

# Living in Zen

**Guest Opportunity: Jeanette Kildevaeld** --- Expert on resiliency, perseverance, life-coaching, confidence and spiritual healing, who is a #1 Amazon Best Selling Author of *"Your Are Worthier: A Guide to Improving Your Illness or Injury on the Road to Recovery."*

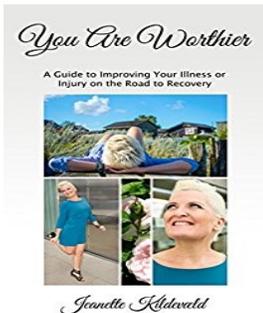
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They say change is good, but what if the change was an incredible and life altering experience? Not everyone is a fan of change but as the world moves we move with it meaning we also change and grow. Amazing things are happening but some people are still unaware and cannot reap the benefits.

We are learning that we can be our own boss by creating and growing successful businesses. We have finally figured out what the internet was intended for thus allowing us to run our businesses through a Wi-Fi connection and freeing up more time for ourselves and our family. We are learning that more is not always better and that we are worth a healthy lifestyle, both exercise and eating. We are trying new ways, yoga and meditation, to relieve our stress and connect in a more spiritual way.

- \* What are some ways that we can lead a more peaceful and spiritual life?
- \* What do all of these positive changes mean for us and the future?
- \* How can we as a society learn to put ourselves first before work and other commitments thus allowing us to lead a more balanced life?
- \* What is the perfect balance of life, work, family, and self?

**Jeanette Kildevaeld** uses her experiences to elaborate on how to be resilient in the chase of your dreams and your goals.



## **Meet Jeanette Kildevaeld:**

Jeanette Kildevaeld lives in the Danish Island Funen, also called "The Garden of Denmark" with her husband and two daughters. She enjoys writing columns, speeches and books to help others heal mentally and physically. She is a life coach and her spirituality allows her to connect with people and help them heal during sessions. When she isn't writing she likes to travel, run and to spend time with family and friends.

For more information visit....[www.youareworthier.com/](http://www.youareworthier.com/)

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