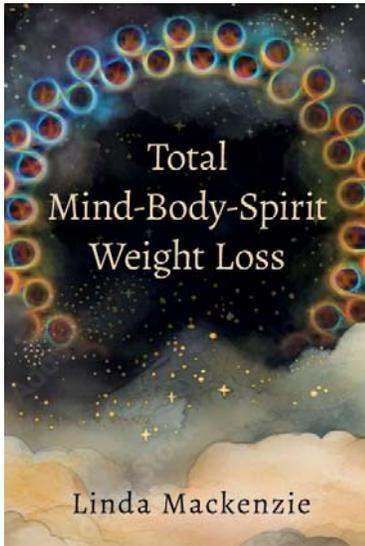




Creative Health & Spirit Publishing

BOOK CATALOG SHEET



Total Mind-Body-Spirit Weight Loss

Linda Mackenzie

ISBN:979-8-9867179-2-0 Trade Paper

ISBN:979-8-9867179-3-7 Ebook

ISBN:979-8-9867179-4-4 Audiobook

ISBN:978-0-9656432-5-2 CD

Trade Paper: \$14.95 Ebook: \$7.95

Audiobook: \$9.95 CD: \$24.95

6" X 9"1; pages

Imprint: Creative Health & Spirit

Self-Help/Health & Fitness

January, 2024

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"When the mind becomes the positive coach for your body amazing results can occur. Linda's book is your step-by-step guide." - Bernie Siegel, MD

"Linda has captured the essence of success in dealing with weight management." - Dr. Jane Greer

This tested all-natural, drug free program is the missing link to help you lose weight and keep it off using the concept of transforming your mind to change your body. Using a unique visualization method to help control the four hidden types stress, which are the REAL culprits to weight gain, this step-by step guide gives you everything you need to achieve your weight loss success.

Linda Mackenzie, a multi-book author, radio host, world renowned psychic and hypnotherapist founded HealthyLife.net Radio in 2002 which reaches millions of worldwide listeners a month. She has appeared on hundreds of radio shows, almost all network/cable TV channels and in several award winning documentaries.

Benefits

- Discover the hidden reasons of your weight gain
- Make a total commitment to weight loss
- Easily alter your emotional ties to eating
- Learn to change your eating habits effortlessly
- Get naturally motivated to exercise

Features

- Find out the keys to weight loss
- Get results in less than 30 minutes a day
- 10 unique visualizations to reduce stress and think thin
- Easy to use alone or with other weight loss methods
- A 'LindaMac Diet' Bonus Section for faster weight loss

ADVERTISING

- Social Media
- Influencer Sites and Blogs
- TV, Radio and Print Ads
- Retail/Trade Journals

PUBLICITY

- Targeted Radio/TV Interviews
- National Press Release
- Social media/Influencers
- National Media Campaign
- Nationwide Seminars
- National Book Tour/Signings

PROMOTION

- Linda Mackenzie Show Mentions
- Giveaways at Events
- Monthly Newsletters
- Digital/Bookstore Promotions
- Remote Radio Events

DISTRIBUTION

Amazon, Barnes & Noble, Target, Ingram, Draft2Digital, New Leaf, Author's Republic



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TOTAL MIND-BODY-SPIRIT WEIGHT LOSS

AUTHOR QUESTIONS

1. Why did you write the book?
2. What are some of the keys to weight loss?
3. What are the four stresses that are the major culprits to weight gain?
4. What is visualization and how does it work?
5. In your program how do you reach a REAL commitment to weight loss?
6. What is Mind Transformation all about?
7. What is Mind Transformation all about?
8. How does your program handle exercise motivation?
9. Why is thinking thin important?
10. Do you have any success stories? How do you use your program?
11. You have a bonus section called the 'LindaMac' diet what is that about?
12. Where can people get your book and find out more about you?



Social Media: Twitter: <https://twitter.com/lindamackenzie>; <https://twitter.com/positiveradio>
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Instagram: <https://www.instagram.com/healthyliferadio/>
You Tube: <https://www.youtube.com/@LindaMackenzie>
<https://www.youtube.com/@healthyliferadio>

Sizzle Reel: <https://www.youtube.com/>

Websites: www.lindamackenzie.net, www.healthylife.net, www.hnradio.com

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AVAILABLE IN: PAPERBACK --- EBOOK --- AUDIOBOOK --- CD



Creative Health & Spirit Publishing

LONG BIO: LINDA MACKENZIE, C.H.T., Ph.D. (c)

Linda Mackenzie is the epitome of the multi-hyphenate! A former telecom engineer who designed worldwide communications networks for the airlines and Fortune 1000 companies, Mackenzie is a mainstay in pioneering entrepreneurial spirit. She launched one of the first used PC stores, a datacom consulting firm, a gift manufacturing company and was President of a dietary supplement manufacturing corporation.

Today she heads one of her proudest accomplishments to date, as President of CREATIVE HEALTH & SPIRIT-- a Manhattan Beach based media & publishing company started in 1995 and Founder of HEALTHYLIFE.NET - ALL POSITIVE TALK RADIO which commenced in October, 2002 and HRNradio.com, an ad free subscription positive podcast portal in October, 2020.

As a former radio host of KPSL, Wisdom, PAX and CRN networks and voice of KGMD radio she aired to 26 million people on 118 cable TV channels, 41 FM channels, satellite and the Internet in over 241 markets. Today Linda continues to produce and host her radio show, the LINDA MACKENZIE SHOW. She is a frequent guest on many radio stations and in 2006 she received the ABI Great Women of the 21st Century for Radio Broadcasting. No stranger to TV and film, Linda has appeared on almost all major U.S. network and cable channels, as well as, BBC, German and Tokyo TV. Linda, a major star player in several award-winning documentaries, has written and produced MANY FACES OF PSYCHIC ABILITY, a HD DVD, released in January, 2009.

As an author, Mackenzie released her COVR award-winning book INNER INSIGHTS – THE BOOK OF CHARTS, Creative Health & Spirit, 1995, HOW TO SELF-PUBLISH YOUR PERSONAL GROWTH BOOK, Crossing Press, 1997, HELP YOURSELF HEAL WITH SELF-HYPNOSIS, Sterling Publishing, 2000 (translated and sold internationally), SYMBOLS OF YOU, Creative Health & Spirit, 2023 and TOTAL MIND-BODY-SPIRIT WEIGHT LOSS, Creative Health & Spirit, 2024. As a feature writer Linda has contributed articles to many magazines including Concepts Magazine, Health & Fitness, Vitamin Retailer, Natural Pharmacy Magazine, Kinetics Magazine and Conscious Living Journal. Pursuing her dream to self-empower individuals she created audio-visualization tapes and CDs: HELP YOURSELF HEAL SERIES, Vision Quest Video & Audio, 1998; and under the Creative Health & Spirit label: the COVR award- winning TOTAL MIND-BODY-SPIRIT-WEIGHT LOSS PROGRAM June, 1999; HELP YOURSELF HEAL MENOPAUSE, June, 2000 - the 1st visualization CD for menopause symptoms.

Having realized her psychic abilities at the age of 8, it would be years later before she would seriously harness her psychic abilities to establish herself as one of the World's most profound and respected psychics. Many celebrities, politicians, musicians and companies confer with Linda because she keeps their identity in strictest privacy. As a 15-year member of the International Society for Paranormal Research, Linda was part of many paranormal investigations, including helping discern paranormal activity for the British government and aiding the Los Angeles Police Department. In January 2009 Linda Mackenzie's PSYCHIC SECRETS UNVEILED, a 17- part interactive and display museum exhibit, opened at the Paraplex Paranormal Museum in New Orleans, Louisiana. Her monthly predictions can be found on her website LindaMackenzie.net

As a Doctoral Clinical Hypnotherapist Candidate, Linda has an upbeat approach to life and health. "Information and insight is the key," claims Mackenzie, who to date has helped hundreds of thousands of people worldwide in achieving inner peace and balance. "By giving people self-empowerment tools to access their mind-body connection, I help them meet life's everyday challenges." A member of the American Board of Hypnotherapy, Mackenzie was also honored with a Certificate of Appreciation for Furthering the Profession from the International Association of Clinical Hypnotherapists and acclaimed as one of AIH's "most prolific creative minds." Linda resides close to the beach in Southern California.