognized that we are defining how women connect, grow and thrive in today's world – and we have learnt that trying to “do it all” is unrealistic. While help can enable you to achieve more, something often then suffers—whether it's your marriage, career, health, or time with friends and family. It's important to recognize the “seasons of life,” understanding when to prioritize certain areas. For instance, some women may pause their careers to

focus on family, or vice versa, depending on their current goals. Knowing your season allows you to align with your priorities, achieving success and happiness without regrets. We also understand that our community needs to cater to women and support them through all stages, that is why our events focus on various pillars that we need help with as women – from fashion & lifestyle, beauty & wellness to business & entrepreneurship, marriage & motherhood. Our events, community, magazine and podcast share a variety of content that can help any woman no matter what season she is in or stage she is at.

Collaboration is at the heart of The Modern Day Wife. How do your events and The Vault membership foster meaningful connections among women globally?

Meagan & Meghan: Our community also allows for both brands, influencers and ladies from all walks of life to be connected and expand their network to consist of new friendships, business ideas and mentorships. When you attend an event or you are a part of the online community you have access to 1000's of new contacts, of people who are across the globe. You cannot put a price on connections, it truly is invaluable. Every connection has the potential to lead to a new collaboration whether it is in business or a new friendship – that connection could change the direction of your entire life. We have met so many incredible people through our community and it is the community that helps you expand. What we love seeing most is ladies working together and creating business deals after meeting at our event or becoming friends and attending other events in the city together – it is amazing to think that Modern Day Wife did that!



Your podcast, Modern Day Wife Podcast, highlights a 360-degree view of a woman's life. What unique insights or stories have stood out to you the most, and how have they shaped the mission of your organization?

Meagan & Meghan: Having a podcast is so interesting, because you get one on one time with all of your guests that you normally wouldn't get at an event – when we have Speakers on our panel we only get 2-3 questions answered from each of them. While, we learn a lot in that short 5-10 minutes when you have a whole entire 45 minutes with someone, you learn their life story. The person opens up, they become real with you, you get the raw and honest conversation...which honestly leads to the best golden nuggets and makes for an amazing podcast. We both agree that people want the truth, people want the speaker to feel relatable to them – no one is perfect, we all struggle with something and sharing the authentic part of one's story is so important. It helps for the audience to really connect with you, and they feel like they know you.

All of our guests from Season 1 and soon to be launched Season 2 have been amazing – the biggest person that stands out to me is Anastasia from Studio Queen Hair, her episode will launch on Season 2. Meghan and I had no idea her backstory and I know by the end of it we were both melting in compassion and even greater admiration for her – we love her and she has been a huge part of our community!

You encourage women to embrace the stage of life they are in – What are the key tools or strategies you provide to help them achieve this transformation?

Meagan & Meghan: Our events are focused around finding Speakers and brands that support, promote and offer products and or services for women that can enhance their lives and at different stages.

For example, we look for Speakers who are married, not married, dating or divorced so they can speak to a relationship and offer advice in that area. Speakers who speak to Marriage, Motherhood, Fashion & Beauty, Lifestyle & Wellness, Business & Entrepreneurship.

We partner with different magazines such as Angeleno or New Beauty that have content that is applicable to our target market to offer information that may be of value to our community.

We have brands Sponsor the event from beauty, fashion, business, tech, motherhood, organizational service, financials, legal, home-services etc. Every single aspect of the event is designed and curated to share knowledge with the audience for the women who are doing many things, have gone many places and are going many places – the content we provide touches on the 360 degree view of a woman's life from career, to relationships and homelife. Modern Day Wife is for the woman who grows with each season that she is in.



Your events are known for their upscale ambiance and educational focus. How do you balance creating an inspiring atmosphere with delivering tangible takeaways for attendees?

Meagan & Meghan: Ambience has always been an important focus of our events from day one – as ambience sets the tone and the mood of the event. It is the first thing a guest sees and experiences when they walk into the event – they can be awed by the magnificence of the decor/ interaction opportunities and have a great first impression or they can be disappointed by the lack of thought and creativity.

For us, we always put a lot of creativity into the events – meaning we dream up the feeling of what we want the event to portray, how we want our guests to feel, this really helps us set the tone of the mood board and overall design of the event. We also wouldn't be able to create such show stopping photo opportunities and decor moments without help from

our Designer Casey Glidden and the fabrication teams who support it. We also have a structure of what makes a great event and this is what allows us to still deliver on the content element, yes the ambience is a huge part but we never host or put an event together without thinking about what education component and takeaways the event will offer. We also list out what our attendees will leave with as a main takeaway and discuss what this event is focused around, for example is it more business, fashion, marriage, wellness, motherhood or a combination? We determine this and it also helps bring the whole creative ambience together – it is the education piece that also allows us to build out an amazing decor theme. The two are synergistic, the ambience and education go hand in hand supporting one another to achieve an unparalleled perfection in each event.



SPOTLIGHTING THE MOST
IMPACTFUL AUDIO PLATFORMS
SHARING STORIES, STRATEGIES,
AND CONVERSATIONS THAT
EDUCATE, UPLIFT, AND
TRANSFORM LIVES.





PODCAST OF THE YEAR 2025

A HEALTHY POINT OF VIEW

WITH SAM TEJADA
FOR ELEVATING WELLNESS, SUCCESS,
AND PERSONAL GROWTH

Welcome to "A Healthy Point of View" with Sam Tejada, the recipient of Best Holistic Life Magazine's Podcast of the Year 2025 award. Hosted by entrepreneur and wellness expert Sam Tejada, this podcast is a transformative journey that goes beyond the surface to inspire, challenge, and empower listeners to take control of their health, wellness, and success.

Inspiring Conversations for Wellness and Success

In A Healthy Point of View, Sam Tejada engages in thought-provoking discussions with leading experts across a variety of industries. Whether you're navigating the challenges of business, entrepreneurship, or aiming for better physical and mental health, this podcast offers valuable insights and strategies to help you thrive. Sam's guests share their experiences, struggles, and triumphs, providing actionable advice for listeners to apply in their own lives.

Empowering Health, Business, and Personal Growth

Each episode delves into essential topics such as building lasting relationships, mental and physical well-being, personal development, and business growth. Through real-life stories of struggles and victories, Sam and his guests explore the obstacles that can hinder success and well-being. From mental health to navigating the challenges of entrepreneurship, A Healthy Point of View helps listeners challenge conventional norms, find balance, and unlock their fullest potential.

A Vision for Transformation

Sam Tejada's personal story is a testament to resilience and vision. From his early days as a lifeguard in Milwaukee to founding Liquivida®, a multi-million-dollar wellness company, Sam's journey reflects his unwavering determination to transform lives through preventative healthcare. As a visionary entrepreneur, he's deeply committed to helping people live healthier, more fulfilling lives. His future aspirations include expanding his impact in politics and community enhancement, ensuring his

efforts continue to inspire and drive positive change.

Join the Journey to Better Health and Success

Each week, A Healthy Point of View brings listeners a fresh perspective on health, success, and happiness. Sam's engaging discussions and motivating stories provide a platform for exploring new ways to achieve wellness and thrive in life. Whether you're looking for tips on improving health or strategies to elevate your career, this podcast is your guide to unlocking new possibilities.

Tune in to A Healthy Point of View and join Sam Tejada on this transformative journey.







PODCAST OF THE YEAR 2025

EMBODIED MILLIONS

WITH DANIELLE MARGGRAF
FOR UNLOCKING WEALTH THROUGH ENERGY,
ALIGNMENT, AND INTUITION

Embodied Millions, hosted by Danielle Marggraf, is the recipient of Best Holistic Life Magazine's Podcast of the Year 2025. This unfiltered and deeply insightful podcast explores the emotional and energetic path to creating wealth—what Marggraf calls embodied wealth. Through conscious conversations, Danielle guides listeners into understanding how their nervous system, emotional energy, and subconscious affect their ability to attract and retain financial abundance.

A Revolutionary Approach to Wealth

In Embodied Millions, Danielle emphasizes that true prosperity doesn't just come from external actions but from embodying wealth within. She discusses how the nervous system is the root of our wealth potential and how personalizing habits can create quantum success. Danielle explains how emotions, frequency, and energy can either enhance or derail the ability to be a "money magnet." Each episode delves into how the body holds the key to our subconscious beliefs and the transformative power of connecting to one's internal wisdom and intuition to unlock financial success.

The Power of Embodying Wealth

Danielle's teachings are rooted in the conviction that the body is the keeper of truth, wisdom, and subconscious patterns. Through somatic practices, she encourages listeners to tap into their bodies to access their inner guidance, aligning their business, personal life, and bank accounts with the flow of prosperity. Her approach is inspired by the divine feminine, which emphasizes fun, freedom, and alignment in both business and life. Danielle's message is clear: by tuning into our desires and embodying our wealth, we can transform our lives and businesses into sources of abundance.

Conversations with High Achievers

Occasionally, Embodied Millions features guests who are on their journey to financial empowerment or who have already reached the seven-figure mark. These episodes offer unique insights from accomplished individuals who share their experiences, struggles, and triumphs in creating wealth while staying true to their purpose-driven lives.

A New Way of Living and Earning

Every Tuesday, listeners are invited to drop into their desires, listen to their intuition, and explore what they require to create wealth in a holistic, embodied way. Danielle's no-nonsense teaching style and empowering messages inspire women worldwide to step into their power, break past money blocks, and create soul-enriching businesses that reflect their worth.

Embodied Millions is not just a podcast; it's a movement. A call to align your business and personal life with the deep wisdom of your body, to activate your inner guidance, and to create lasting prosperity that flows from your authentic self.

Tune in to Embodied Millions for your weekly dose of wealth, empowerment, and transformation. Listen on Apple Podcasts.



PODCAST OF THE YEAR 2025

KEEPING IT REAL ON PURPOSE

WITH EDNA J. WHITE
FOR TRANSFORMING CHALLENGES INTO
GROWTH AND HEALING

Hosted by Edna J. White, *Keeping it Real on Purpose* has earned Best Holistic Life Magazine's Podcast of the Year 2025 award. This transformative podcast creates a space where real people tackle real challenges and turn them into opportunities for growth and healing. Through her insightful leadership, Edna brings together a community of like-minded individuals to embrace a more fulfilled and conscious way of living.

Empowering Personal Fulfillment and Healing

In *Keeping it Real on Purpose*, Edna White dives deep into topics that matter most—happiness, spirituality, trauma recovery, and personal empowerment. Inspired by thought leaders like Eckhart Tolle, Iyanla Vanzant, and Bessel van der Kolk, the podcast explores themes of overcoming generational and childhood trauma, PTSD, and embracing the path to healing. Through conversations with high-profile guests like Tony Robbins, Brene Brown, Lisa A. Romano, and Brendon Burchard, Edna brings practical wisdom to her audience to unlock endless possibilities for growth. Each episode is designed to empower listeners to transform their lives. With powerful interviews, personal stories, and actionable advice, Edna's podcast inspires a global community to take bold steps toward a more fulfilling existence. The show's heart-centered approach resonates deeply, offering hope, healing, and connection to those seeking to overcome life's obstacles.

Leadership, Purpose, and Transformation

Edna's approach to coaching and leadership goes beyond cookie-cutter advice. As a Creative Performance Facilitator and Coach, she uncovers hidden strengths in entrepreneurs and teams, enabling them to break through challenges and ignite powerful transformations. Through her company, 2nd Chance Inc., Edna helps women discover their true purpose and vision, creating transformative experiences in workshops and summits, including those in Hawaii.

Edna's podcast reflects her passion for empowering others to lead from a place of authenticity. With over 10,000 leaders guided, *Keeping it Real on Purpose* has reached listeners in over 100 countries. The podcast fosters an environment where people not only heal but also thrive in all areas of life—business, relationships, and self-discovery.

A Mentor Who Ignites Leadership

Edna White is more than a coach; she is a mentor who ignites the inner leader in all of us. Her dynamic leadership and transformative approach have touched thousands, helping individuals discover their voice and achieve their fullest potential. Whether through her podcast, workshops, or online platforms, Edna is dedicated to creating spaces where people can heal, grow, and lead with purpose.

Join Edna on this extraordinary journey of self-discovery, transformation, and conscious living. Listen to *Keeping it Real on Purpose* on Apple Podcasts and start your journey toward a life of healing, empowerment, and success.







PODCAST OF THE YEAR 2025

REPRODUCTIVE REBEL

ADRIENNE IRIZARRY, HWH
FOR EMPOWERING WOMEN TO TAKE CONTROL OF
THEIR HEALTH NATURALLY

Hosted by Adrienne Irizarry, Reproductive Rebel has earned the prestigious Podcast of the Year 2025 award from Best Holistic Life Magazine. This powerful podcast takes a bold and refreshing approach to women's health, offering listeners a platform to take control of their own well-being, particularly when it comes to reproductive health. Adrienne, a Holistic Women's Health Practitioner, provides period solutions and holistic approaches to achieving a symptom-free life, empowering women to reclaim their health on their own terms.

A Straightforward Approach to Women's Health

In Reproductive Rebel, Adrienne Irizarry speaks candidly about the issues women face in their reproductive health, offering practical advice and alternative solutions. As the founder of Moon Essence® and a seasoned expert in holistic health practices, Adrienne delves into non-invasive approaches to restoring balance and health in women's bodies. The podcast gives women the tools they need to make informed decisions and take the reins of their own health. With each episode, Adrienne goes beyond traditional treatments and dives deep into holistic remedies, offering period solutions, insights on balancing hormones, and providing strategies to live a symptom-free life. She combines her knowledge of Acutonics, Peristeam Hydrotherapy, Chinese Nutrition, and Herbalism to address the root causes of reproductive health challenges, providing women with practical, natural solutions.

Empowering Women with Knowledge and Tools

Through Reproductive Rebel, Adrienne empowers women to listen to their bodies and trust their intuition, encouraging them to embrace holistic practices that support their overall health and well-being. She educates listeners on a range of topics, from

menstrual health to digestive wellness, offering a holistic toolkit for women seeking natural alternatives to conventional medicine. Adrienne's message is clear: women's health is personal, and it's time to take control.

A Holistic Health Practitioner Who Walks the Talk

Adrienne Irizarry is a certified Acutonics practitioner, certified Peristeam Hydrotherapist, and a Chinese nutritional therapist and herbalist. With years of training and practice, including studies at the East West School of Planetary Herbology and the School of Evolutionary Herbalism, Adrienne brings a wealth of knowledge to her work. Her passion for alternative medicine is backed by her own experience in navigating the healing process, and she's dedicated to helping other women do the same. As the founder of the Tao of Women Institute, Adrienne also offers educational opportunities to both individuals and professionals looking to enhance their holistic health practices.

A Voice for Women's Wisdom

Adrienne's mission is not just to provide health solutions, but to spread women's wisdom for future generations. Through Reproductive Rebel, she is breaking the silence around women's reproductive health issues, offering solutions that empower women to live their best lives. Featured in Apple News and Grit Daily as a Top 10 Health Industry Disruptor for 2023, Adrienne is reshaping the conversation on women's health with her expert insights and forward-thinking approach.

Tune in to Reproductive Rebel every week for actionable advice and transformative wisdom on Apple Podcasts at Reproductive Rebel.



PODCAST OF THE YEAR 2025

THE MODERN DAY WIFE

WITH MEAGAN ELIEFF & MEGHAN FIALKOFF

FOR EMPOWERING WOMEN TO THRIVE IN EVERY ROLE

Hosted by Meagan Elieff and Meghan Fialkoff, Modern Day Wife, The Podcast is the recipient of Best Holistic Life Magazine's Podcast of the Year 2025 award. This dynamic podcast provides an authentic, real-talk platform for women balancing the many hats they wear—whether it's as a wife, mother, career professional, or friend. Through candid conversations with celebrities, luminaries, stay-at-home parents, and working professionals, Meagan and Meghan share insights on how to navigate life's complexities and thrive in all areas.

Balancing Life's Many Roles

Each episode of Modern Day Wife dives into the 360-degree view of a woman's life. The hosts explore the challenges and triumphs of balancing relationships, career, home life, and personal well-being. They interview a variety of guests, offering diverse perspectives on how to tackle adversity, find success, and maintain a sense of fulfillment. The podcast emphasizes that achieving balance is not about perfection, but about resilience and the tools that help each woman thrive.

Real Talk on Success and Adversity

Meagan and Meghan's conversations focus on how women can juggle the competing demands of their various roles, from executive duties to parenting responsibilities. With a mix of motivational stories, actionable advice, and relatable struggles, Modern Day Wife is not just about career tips—it's about life enhancement in every area. Whether you're looking to improve your career, health, relationships, or overall mindset, the hosts and their guests provide practical tools and strategies to help women reach their full potential.

Empowering Women to Thrive in All Roles

The Modern Day Wife podcast resonates with women who aspire to excel not only in their careers but also in their roles at home, in relationships, and as individuals. Meagan and Meghan are on a mission to empower women to become the executive of their lives, careers, and homes. Their podcast is an extension of the community they've created—a space where women support each other to become stronger, more confident, and more capable in all facets of life.

Transforming Lives, Homes, and Careers

At the heart of the Modern Day Wife podcast is a passion for transforming lives. Whether you're a mother, CEO, or someone looking to make a meaningful change in your life, this podcast provides the inspiration and tools to do it all. Meagan and Meghan's unique blend of empowerment and practical advice helps listeners thrive in their homes, workplaces, and personal lives.

Join the Community

Tune in to Modern Day Wife for a blend of inspiring interviews, real-life stories, and practical advice to help you balance your career, relationships, and personal life. Meagan and Meghan offer the support and guidance needed to thrive in every aspect of your life.

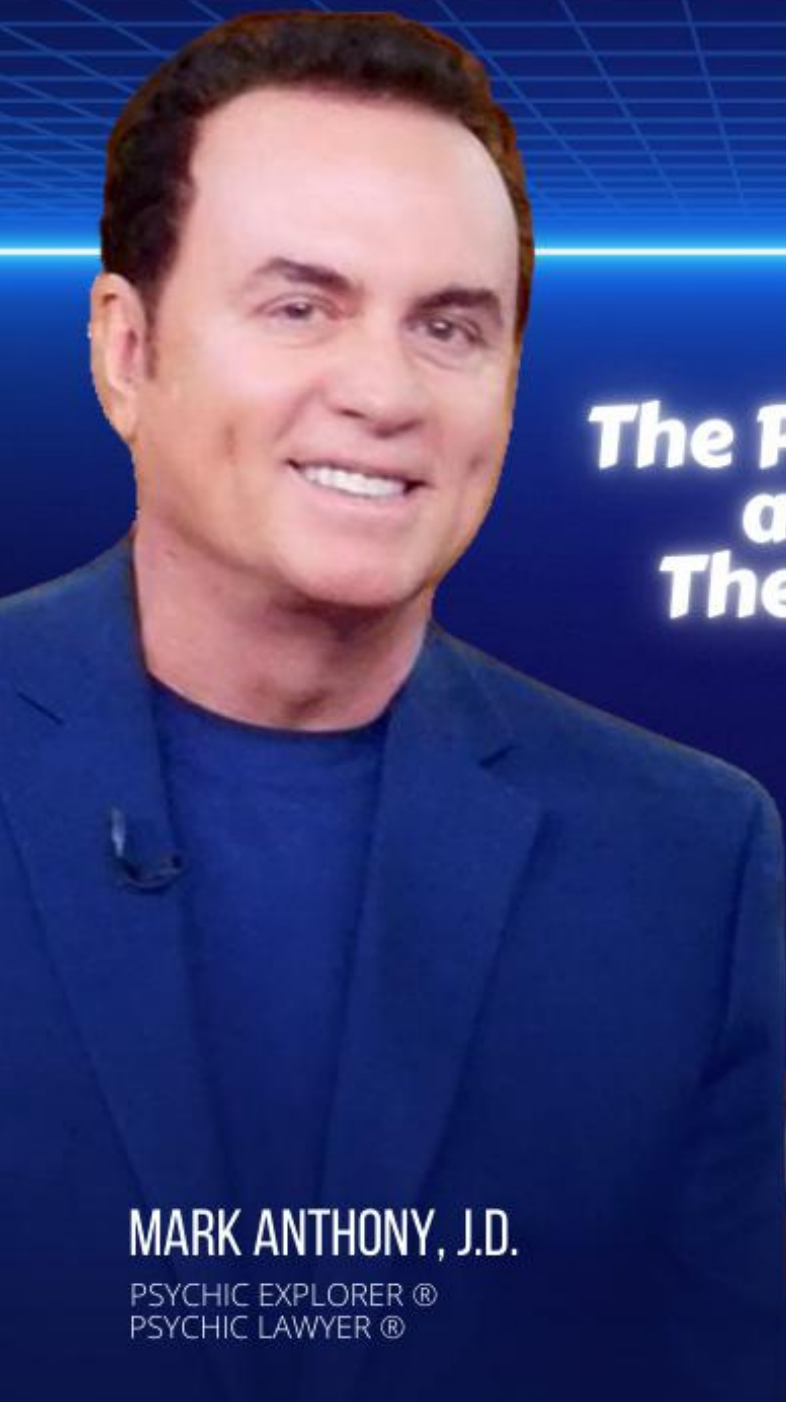
Listen to Modern Day Wife on Spotify.

WHAT SHE SAID
WHAT SHE SAID
WHAT SHE SAID





THE
TRANSFORMATION
NETWORK[®]



MARK ANTHONY, J.D.

PSYCHIC EXPLORER[®]
PSYCHIC LAWYER[®]



"DR. PAT" BACCILI, PH.D.

OWNER, TTN[®]
THE TRANSFORMATIVE NETWORK[®]
HOST, THE DR PAT SHOW[®]

**The Psychic
and
The Doc**



RADIO SHOW OF THE YEAR 2025

THE PSYCHIC AND THE DOC

WITH MARK ANTHONY, JD PSYCHIC EXPLORER

AND DR. PAT BACCILI

BRIDGING SPIRITUAL INSIGHT WITH REAL-WORLD SOLUTIONS

The Psychic and The Doc has earned the Radio Show of the Year 2025 award from Best Holistic Life Magazine. This dynamic show pairs world-class psychic medium Mark Anthony (The Psychic Lawyer®) with behavioral psychologist Dr. Pat Baccili, creating a unique blend of spiritual insight and practical psychology that offers listeners actionable advice and inspiration.

A Synergy of Spirituality and Psychology

What makes The Psychic and The Doc stand out is its ability to combine spiritual wisdom and psychological expertise. Mark Anthony connects callers with their loved ones in spirit, providing profound messages of healing. Dr. Pat, known for her no-nonsense approach, shares intuitive insights with humor and grounded wisdom, helping listeners navigate life's challenges. Together, they offer a transformative experience that blends practical advice with deep spiritual connection.

Real Talk, Real Solutions

Each episode delivers a blend of inspiration, insight, and action. The hosts dive into life's struggles—be it in relationships, careers, or personal growth—and offer practical, spiritual solutions. Whether discussing paranormal experiences or offering advice on overcoming obstacles, The Psychic and The Doc provides listeners with the tools they need to lead a fulfilled life.

About Your Hosts

Mark Anthony is a fourth-generation psychic medium and Oxford-educated attorney. He is the author of best-selling books

Never Letting Go and Evidence of Eternity. Mark's appearances on major TV networks like ABC, CBS, and FOX have solidified his reputation as a leading expert in both the spiritual and legal fields.

Dr. Pat Baccili is the founder of The Transformation Network, a dynamic speaker, and a career coach. She has spent over two decades helping individuals and organizations navigate personal and professional challenges. Dr. Pat's experience in organizational psychology and human potential coaching provides a practical, grounded perspective to spiritual exploration.

Tune In Every Thursday

The Psychic and The Doc airs live every Thursday at 4 PM PT / 7 PM ET on YouTube, offering a fresh and transformative approach to life's challenges. Whether seeking spiritual guidance or practical solutions, this show is a powerful tool for listeners looking to gain clarity, heal, and move forward. For more information and to tune in, visit The Psychic and The Doc.

**RECOGNIZING OUTSTAND-
ING EDUCATORS WHO ARE
RESHAPING HOW WE LEARN,
GROW, AND HEAL—ONE
BREAKTHROUGH AT A TIME.**





EDUCATOR OF THE YEAR 2025

DR. TAWNIE LOWTHER

FOR REVOLUTIONIZING SLEEP WELLNESS
THROUGH HOLISTIC EDUCATION

Dr. Tawnie Lowther, a Doctor of Natural Medicine and Clinical Sleep Educator, is honored as Best Holistic Life Magazine's Educator of the Year 2025 for her pioneering contributions to the field of sleep education and holistic wellness. With over two decades of experience in natural medicine and sleep counseling, Dr. Lowther's compassionate approach has transformed countless lives by helping individuals achieve restorative, healing sleep.

A Holistic Approach to Sleep and Wellness

Dr. Tawnie's journey in the field of sleep began in 2000, and over the years, she has merged her expertise in natural medicine with clinical sleep education, making her a leading voice in the sleep wellness community. Her research on grounding techniques, "Sleeping with Mother Earth," showcases her innovative approach to healing through natural methods. As a licensed sleep counselor and sleep educator, Dr. Lowther helps individuals overcome insomnia, anxiety, and sleep-related challenges through a holistic, personalized approach.

Her credentials, including a Doctorate in Natural Medicine and her current pursuit of the Board of Behavioral Sleep Medicine (DBSM) certification, further emphasize her commitment to advancing sleep care through both scientific research and practical, evidence-based therapies.

Transforming Lives with Sound Sleep Services

Through Sound Sleep Consultants, Dr. Tawnie Lowther offers a range of services designed to address individual sleep challenges. Her offerings include personalized PAP therapy consultations, behavioral treatments for insomnia (BBTI), and Neuro-Linguistic Programming (NLP) sessions, all tailored to help clients reclaim their sleep. Dr. Tawnie's approach ensures that each treatment plan is as unique as the individuals she serves, whether they need one-on-one guidance or prefer group workshops for collective healing.

Dr. Tawnie's mission is clear: to provide accessible and effective sleep care services that promote healing, restore well-being, and prevent

comorbidities linked to poor sleep hygiene. Her services go beyond just treating symptoms—she empowers her clients to develop lasting habits that promote lifelong sleep health.

A Trusted Leader in Sleep Education

As a published writer for Best Holistic Life Magazine and a regular voice in sleep wellness, Dr. Tawnie has earned recognition for her ability to simplify complex sleep issues. Her insights continue to inspire and educate her audience on the critical role sleep plays in overall health. In addition to her clinical practice, Dr. Tawnie's work in holistic sleep research and education extends her reach globally, helping individuals understand the deep connection between sleep, mental health, and well-being.

Looking Ahead

Dr. Tawnie's goal is to continue expanding her impact, making sleep care more accessible through telemedicine and remote services. As she works towards more hybrid models of care, her dedication to improving sleep health is unwavering. Dr. Tawnie envisions a future where individuals no longer see sleep as a luxury, but as a vital, transformative practice that is integral to their overall health and success.

To learn more about Dr. Tawnie Lowther and her services, visit Sound Sleep Consultants.

Dr. Tawnie Lowther







EDUCATOR OF THE YEAR 2025

SCOTT GATES

FOR EMPOWERING FIRST RESPONDERS TO THRIVE THROUGH
MINDSET AND RESILIENCE

Scott Gates, an award-winning NLP coach, is honored as Best Holistic Life Magazine's Educator of the Year 2025 for his exceptional work guiding first responders toward resilience and personal growth. Scott's unique ability to combine empathetic coaching with powerful tools has made him an invaluable advocate for those who dedicate their lives to serving others.

A Journey of Empathy and Purpose

Scott's path into coaching began after he left a successful career to pursue his true passion—helping first responders reintegrate into life after facing the immense pressures of their roles. His deep understanding of their struggles stems from his own experiences and his compassionate approach to coaching. As a Certified Mindset and NLP Coach, Scott's mission is to guide these heroes towards a fulfilling life, supporting their mental health and well-being. His approach combines the power of NLP with a deep empathy that connects on a personal level, ensuring every client feels heard and supported. Through one-on-one coaching, group sessions, and corporate speaking engagements, Scott has empowered countless individuals to break free from limiting beliefs and overcome the challenges that hold them back.

Helping Heroes Reclaim Their Lives

Scott's work focuses on helping first responders, including military veterans, law enforcement officers, and healthcare professionals, to navigate the mental and emotional toll their careers often take. He provides them with the tools and strategies they need to rediscover themselves, find balance, and live a life that is authentic and fulfilling.

As a coach, Scott specializes in career strategy development, balancing work and family life, and helping individuals transform their mindset to embrace the man they want to be. His dedication to supporting first responders has earned him recognition, including the 2023 NLP Coach of the Year award.

A Legacy of Empowerment and Healing

Scott's journey has not only impacted his clients but has also inspired others to pursue their passions and make a meaningful difference. His success as an author and speaker has further solidified his role as a leading figure in the wellness and personal development community. Scott's story is one of resilience, authenticity, and a relentless commitment to empowering others.

As Scott continues to expand his impact, he remains focused on offering personalized coaching that speaks to the unique needs of each client. His work is about more than just achieving goals—it's about transforming lives and helping others become the best version of themselves.

To learn more about Scott Gates and his transformative work, visit Gates Wellness.



<https://bestholisticlife.info/ScottGates>



**CELEBRATING LIFE-
CHANGING PROGRAMS
THAT OFFER INNOVATIVE
PATHWAYS TO PERSONAL
GROWTH, HEALING, AND
EMPOWERED LIVING.**





Healing Through
Akashic Records

PROGRAM OF THE YEAR 2025

AKASHIC RECORDS - LIVE A SOUL-POWERED LIFE

BY PATTY OLIVER

FOR HEAL, ALIGN, AND MANIFEST WITH THE AKASHIC RECORDS

Live a Soul-Powered Life by Healing through Akashic Records! has been awarded Program of the Year 2025 by Best Holistic Life Magazine for its transformative approach to spiritual and personal healing. This program is for those ready to unlock their soul's purpose, release negative karmic patterns, and raise their vibration to manifest their desires.

A Journey of Soul Healing

Patty Oliver guides you to access the Akashic Records, the energetic blueprint of your soul. Here, you'll clear past-life karma, heal emotional and physical wounds, and gain clarity about your purpose. By learning to read your Akashic Records, you'll align body, mind, and soul to create a life of flow, joy, and abundance.

What You Will Learn

This program teaches how to:

- **Release Negative Patterns:** Clear past-life karma that blocks your growth and abundance.
- **Grow Your Spiritual Gifts:** Develop intuition and connect with your spirit guides for guidance.
- **Experience Joy and Flow:** Align with your soul's purpose, creating space for happiness and abundance.
- **Be of Service to Others:** Learn to read for others, assisting in their healing and soul alignment.

Course Curriculum

The course is divided into seven video-based modules, offering over 6 hours of spiritual teachings, guided meditations, and actionable practices:

- **Module 1: Energy, Chakras, and Karma** – Learn how karma affects your life and how to balance your energy.

- **Module 2: Akashic Records** – Access your Akashic Record to receive soul-level guidance.
- **Module 3: Mastering the Mental Body** – Overcome negative thoughts and self-sabotage.
- **Module 4: Mastering the Emotional Body** – Heal emotional triggers with techniques like EFT.
- **Module 5: Mastering the Spiritual Body** – Release ancestral karma and connect with spiritual guides.
- **Module 6: Mastering the Physical Body** – Heal physical ailments caused by spiritual blockages.
- **Module 7: Reading the Akashic Records for Others** – Learn to read and heal others' karma.

What You Get

- 7 video modules with over 6 hours of teachings
- A comprehensive 180+ page workbook with exercises and journal prompts
- Guided meditations and energetic attunements
- 4 bonus journals for deeper healing
- Lifetime access to an online community of fellow students
- A Certificate of Completion

Join the Soul-Powered Movement

Patty Oliver's journey began 17 years ago with a breast cancer diagnosis, which led to a career in energy healing. Over 15 years, Patty has helped people release karmic patterns and live in alignment with their soul's true purpose. Through this course, you can do the same.

Ready to unlock your soul's potential? Start your soul-powered life today and manifest the abundance you deserve!





PROGRAM OF THE YEAR 2025

INPOWER® INNER WARRIOR

BY THERESA BYRNE
FOR UNLOCKING CONFIDENCE, BOUNDARIES,
AND INNER STRENGTH

Theresa Byrne's InPower® Inner Warrior program has been awarded Program of the Year 2025 by Best Holistic Life Magazine for its transformative impact on individuals seeking to reclaim their personal power and embrace their authentic selves. With a focus on building unshakable confidence and assertiveness, Byrne's program offers a comprehensive guide for individuals to break free from self-doubt and people-pleasing behaviors, ultimately helping them become their most empowered selves.

A Warrior's Guide to Self-Love & Assertiveness

InPower® Inner Warrior is more than just a course—it is a life-altering journey designed to help individuals tap into their inner strength, set healthy boundaries, and cultivate lasting self-love. Whether you struggle with constantly saying "yes" to others or the voice of self-doubt that holds you back, Byrne's program is your blueprint for growth. Through five transformative sessions, participants are guided through powerful exercises and insights to unleash their inner powerhouse.

What You'll Learn in 5 Transformative Sessions

1. Overcome People-Pleasing:

Learn how to stop prioritizing everyone else's needs over your own and set healthy boundaries that honor your worth. Say "no" without guilt and watch your relationships improve as you stand firm in your values.

2. Conquer Self-Doubt:

By replacing self-criticism with self-compassion, you'll banish doubt and embrace your authentic power. This session helps you shift your mindset to create the foundation for greater confidence and self-belief.

3. Silence Your Inner Critic:

Discover effective tools for managing anxiety and silencing that nagging inner voice. By cultivating a positive mindset, you'll be able to focus on your strengths and cheer yourself on through life's challenges.

4. Communicate with Confidence:

Learn the art of assertive communication, allowing you to express your thoughts and feelings clearly and confidently. This session teaches how to advocate for yourself without feeling aggressive or apologetic.



5. Embrace Your Inner Warrior:

In the final session, you'll connect deeply with your inner strength and resilience, paving the way for a life that reflects your true desires and values.

This is where you step into your power and own your life with confidence.

Theresa Byrne's Vision for Empowerment

Theresa Byrne's background as a professional martial artist and international self-defense expert laid the foundation for the InPower™ system, a groundbreaking methodology designed to help people, particularly women, tap into their personal power. Drawing from her innate "protectress" instinct and a deep curiosity about human potential, Byrne's work has empowered countless individuals to reclaim their strength and set boundaries that honor their personal needs. As a personal protection specialist and boundary-setting advocate, Byrne is reshaping how we view personal safety, not just externally but from within. Her passion for empowering others to reach their highest potential continues to inspire individuals around the globe to step into their power and live confidently.

A Lasting Impact

InPower® Inner Warrior has helped thousands break free from the constraints of self-doubt, people-pleasing, and anxiety, enabling them to live authentic, empowered lives. Through Theresa Byrne's teachings, individuals are not only learning to protect themselves physically, but also to safeguard their emotional and mental well-being.



PROGRAM OF THE YEAR 2025

METABOLIX PROGRAM

BY DR. ERIC FETE
FOR TRANSFORMING METABOLIC HEALTH FOR
LASTING FAT LOSS AND VITALITY

MetaboliX has earned Program of the Year 2025 from Best Holistic Life Magazine for its innovative approach to metabolic health and weight loss. Designed by Dr. Eric Fete, this comprehensive 30-day program targets body composition by helping the body burn stored fat as its primary energy source, all while preserving muscle mass. MetaboliX is a holistic solution, blending diet, exercise, and nutrition to achieve optimal health and metabolic management.

A Triple Approach to Wellness

The MetaboliX program centers around a combination of essential vitamins, minerals, and antioxidants, along with detoxification support and medium-chain triglycerides (MCTs) to enhance fat metabolism. The kit includes a detailed guide with sample menus, progress charts, and key supplements that are critical to your success, including:

- Trim CompleX: A liquid supplement to support fat burning and improve energy levels.
- Dual Phase X: Capsules designed to support the body's detoxification processes and balance water intake for effective fat removal.
- Super Greens Drink: An antioxidant-rich green food that balances pH and aids fat-burning.
- B-12 Lozenge: Supports daytime energy levels and enhances fat metabolism.
- Mineral CompleX: An electrolyte balancing multi-mineral formula for optimal absorption.
- MCT Oil: Supports thermogenesis and speeds up fat-burning.

How It Works

The program combines nutrition, exercise, and lifestyle adjustments. Key elements include eliminating sugars, carbohydrates (except for fruits and vegetables), and fats (other than MCT oil), and increasing daily water intake based on body weight. The recommended combination of cardio and resistance exercise enhances results, helping you maintain a healthy balance of fat to muscle even after completing the program.

FAQs and Program Guidance

- Dietary Changes: Eliminate sugars, carbs, and dairy while increasing water intake to optimize fat-burning.
- Exercise: A combination of cardio and resistance training is recommended.
- Vegetarian Adaptation: The program is adaptable for vegetarians with vegan protein options.

- Maintaining Results: After completing MetaboliX, continuing a balanced diet and exercise regimen will help maintain optimal fat-to-muscle ratios.

Progress Log Included

A progress log to track your success is part of the program, ensuring that you can measure your results throughout the 30 days. The program supports long-term success by not only helping with fat loss but also improving metabolism for sustainable results.

About Dr. Eric Fete

Dr. Eric Fete is a medical professional specializing in weight loss, age management, and peak performance. As the founder of PrimeX, he offers personalized health plans and a range of wellness products aimed at optimizing health, vitality, and performance. Dr. Fete is a graduate of Miami University and the Chicago College of Osteopathic Medicine, and his expertise has helped many achieve their health and wellness goals.





HONORING TECH-DRIVEN
SOLUTIONS THAT MAKE
PERSONAL GROWTH, WELLNESS,
AND EXPERT GUIDANCE
MORE ACCESSIBLE AND
TRANSFORMATIVE THAN EVER.



INNOVATIVE APP OF
THE YEAR 2025

INGOMU APP



BY AL WYNANT

FOR REVOLUTIONIZING COACHING WITH AI AND EXPERT-LED GROWTH

Ingomu has earned the esteemed title of Innovative App of the Year 2025 from Best Holistic Life Magazine, recognizing its groundbreaking approach to making professional coaching and personal development accessible and affordable to all. With its mission to provide users with the tools, support, and inspiration they need to unlock their potential, Ingomu bridges the gap between expert guidance and everyday life.

A Cutting-Edge Coaching Experience

Ingomu offers an integrated and personalized growth journey, combining expert-led coaching with innovative technology. Its standout features include:

- **Personalized Coaching:** Users engage in real-time with expert coaches during live virtual group sessions, addressing areas like life, wellness, career, and spiritual growth.
- **AI-Powered Coaching Assistant:** The intelligent assistant, Eric, is available 24/7 to provide tailored guidance and coaching recommendations, ensuring support is available whenever needed.
- **Engaged Community:** Users become part of a vibrant network, interacting with others on similar personal growth journeys. This community-driven approach fosters connection, motivation, and shared learning.

Transforming Lives and Businesses

Ingomu's impact isn't limited to individuals. Businesses can also harness the power of the app to enhance employee engagement, reduce turnover, and cultivate a culture of growth and resilience. With tools like live coaching sessions, on-demand resources, and real-time progress tracking, employees are equipped with everything they need to thrive.

"Ingomu's mission is to make expert coaching accessible and impactful for everyone," says AI Wynant, CEO of Ingomu. "This recognition from Best Holistic Life Magazine is a testament to the transformative power we aim to deliver each day."

Why Ingomu Stands Out

What sets Ingomu apart is its seamless combination of technology

and human connection. With over 1,000 on-demand coaching sessions, live group coaching, and the AI-powered assistant, Ingomu delivers a comprehensive and user-friendly experience. Whether you're looking to achieve personal growth, enhance your well-being, or navigate a career change, Ingomu ensures you have all the resources at your fingertips.

Key Features Include:

- **Live Group Coaching:** Over 60 expert-led sessions each month to support your personal and professional growth.
- **AI Coaching Assistant, Eric:** Personalized coaching recommendations and real-time support, anytime you need it.
- **On-Demand Resources:** Access to 1,000+ coaching sessions for learning at your own pace.
- **Community Engagement:** A vibrant social feed for users to connect, share insights, and collaborate.

The Business Edge

Ingomu isn't just for individuals; businesses are benefiting from its tailored coaching solutions. By improving employee engagement, reducing stress, and boosting productivity, Ingomu fosters a positive organizational culture. Features like progress tracking, gamified badges, and a social feed enhance employee motivation and development.

Looking Ahead

Ingomu continues to innovate and expand. With upcoming features like enhanced goal-setting capabilities and improved AI tools, the app aims to remain a leader in the coaching and personal development industry.

About Ingomu

Ingomu is a groundbreaking coaching app that connects users with expert coaches and offers personalized, 24/7 support through its AI assistant. By offering a complete toolkit for personal and professional growth, Ingomu empowers individuals and businesses to thrive. For more information, visit Ingomu website and download the app on iOS or Android to start your transformative journey today!



**HIGHLIGHTING POWERFUL
STORYTELLING THAT BRINGS
AWARENESS, SPARKS CHANGE,
AND TOUCHES HEARTS
THROUGH TRUTH, PURPOSE,
AND VISION.**





DOCUMENTARY OF THE YEAR 2025

LOUDER: THE SOUNDTRACK OF CHANGE

CO-PRODUCED BY SELENA GOMEZ AND STACEY ABRAMS,
AND EXECUTIVE PRODUCED BY ABE GURKO
FOR AMPLIFYING VOICES, INSPIRING CHANGE
THROUGH MUSIC

Louder: The Soundtrack of Change is a captivating documentary that celebrates the women who have used their music as a powerful form of activism. Co-produced by Selena Gomez and Stacey Abrams, and executive produced by Abe Gurko, this film highlights how female musicians have raised their voices to address gender equality, civil rights, and social justice, while inspiring generations of activists.

A Powerful Form of Resistance

"Women have used their music as a form of resistance for decades," says Selena Gomez in the film. "When the world is telling you to shut up, I think music is one of the most powerful ways to put a message out there." This documentary delves into how music becomes a tool for social change, using the stories of iconic artists such as Chaka Khan, Melissa Etheridge, and H.E.R. to showcase the profound impact of their activism through song.

The film also takes a historical look at trailblazing artists like Linda Ronstadt and Nina Simone. Simone's "Mississippi Goddam" became an anthem of protest, and the film reveals the emotional backstory of how the song came to be. The documentary also celebrates lesser-known pioneers, such as Linda Martell, the first woman of color to perform at the Grand Ole Opry.

Music as a Tool for Social Change

Louder not only celebrates the past but also serves as a call to action for future generations. With issues like voting rights, reproductive freedom, and LGBTQ+ equality at risk, the documentary emphasizes the need for young women to continue fighting for change. "Young women are such a vital part of changing the world," says Kathleen Hanna. "These aren't single issues; these are things that connect all of us." H.E.R. shares how the murder of George Floyd led her to write "I Can't

Breathe," turning her pain into a song that resonated with millions. "I had to turn it off because you're just watching that video over and over again, and it's really painful," H.E.R. says, showing how music became her form of processing grief.

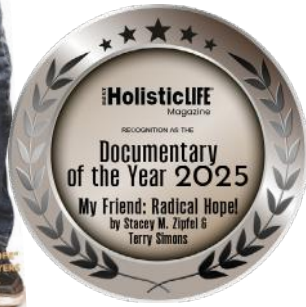
History and Modern-Day Heroes

Directed by Kristi Jacobson, Louder blends archival footage, interviews, and personal stories, showcasing how music has been a constant driver for change. From the feminist punk movement with Riot Grrrl to today's pop culture icons, the documentary traces the connections between music and activism across generations. It celebrates the ways music has fought against injustice and called for a better world. Abe Gurko's Role in Bringing the Story to Life

Abe Gurko, a respected figure in the entertainment industry, played a crucial role as an executive producer in Louder: The Soundtrack of Change. Known for his work in bringing impactful stories to the screen, Abe's dedication to social change and advocacy is reflected in his support of this documentary. His involvement not only helped amplify the voices of the powerful female artists featured in the film but also contributed to bringing attention to the ongoing fight for equality and justice through the universal language of music.

Stream Now on Max

Now available for streaming on Max, Louder: The Soundtrack of Change is a must-watch for anyone passionate about music, activism, and the fight for equality. With contributions from legendary musicians and rising stars alike, the film showcases the power of music to inspire and unite. Watch it today to see how these women have shaped history and continue to push for progress.



DOCUMENTARY OF THE YEAR 2025

MY FRIEND: RADICAL HOPE

BY STACEY M. ZIPFEL & TERRY SIMONS
FOR ADVANCING CANCER RESEARCH THROUGH THE HUMAN-ANIMAL BOND



My Friend: Radical Hope is an award-winning documentary that explores the contributions of dogs in the fight against cancer, earning Documentary of the Year 2025 by Best Holistic Life Magazine. Through the lens of comparative oncology, the film showcases how naturally occurring cancers in pets, particularly dogs, are helping advance cancer treatments for both humans and animals. With powerful interviews from veterinarians, researchers, and clinical trial participants, the documentary highlights the hope and breakthroughs made in canine cancer research.

The Power of Comparative Oncology

In 2003, the National Cancer Institute established the Comparative Oncology Trials Consortium (COTC) to study naturally occurring cancers in pets as a way to improve cancer treatments. The film demonstrates how dogs, with immune systems similar to ours, play a crucial role in cancer research. By leveraging these animals' experiences, researchers are discovering new treatment options and therapies, benefiting both human and canine cancer patients.

Terry Simons and the Legacy of Reveille

A central figure in the film is Terry Simons, a dog agility trainer whose dog, Reveille, was diagnosed with lymphoma in 2011. Despite the diagnosis, Reveille thrived throughout her treatment, even excelling in agility competitions. Terry's experience with Reveille led him to found CLEAR (Canine Lymphoma Education Awareness and Research), a nonprofit dedicated to educating pet owners and supporting research into canine lymphoma. Through his work, Terry has empowered dog owners to become advocates for their pets' health, ensuring they have access to vital information about cancer treatment options.

Raising Awareness Through Storytelling

The documentary's mission is to raise awareness about canine cancer, offering a message of hope and resilience. Through the stories of those affected by the disease, My Friend: Radical Hope educates pet owners on the importance of early detection and treatment. The film emphasizes that while cancer is a devastating diagnosis, there are options and a community of support available to pet owners navigating this journey.

The Future of Canine Cancer Research

The film also shines a light on the future of canine cancer research. By sharing the efforts of veterinary professionals and researchers, My Friend: Radical Hope highlights the importance of clinical trials and the invaluable data gathered from pets. These trials not only improve outcomes for dogs but also pave the way for better treatments for human cancer patients. With ongoing research and collaboration, the future looks brighter for both human and animal cancer patients.

A Call to Action

Premiering on November 10, 2024, My Friend: Radical Hope will feature a panel discussion with experts from the film, including Dr. Avenelle Turner and other distinguished researchers. The documentary aims to inspire and educate, showing how the bond between humans and their pets is leading the charge in cancer research. Through generous support and collaboration, My Friend: Radical Hope continues to offer hope for the future of cancer treatment for both humans and animals.

<https://bestholisticlife.info/RadicalHope>



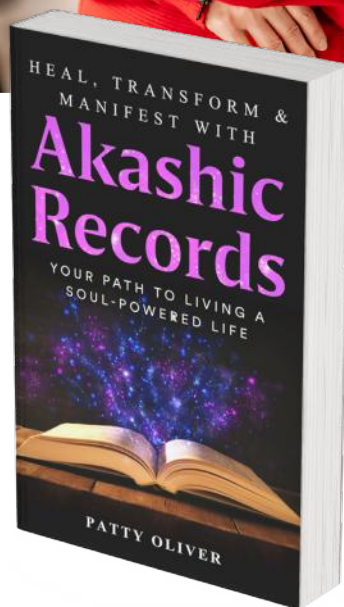
**CELEBRATING WRITTEN WORKS
THAT MOVE, HEAL, AND AWAKEN—
OFFERING READERS THE TOOLS
TO TRANSFORM FROM THE
INSIDE OUT.**



BOOK OF THE YEAR 2025

AKASHIC RECORDS

BY PATTY OLIVER
FOR UNLOCKING SOUL-POWERED ABUNDANCE



Heal, Transform & Manifest with Akashic Records: Your Path to Living a Soul-Powered Life by Patty Oliver has been awarded Book of the Year 2025 by Best Holistic Life Magazine. This empowering book guides readers on a transformative journey of healing, self-discovery, and manifestation through the Akashic Records.

Unlock the Secrets of Your Soul's Blueprint

Patty Oliver, a Master Practitioner of the Akashic Records, offers a powerful guide to accessing your soul's energetic archive, the Akashic Record, which holds vital information for personal transformation. Through her own healing journey, including surviving breast cancer in 2007, Oliver shows how accessing the Akashic Records can help clear negative patterns, transcend life challenges, and manifest the life you desire.

In this book, readers learn to tap into the Akashic Records for healing, guidance, and empowerment, providing clarity on life's purpose and enabling them to break free from obstacles that hold them back.

Key Learnings from the Book:

- **Accessing the Akashic Record:** A step-by-step guide to accessing your Akashic Record for healing and insight.
- **Clearing Karma and Negative Patterns:** Understand how karma shapes your experiences and how to release negative patterns to overcome challenges.
- **Healing and Manifesting:** Use the Akashic Records

to heal on mental, emotional, and spiritual levels, and consciously manifest your desires.

- **Raising Your Vibration:** Learn how to elevate your vibration and align with your soul's essence to create the life you've always wanted.

A Personal Journey of Healing

Oliver shares her personal story of transformation, from overcoming cancer to embracing a life of self-love and empowerment. Her journey, along with real-life examples of clients' experiences, proves that the Akashic Records can bring about profound personal change.

Dawna Campbell, LA Tribune Best-Selling Author, praises the book, calling it a "refreshing and informative exploration of timeless wisdom" that's incredibly relevant for conscious manifestors today.

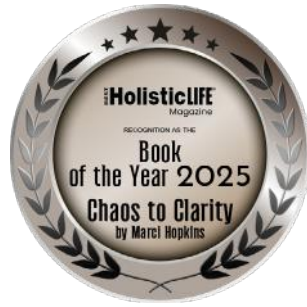
Manifest a Soul-Powered Life

This book is a comprehensive resource for those seeking to manifest abundance in health, relationships, and career. Patty Oliver provides practical tools and profound insights for anyone looking to transform their life and align with their soul's purpose.

Heal, Transform & Manifest with Akashic Records is the ultimate guide to unlocking your soul's potential and stepping into a life of joy and abundance.

Get Your Copy Now

Start your transformational journey today by purchasing Heal, Transform & Manifest with Akashic Records on Amazon, Barnes & Noble, or visit Goodreads.

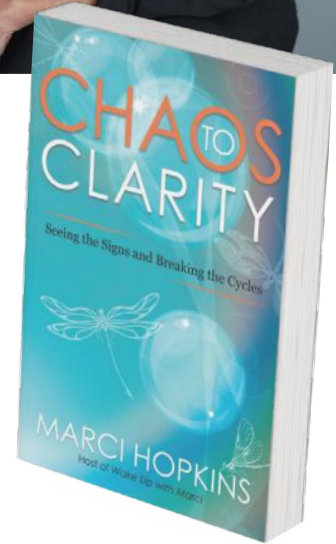


BOOK OF THE YEAR 2025

CHAOS TO CLARITY

BY MARCI HOPKINS

FOR BREAKING CYCLES AND EMBRACING A LIFE OF HEALING



Chaos to Clarity: Seeing the Signs and Breaking the Cycles by Marci Hopkins has been awarded Book of the Year 2025 by Best Holistic Life Magazine. This powerful book guides readers through the transformative journey of breaking harmful cycles and discovering clarity and joy through healing and self-awareness.

Transforming Chaos into Clarity

In *Chaos to Clarity*, Marci Hopkins takes an intimate, educational approach to recovery, offering a combination of personal stories and practical insights. The book chronicles her own experiences with addiction, trauma, and healing, from alcohol and emotional struggles to overcoming physical, sexual, and emotional abuse. Through these deeply personal accounts, Marci reveals how to recognize destructive patterns and offers a pathway to recovery.

Her compelling narrative highlights the process of turning chaos into clarity by recognizing the signs of addiction and breaking free from the cycles that keep individuals trapped. The book is more than just a memoir; it serves as a guide for those seeking a life beyond their struggles.

Healing from the Past to Live a Joyful Life

Chaos to Clarity explains how to heal past trauma, make amends, and walk in faith to build a life filled with purpose and joy. Marci shows readers how healing is not just about overcoming addiction, but also about breaking generational cycles and transforming personal habits. The journey described in the book empowers readers to take control of their lives and embrace a future full of possibilities, even in the face of adversity.

Through her educational approach, Marci leads readers on a journey of self-discovery, helping them identify the patterns that have kept them stuck and guiding them toward a new way of living. This book is a roadmap for anyone looking to heal from past pain and create a future filled with happiness and fulfillment.

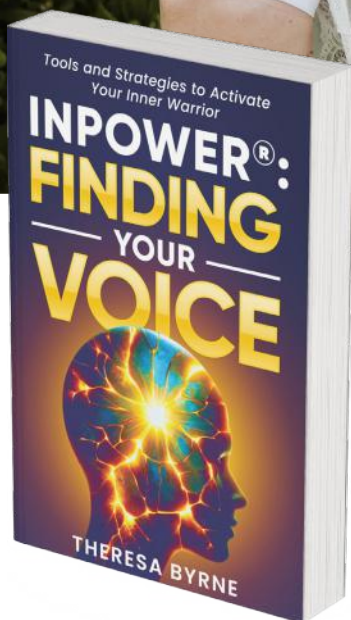
An Invitation to Break Free

In *Chaos to Clarity*, Marci Hopkins offers invaluable tools for those who feel trapped in cycles of addiction and trauma. The book provides the knowledge and guidance necessary to break free from these cycles, heal from past wounds, and create a life full of clarity, joy, and strength. By understanding personal patterns, making positive changes,

and embracing a life of faith, Marci proves that it's possible to live beyond your wildest dreams, even in the face of life's greatest challenges.

Chaos to Clarity: Seeing the Signs and Breaking the Cycles is a must-read for anyone on a healing journey, and a powerful reminder that change is possible, no matter the obstacles.

Discover more and start your journey of transformation by purchasing *Chaos to Clarity* on Amazon.



BOOK OF THE YEAR 2025

FINDING YOUR VOICE

BY THERESA BYRNE
FOR UNLOCKING CONFIDENCE, STRENGTH, AND PURPOSE

Theresa Byrne's InPower: Finding Your Voice has been awarded Book of the Year 2025 by Best Holistic Life Magazine. This empowering guide invites readers to step into their true power, break free from self-doubt, and activate their inner warrior. Through a combination of ancient wisdom, modern science, and actionable strategies, InPower offers a roadmap to self-discovery, growth, and personal empowerment.

A Journey of Empowerment

InPower: Finding Your Voice is more than just a self-help book. It is a transformative guide to discovering your unique superpowers and stepping into a life aligned with your deepest desires. The InPower® system, developed by Theresa Byrne, is built around three key principles: Know, Act, and Be.

Know Yourself: Unlock Your Inner Power

The first principle, Know, helps you understand how your mind and body work together to create the life you want. By uncovering the root causes of your habits and behaviors, you can unlock your full potential and break free from negative patterns. Know empowers you to reconnect with your true self and embrace your innate strengths.

Act: Take Empowered Action

The second principle, Act, focuses on taking right actions that align with your goals and energy. InPower offers actionable steps to help you improve your life, whether it's cultivating better relationships, finding energy, or gaining

peace of mind. This principle teaches you how to move forward with confidence and purpose, creating the life you've always dreamed of.

Be: Step Into Your Best Self

The final principle, Be, encourages you to step into the best version of yourself. InPower shows you how to embrace your transformation and create space for an empowered, fulfilling life. By mastering your thoughts, actions, and energy, you'll learn how to live in alignment with your purpose and desires.

Theresa Byrne's Transformational Journey

Theresa Byrne is an award-winning mindset coach, martial arts master, and certified clinical hypnotherapist. Her InPower® system has helped over 50,000 clients reclaim their lives. After overcoming a life-altering accident, Theresa developed the tools and techniques in InPower to help others heal their minds and bodies. Her viral TED Talk, *The Dangers of Your Inner Bully*, showcases her resilience, strength, and ability to overcome life's toughest challenges. Empowering Readers to Live Aligned

InPower is not just a guide to overcoming self-doubt—it's a call to embrace your inner strength and take charge of your life. Theresa's expert guidance helps you break free from limiting beliefs, unlock your potential, and create a life of energy, purpose, and fulfillment. InPower offers the tools to not only achieve your goals but transform the way you see yourself and your future.

Step into your true power with InPower: Finding Your Voice—it's time to create the life you deserve.



BOOK OF THE YEAR 2025

HEALING THROUGH SOUL INTELLIGENCE

BY KRISTINE GENOVESE
FOR UNLOCKING TRANSFORMATION AT THE DEEPEST LEVEL

Kristine Genovese's *Healing Through Soul Intelligence* has been awarded Book of the Year 2025 by Best Holistic Life Magazine. This transformative book introduces the SOUL INTELLIGENCE® Method, a revolutionary approach to healing that combines quantum physics, bioenergetics, and spiritual practices to address the root causes of physical, emotional, and energetic imbalances. By tapping into the deepest levels of our being, Genovese offers readers the opportunity to unlock their true potential and activate profound healing.

A Revolutionary Healing Method

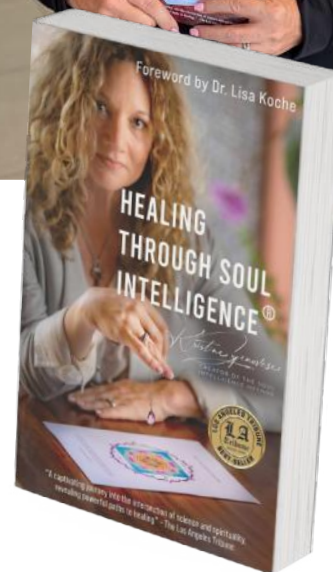
Healing Through Soul Intelligence is a movement. Through her SOUL INTELLIGENCE® Method, Genovese provides a system to clear emotional blockages, realign with your true self, and tap into a higher state of awareness. This unique approach empowers readers to address their challenges on a soul level, fostering holistic healing. Whether you're a healthcare practitioner, leader, or on a personal journey, this book offers tools and insights that can transform your life.

From Corporate Stress to Spiritual Fulfillment

Genovese's journey from the corporate world to spiritual awakening serves as the foundation for her method. As a former corporate executive, she experienced firsthand how unresolved trauma and stress could impact health. Her search for alternative healing led her to develop the SOUL INTELLIGENCE® Method, combining meditation, energy work, and a powerful series of charts to guide participants in clearing energetic blockages. This method does not just manage symptoms—it dissolves the root causes of dysfunction, enabling profound transformation.

A New Paradigm for Wellness

Healing Through Soul Intelligence offers a new paradigm for holistic health by bridging science and spirituality. The book demonstrates how the SOUL INTELLIGENCE® Method complements traditional medicine, addressing the emotional and energetic aspects of health that are often overlooked. The insights into the mind-body connection and the power of emotions show how unresolved emotional blockages influence physical health, making this a powerful resource for those seeking alternative healing methods.



A Vision for Global Transformation

Genovese's vision extends beyond personal transformation. She believes that by clearing old patterns and traumas, individuals can align with their true mission and purpose. Her method not only promotes healing but also fosters a collective shift toward greater well-being. This book inspires readers to contribute to a more harmonious and spiritually aligned world.

Kristine Genovese's *Healing Through Soul Intelligence* is a powerful guide for anyone seeking to heal, align with their true self, and unlock their potential. Available now on Amazon, Goodreads, and Barnes & Noble, this book offers practical tools for those ready to embrace holistic wellness and personal transformation.

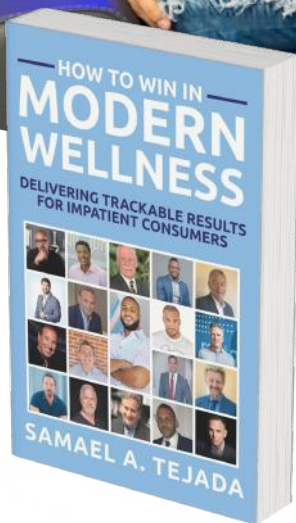


BOOK OF THE YEAR 2025

HOW TO WIN IN MODERN WELLNESS

BY SAM TEJADA

FOR LEADING THE SHIFT FROM SICK CARE TO WELL CARE



How to Win in Modern Wellness: Delivering Trackable Results for Impatient Consumers by Samael Tejada has been awarded Book of the Year 2025 by Best Holistic Life Magazine. This revolutionary book offers a detailed roadmap for entrepreneurs, medical professionals, and health-conscious consumers seeking a new era of wellness, one that moves beyond sick care to a focus on well-being and prevention.

Redefining Health and Wellness

In *How to Win in Modern Wellness*, Samael Tejada dives deep into the evolving landscape of health and wellness. He takes readers behind the scenes to meet groundbreaking executives and thought leaders who are reshaping the wellness industry, putting prevention and alternative therapies at the forefront. Tejada illustrates how these trailblazers have responded to the demands of today's empowered wellness consumer—one who is now equipped with knowledge and expects more than just a treatment for illness.

This book challenges the status quo, showing readers that the future of wellness is about more than just managing sickness—it's about optimizing health. Tejada provides invaluable insights on how the modern wellness space has shifted from "sick care" to "well care," and how entrepreneurs and health professionals can adapt to this new paradigm.

Strategies for Success in Wellness Entrepreneurship

Tejada shares practical lessons from industry leaders, offering actionable strategies to help business owners thrive in this competitive space. From creating purpose-driven brands to forging strategic partnerships, this book provides a step-by-step

guide to building a business that resonates with health-conscious consumers. He also touches on important topics like navigating regulatory hurdles, scaling your business, and succeeding in the wellness franchise space.

Through the lens of Tejada's own journey, readers learn about the challenges of scaling a wellness business, and the importance of staying ahead in a market that's constantly evolving. His insights are not just for wellness professionals, but for anyone looking to make a meaningful impact in the health industry.

A Call to Action for Wellness Entrepreneurs

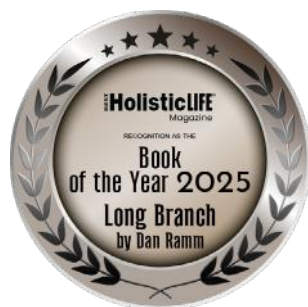
How to Win in Modern Wellness is not just a business guide; it's a call to action for those looking to transform the healthcare landscape. By offering tools for entrepreneurs to create high-impact wellness experiences, Tejada proves that success in the modern wellness industry requires a blend of passion, purpose, and strategic thinking.

This book is a must-read for those seeking to make a difference in the wellness space, whether you're an aspiring entrepreneur, a medical professional tired of traditional sick-care, or a wellness consumer looking for a more holistic approach to health. Tejada's vision of a world where wellness is the focus, not just sickness, inspires readers to embrace the future of healthcare.

Start Your Journey in Modern Wellness

How to Win in Modern Wellness is the essential guide for navigating the new world of wellness entrepreneurship. Whether you're building a brand, improving consumer experience, or scaling your business, this book provides the knowledge and inspiration to succeed.

Discover more and begin your journey in modern wellness by purchasing *How to Win in Modern Wellness* on Amazon.

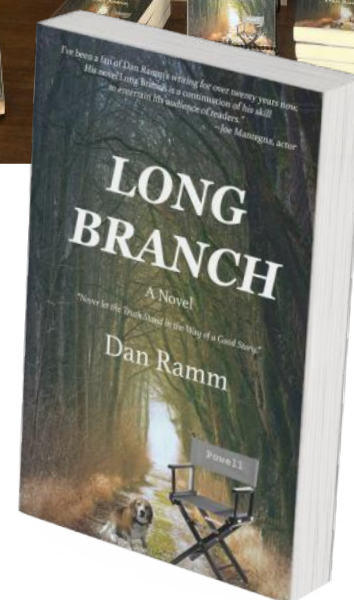


BOOK OF THE YEAR 2025

LONG BRANCH

BY DAN RAMM

FOR DELIVERING A GRIPPING TALE OF MYSTERY AND REDEMPTION



Long Branch: Never Let the Truth Stand in the Way of a Good Story by Dan Ramm has been awarded Book of the Year 2025 by Best Holistic Life Magazine. This thrilling novel follows Mason Powell, a former TV actor, as he returns to his hometown of Long Branch, Georgia, only to uncover a decades-old mystery that changes his life forever.

A Journey of Mystery and Self-Discovery

Mason Powell's career has hit rock bottom, and he finds himself bankrupt and out of work. Hoping to fix and sell his late mother's house in Long Branch, Georgia, Mason's simple plan quickly unravels when he stumbles into a 20-year-old mystery. As he reconnects with old friends, he learns that he may have unknowingly played a role in a crime that's still haunting the town.

In his quest for the truth, Mason finds himself in the crosshairs of powerful people determined to keep the past buried. With danger closing in, he must navigate the town's secrets while confronting his own past and the choices that have led him to this point.

Tension and Suspense from Start to Finish

Ramm expertly builds suspense throughout *Long Branch*, keeping readers on edge with every twist and turn. The small-town characters feel real and relatable, adding authenticity to the story. As Mason uncovers buried truths, he faces difficult choices and questions his loyalties, making for a page-turning experience.

The novel also delves into themes of truth, trust, and the lengths people will go to in order to hide their secrets. As Mason works to expose the truth, readers are taken on an emotional journey of self-discovery, redemption, and the consequences of past actions.

A Compelling Story of Personal Transformation

Long Branch is more than just a mystery. It's a story of personal growth and transformation. Through Mason's journey, Ramm explores the complexities of memory, guilt, and the fight to right past wrongs. As the protagonist grapples with the consequences of his past, readers are invited to reflect on their own choices and the impact they have on their future. Ramm's writing keeps the story moving at a fast pace while allowing readers to connect with the characters on a deeper level. The plot twists are unpredictable, ensuring that readers remain captivated until the very last page.

A Must-Read Mystery

Long Branch: Never Let the Truth Stand in the Way of a Good Story is a captivating blend of mystery, suspense, and personal reflection. With its memorable characters, compelling plot, and thought-provoking themes, it's a must-read for fans of thrillers and those who enjoy stories of self-discovery. Dan Ramm's debut novel is a gripping journey that will leave you questioning everything — and eagerly awaiting the next chapter.

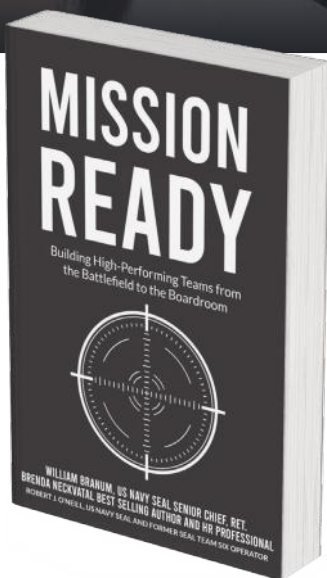
Start your journey into *Long Branch* by purchasing the book on Amazon, Goodreads, or Barnes & Noble.



BOOK OF THE YEAR 2025

MISSION READY

BY WILLIAM BRANUM & BRENDA NECKVATAL
FOR TRANSFORMING TEAMS WITH MILITARY PRECISION AND
CORPORATE STRATEGY



Mission Ready: Building High-Performing Teams from the Battlefield to the Boardroom by William Branum and Brenda Neckvatal has earned Book of the Year 2025 honors from Best Holistic Life Magazine. This compelling guide brings battle-tested strategies from the high-stakes world of military operations to the corporate world, offering a blueprint for transforming teams into high-performing units.

A Transformative Journey from

Combat to Corporate Leadership

Written by a decorated Navy SEAL veteran and an award-winning HR expert, Mission Ready presents a unique collaboration between William Branum and Brenda Neckvatal, combining military leadership with corporate strategies. The book draws from Branum's 26 years of service as a Navy SEAL and Neckvatal's extensive experience in human resources and group dynamics. Together, they offer practical, actionable strategies for building elite teams capable of succeeding in both combat and business environments.

Battle-Tested Strategies for Success

In Mission Ready, readers learn to apply proven military techniques to business settings, enhancing team performance and cohesion. Branum's leadership principles, honed through years of experience in high-pressure situations, are paired with Neckvatal's expertise in HR practices, crisis management, and group dynamics. The book dives deep into essential skills for any leader, including effective communication under pressure, adaptive problem-solving, and the

ability to foster collaboration within diverse teams.

By applying these strategies, readers can overcome challenges, inspire their teams, and unlock their full potential, whether in business development, entrepreneurship, or executive leadership.

Building Teams that Excel

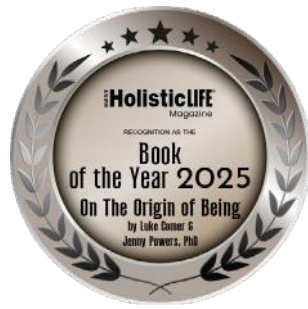
A central theme of Mission Ready is the importance of leadership in fostering a culture of trust, accountability, and resilience. Branum and Neckvatal share invaluable lessons on how to lead teams effectively, adapt to changing environments, and create a supportive work culture that thrives under pressure. The book's focus on leadership and team dynamics offers insights not only for executives and entrepreneurs but also for anyone seeking to elevate their personal and professional success.

Through captivating anecdotes and practical guidance, the authors highlight how team performance can be optimized by integrating diverse perspectives, promoting innovation, and building a strong foundation of mutual respect.

Are You Mission Ready?

Whether you are a seasoned executive or an aspiring leader, Mission Ready is an essential resource for anyone committed to achieving success. With its powerful combination of military discipline and corporate wisdom, the book provides the tools needed to transform any team into a high-performing unit. Branum and Neckvatal challenge readers to step into leadership roles with confidence, clarity, and the resolve to break through obstacles and achieve their greatest goals. Are you ready to accept the mission and lead your team to success? Mission Ready will equip you with the mindset and strategies necessary to rise to the occasion and lead with purpose.

Explore more and begin your journey to leadership excellence by purchasing Mission Ready: Building High-Performing Teams from the Battlefield to the Boardroom on Amazon or visit Goodreads.



BOOK OF THE YEAR 2025

ON THE ORIGIN OF BEING

BY LUKE COMER & JENNY POWERS
FOR BRIDGING SCIENCE AND SELF-HELP TO
INSPIRE HOLISTIC WELL-BEING

On the Origin of Being by Jenny Powers, PhD, and Luke Comer has been awarded Book of the Year 2025 by Best Holistic Life Magazine. This groundbreaking book blends scientific insights with practical self-help strategies to guide readers back to their evolutionary roots and improve their well-being. Drawing on both authors' diverse backgrounds, it explores how aligning our modern behaviors with our evolutionary design can lead to healthier, more fulfilling lives.

A Return to Our Origins

In *On the Origin of Being*, Powers and Comer investigate the misalignments between our genetic design and the stresses of modern life. They argue that to enhance our physical, mental, and cultural health, we must reconnect with our primal selves. This insightful book addresses how aspects of modern society, while offering many benefits, can also be harmful to our well-being. By understanding and embracing our evolutionary behaviors, we can overcome these challenges and thrive.

The authors focus on four key behaviors—sleep, nutrition, work and rest, and our relationship with nature—that are crucial to our health. Through these lenses, they explore how these behaviors were shaped by our evolutionary past and how realigning them with our genetic design can lead to a more vital and robust life.

A Scientific Exploration of Human Behavior

Jenny Powers, with a PhD in Immunology and Microbiology, brings a scientific rigor to the exploration of evolution's impact on our health. Her extensive research into human genetics and behavior, combined with her passion for writing, allows her to make complex scientific concepts accessible to a broader audience. Powers' background as a former athlete and her experience as a mother further enrich her perspective on health and wellness. Luke Comer, an independent producer and writer, conceptualized the project and co-authored the book. With a diverse career spanning creative writing, multimedia production, and outdoor adventures, Comer's broad life experiences contribute to the holistic approach of *On the Origin of Being*. His exploration of various healing modalities, such as yoga and nutrition, adds depth to the book's insights.

Aligning with Our Primal Design

In *On the Origin of Being*, the authors delve into the evolution of human behaviors, tracing them from single-celled organisms to modern humans. They emphasize how the way we live today often contradicts our genetic design, leading to poor health and diminished



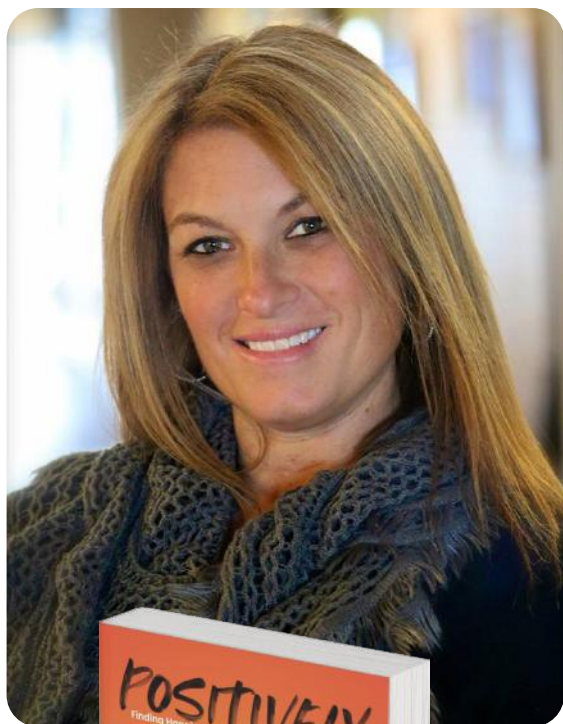
quality of life. Through a careful examination of evolution, they provide actionable steps for readers to realign their behaviors with their true nature, improving everything from sleep and energy levels to emotional well-being and relationships.

A Holistic Approach to Wellness

This book is not just a scientific study; it's a practical guide to living a healthier, more fulfilling life. By understanding the science behind our evolutionary history, we can make informed choices about our lifestyle and improve our overall well-being. Powers and Comer invite readers to reconnect with nature, embrace the simple pleasures of life, and take proactive steps to restore balance and vitality.

On the Origin of Being is a call to action for all of us to live in harmony with our natural selves. It's a roadmap to a more vibrant, healthier, and more meaningful existence, grounded in the wisdom of our evolutionary past.

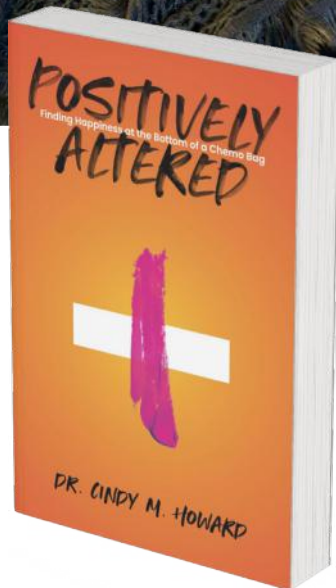
Available now on Amazon, Goodreads, and Barnes & Noble.



BOOK OF THE YEAR 2025

POSITIVELY ALTERED

BY DR. CINDY M. HOWARD
FOR FINDING HUMOR, STRENGTH, AND JOY IN LIFE'S CHALLENGES



Dr. Cindy M. Howard's *Positively Altered: Finding Happiness at the Bottom of a Chemo Bag* is awarded Book of the Year 2025 by Best Holistic Life Magazine. In this unapologetically raw and humorous memoir, Dr. Cindy chronicles her journey through adversity, using self-deprecating humor and a deep well of resilience to overcome the challenges life threw her way, from cancer to personal growth.

A Journey of Laughter and Resilience

In *Positively Altered*, Dr. Cindy M. Howard invites readers into her world where humor and optimism serve as the perfect tools to navigate life's toughest trials. Through thirty-four unique stories, Cindy explores themes of love, friendship, parenthood, and cancer with a balance of tender moments and laugh-out-loud anecdotes. Her genuine, heartfelt writing is a testament to the power of maintaining a positive outlook, no matter the obstacles.

Finding Joy in Unexpected Places

Dr. Cindy's story is proof that happiness can be found even in the most unexpected places—in her case, at the bottom of a chemo bag. Rather than sugarcoating her experience, she shares the unfiltered, messy moments that make up her journey. Her candid approach reminds us that life doesn't always have to be perfect to be meaningful. Cindy's message is clear: you have the power to choose how to respond to life's challenges and grow from them.

A Superhero in the Making

One of the central themes in *Positively Altered* is that we all have the potential to become superheroes in our own lives. With humor, determination, and the ability to embrace our true selves, we can rise above adversity. Dr. Cindy uses her "Fifty-One Things" list and "duplex theory" to illustrate how focusing on what truly matters—self-love, humor, and authenticity—can lead to the most profound transformations.

Empowering Others Through Adversity

Dr. Cindy's life motto—"I'll do anything once, twice if it's fun, three times just to be sure"—captures her adventurous spirit and unwavering determination. As a chiropractor, nutritionist, and speaker, Cindy has dedicated her life to empowering others to live with vitality and resilience. Her experience with Hodgkin's lymphoma not only strengthened her belief in the importance of a positive mindset but also inspired her to write this book, which serves as both a personal catharsis and a source of hope for readers facing their own challenges.

A Must-Read for Anyone Facing Adversity

Positively Altered is more than a memoir; it's a celebration of life, a call to embrace humor in the face of hardship, and an invitation to live unapologetically. Dr. Cindy's journey is one of triumph over adversity, and her book serves as a guide for anyone looking to transform their challenges into opportunities for growth. Available now on Amazon, Goodreads, and Barnes & Noble.



BOOK OF THE YEAR 2025

THE ABUNDANT SOUL

BY DAWNA CAMPBELL
FOR ALIGNING INNER WISDOM WITH FINANCIAL SUCCESS

The Abundant Soul: Creating Inner Wisdom for Financial Success by Dawna Campbell has been named Book of the Year 2025 by Best Holistic Life Magazine. In this transformative guide, Campbell, also known as "The Mind Whisperer," takes readers on a journey to unlock their full potential by connecting inner wisdom with financial prosperity.

The Journey to Abundance

The Abundant Soul follows the powerful narrative of Kristol, a woman in her 40s who has dedicated much of her life to her career, only to find herself struggling with frustration and unfulfillment. Her financial success came at the cost of emotional and spiritual disconnection, leaving her yearning for a deeper sense of purpose and joy.

The book explores Kristol's transformative journey as she confronts her fears and societal pressures, learning to dismantle the barriers that hinder her pursuit of true abundance. Along the way, she meets a medicine woman who guides her through a spiritual awakening, helping her rediscover the meaning of wealth and prosperity in every aspect of her life. Through Kristol's story, Campbell illustrates how the path to financial success begins with self-discovery and inner transformation. The Abundant Soul emphasizes that financial wealth is not just about money, but about aligning with one's soul's true purpose and embracing a holistic approach to abundance.

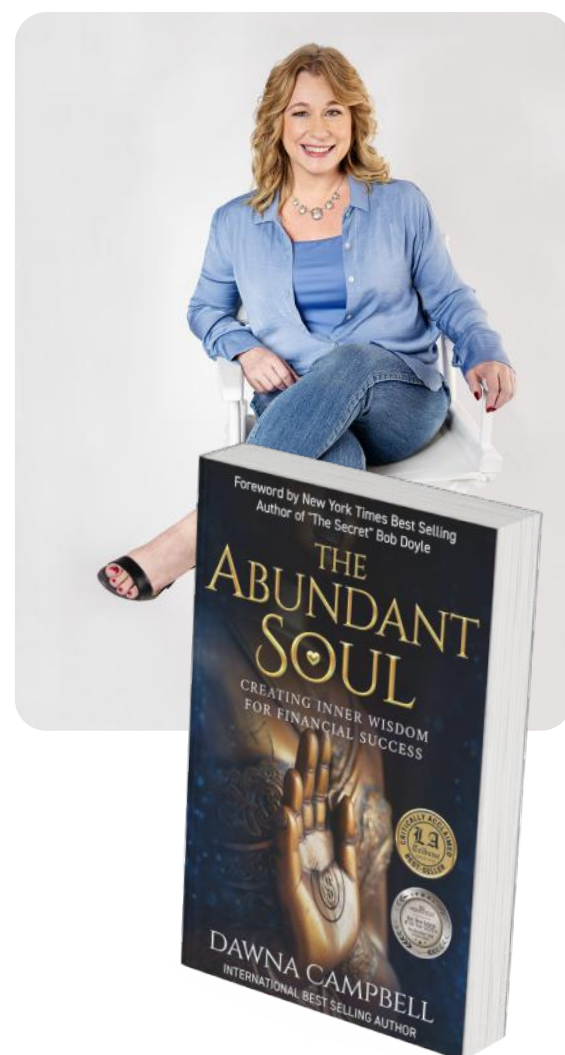
Unlocking Your Inner Wisdom for Success

In this inspiring book, Campbell offers readers actionable tools and strategies for overcoming fear and embracing their personal power. By tapping into inner wisdom and overcoming self-limiting beliefs, readers are empowered to manifest their desires and create a life of true fulfillment.

Through personal anecdotes, transformative exercises, and expert insights, Campbell introduces readers to the importance of aligning their heart, mind, and soul to create lasting prosperity. Whether it's through shifting mindset, practicing gratitude, or addressing emotional blocks, The Abundant Soul provides a comprehensive roadmap for personal and financial growth.

A Story of Personal Empowerment

Dawna Campbell's The Abundant Soul is a book of empowerment, resilience, and transformation. By sharing Kristol's journey, Campbell offers readers a blueprint for overcoming



the obstacles that stand in the way of their success. The book is an invitation to reclaim your personal power, elevate your financial success, and live a life of purpose and fulfillment.

Whether you're seeking personal transformation, financial abundance, or simply want to live a more aligned life, The Abundant Soul offers the wisdom and practical tools to help you achieve your goals and live the life you deserve.

Start Your Journey Today

Discover how to align your inner wisdom with your financial goals and start creating the life you've always dreamed of. The Abundant Soul: Creating Inner Wisdom for Financial Success is available now. Start your journey towards a life of abundance and purpose by purchasing the book on Amazon, Goodreads, or Barnes & Noble.



BOOK OF THE YEAR 2025

THE HAPPINESS COCKTAIL

BY NATHALIE BOTROS
FOR BLENDING HUMOR AND HEART TO CRAFT A
JOYFUL PATH TO SELF-LOVE



The Happiness Cocktail: The Right Ingredients for a Life of Happiness and Hope by Nathalie Botros has been awarded Book of the Year 2025 by Best Holistic Life Magazine. In this empowering guide, Botros, known as the "Happiness Activator," reveals her transformative approach to living a joy-filled and purpose-driven life. Drawing from

her expertise as a psychotherapist, mindset coach, and happiness expert, she presents a unique recipe for cultivating lasting happiness and well-being.

Creating a Life Filled with Joy and Fulfillment

In *The Happiness Cocktail*, Nathalie Botros takes readers on a personal journey toward self-discovery and happiness. This book is not just a collection of tips and advice; it is a holistic guide to understanding what truly makes us happy and how to integrate joy into our daily lives. With actionable steps and exercises, Botros teaches readers how to cultivate a mindset of positivity and resilience, empowering them to take control of their own happiness. Botros emphasizes the importance of self-love, gratitude, and overcoming negative emotions to create a foundation for long-lasting fulfillment. With relatable anecdotes from her own life and from her clients, she encourages readers to let go of past baggage and embrace a future filled with hope and possibility.

Empowerment Through Practical Steps

The Happiness Cocktail provides practical tools and strategies for readers to create their own personalized

"happiness cocktail." Botros guides her audience on how to embrace their self-worth, say "no" to negativity, and say "yes" to a life filled with joy. She offers wisdom on how to shift negative thought patterns and encourages readers to break free from comparison and self-sabotage. Through her unique perspective and methods, Botros helps readers find their inner happiness and unlock the life they truly deserve.

Her approach is based on the belief that happiness is not something to be found externally—it is a choice that comes from within. By following the steps laid out in the book, readers will be equipped to overcome obstacles, heal emotional wounds, and build a fulfilling life grounded in joy.

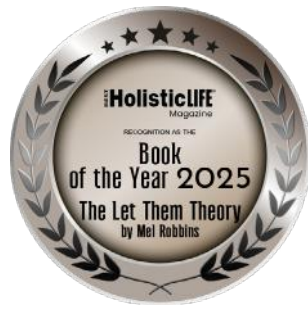
A Guide to Living Your Best Life

The Happiness Cocktail is a transformative guide for anyone looking to create a life of happiness, hope, and fulfillment. Whether you're struggling with self-doubt or simply seeking a more positive outlook, this book offers the tools and strategies to help you live your best life. With Nathalie Botros' guidance, you'll learn how to reclaim your joy and manifest the happiness you deserve.

If you're ready to take control of your happiness and embrace a future of possibilities, *The Happiness Cocktail* is the book you've been waiting for. It's time to unlock your happiness potential and start living the life you've always dreamed of.

Discover the Secret to Lasting Happiness

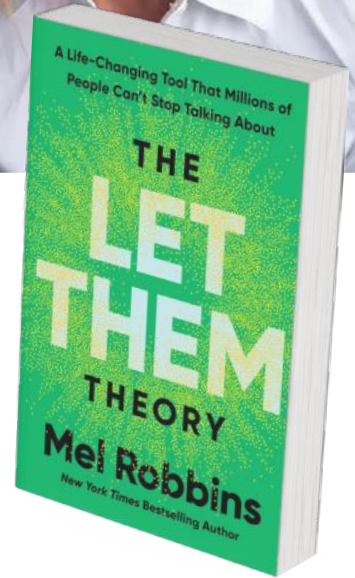
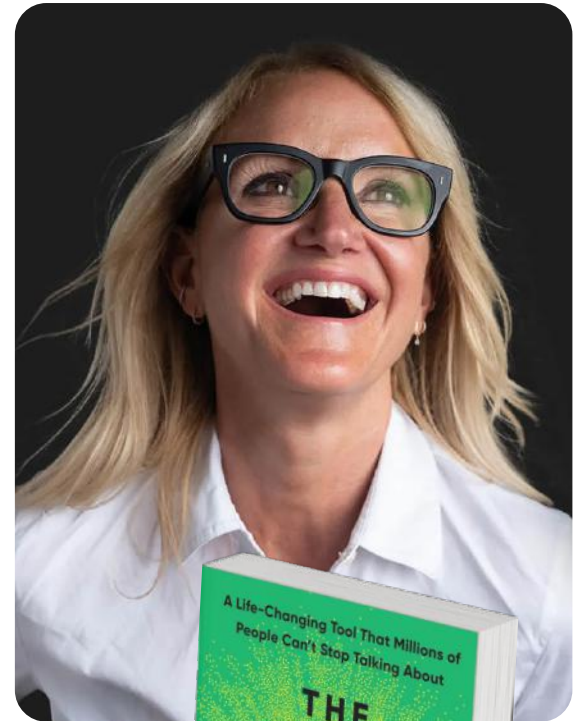
The Happiness Cocktail is available now. Start your journey toward a joyful and fulfilled life today by purchasing the book on Amazon or visiting GoodReads.



BOOK OF THE YEAR 2025

THE LET THEM THEORY

BY MEL ROBBINS
FOR HELPING READERS RECLAIM PEACE WITH
TWO SIMPLE WORDS



The Let Them Theory by Mel Robbins has been awarded the Best Holistic Life Magazine's Book of the Year for 2025. This groundbreaking book offers a liberating approach to life that teaches you how to take control of your happiness and success by embracing two simple words: "Let Them."

A Revolutionary Approach to Personal Power

In *The Let Them Theory*, Mel Robbins reveals how giving too much power to other people's opinions and judgments can prevent you from reaching your fullest potential. By focusing on what you can control—your own thoughts, actions, and happiness—you can break free from the cycle of self-doubt, fear, and comparison. With her trademark blend of science-backed insights, personal stories, and relatable wisdom, Robbins introduces the transformative concept of "Let Them."

Robbins shows you how to stop wasting energy on things beyond your control, such as managing others' expectations or comparing yourself to others. Through practical advice and real-world examples, she demonstrates how embracing the "Let Them" mindset can help you build better relationships, pursue your dreams with confidence, and overcome the obstacles that hold you back.

What You Will Learn

In *The Let Them Theory*, Robbins explains how to:

- Stop wasting energy on things you can't control
- Break free from self-doubt and fear
- Release the grip of others' expectations
- Build lasting, meaningful friendships
- Create the love and success you deserve
- Cultivate resilience against everyday stress
- Define your own path to fulfillment and happiness

This powerful guide will forever change the way you approach relationships, personal power, and success. Whether you want to advance your career, cultivate deeper connections, or simply create a more joyful life, Robbins gives you the tools to unlock your true potential.

A Proven Expert in Personal Growth

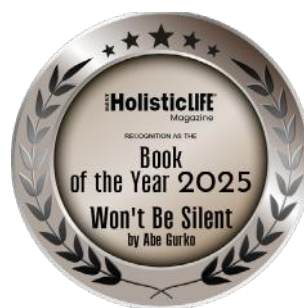
Mel Robbins is one of the most respected voices in personal development today. As a bestselling author, podcaster, and motivational speaker, Robbins has transformed millions of lives through her research-backed strategies on mindset, behavior change,

and confidence. Her previous works, including *The 5 Second Rule* and *The High 5 Habit*, have become staples in the self-help space, and her podcast reaches millions worldwide.

With over 19 million followers and a global media presence, Robbins is also a successful serial entrepreneur. She has worked with leading brands such as Starbucks, Spotify, and JP Morgan Chase, using her tools to inspire positive change in both clinical and corporate settings.

Discover Your Power

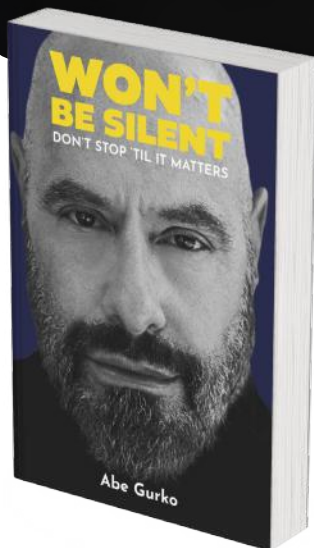
The Let Them Theory empowers readers to reclaim their personal power and live the life they truly deserve. By embracing the principles in this book, you'll learn to free yourself from the judgment of others and take control of your own happiness and success. Order *The Let Them Theory* now and start your journey to a more fulfilling life. Available on Amazon, Goodreads, and Barnes & Noble.



BOOK OF THE YEAR 2025

WON'T BE SILENT

BY ABE GURKO
FOR TURNING PAIN INTO POWER THROUGH
HUMOR AND TRUTH



Abe Gurko's memoir, *Won't Be Silent*, is the recipient of the Book of the Year 2025 award from Best Holistic Life Magazine. In this candid and inspiring memoir, Abe recounts his life's tumultuous journey, filled with both unimaginable struggles and triumphant moments, navigating it all with humor, optimism, and a deep connection to his family's legacy as Holocaust survivors.

A Life of Resilience and Humor

Won't Be Silent tells the story of Abe's bohemian journey, beginning in the streets of New Jersey and winding through the glittering world of Hollywood, Studio 54, Mexico, Amsterdam, and beyond. Along the way, he faces personal challenges such as coming out, addiction, and the heartbreaks of life, always rising above with humor as his superpower. His story celebrates how embracing one's true self, even in the most difficult circumstances, can transform obstacles into opportunities for growth.

Abe's humor doesn't just shield him from life's trials—it propels him forward. Armed with a razor-sharp wit, Abe takes readers on an emotional rollercoaster, sharing both the joyous and heartbreaking moments of his journey, from facing addiction to reclaiming his dignity and strength.

Legacy of Strength

As the second-generation son of Holocaust survivors, Abe carries his parents' resilience in his DNA. Their legacy becomes his guiding light, helping him find the strength to rise from the depths of despair. He channels their spirit into navigating life's hardships, proving that the challenges of our past do not define us. Through this memoir, Abe honors their memory and passes on their gift of courage, hope, and perseverance to his readers.

Turning Adversity into Strength

In *Won't Be Silent*, Abe shares how life's toughest challenges became the building blocks of his resilience. He embraces the notion that pain is inevitable, but suffering is optional. Instead of letting past pain dictate his future, he uses it as fuel for his personal growth, choosing to face adversity with humor and optimism.

This memoir is a testament to the power of laughter in the face of adversity. It reminds readers that no matter the obstacle, we can choose how we respond. Abe's story shows that with humor, optimism, and a commitment to staying true to ourselves, we can overcome even the most impossible circumstances.

A Must-Read Memoir

Won't Be Silent is more than just a personal account; it's an invitation to embrace your superpowers of humor and optimism to navigate life's challenges. It's a powerful reminder that our pasts do not define us, and that it's our ability to rise, laugh, and embrace our journey that truly matters.

Available now on Amazon, Goodreads, and Barnes & Noble.

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CREATING
SOCIAL CHANGE**

