



Lighter Within

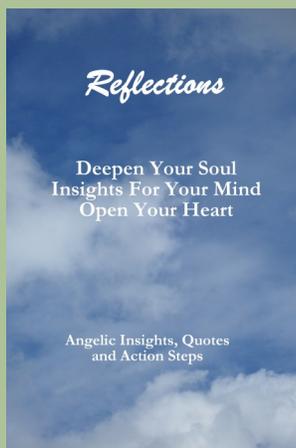
A new way of being



Jolen Philbrook

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Jolen's newest book

Reflections

"The inability to open up to hope is what blocks trust, and blocked trust is the reason for blighted dreams". Elizabeth Gilbert

Biography

About Jolen:

Jolen is a sought after speaker, transformational coach and #1 best-selling co-author of the *Gratitude Book Project, Celebrating 365 Days of Gratitude* and her newest book *Reflections*.

Jolen is a graduate of The California Institute of The Healing Arts and Science. She has completed her advance training for spiritual awareness with the Church of Essence. She is also a member of Toastmasters International.

Jolen is the founding member of The Lighter Signature System. She has been studying the spirit, mind, body connection since 1980. Jolen holds a Behavioral Therapist degree and is a Certified Clinical Hypnotherapy along with being a Certified Life Coach.

She teaches workshops and seminars to help fulfill her mission to assist others as they heal themselves from emotional and physical challenges.

Jolen is gifted at helping you release your pain and hurts in your heart. She is known for being an innovator and pioneer. Her specialty is inspiring clients to attract more happiness into their lives by clear their limiting beliefs, release their resistance and build a prosperity consciousness.

Jolen's warm and reassuring style helps you feel secure as she guides you to achieve freedom, strength, and success in your life. She believes each person has the power and answers within themselves as she guides you to finding them.

Jolen loves to inspire and empower you, as you make the necessary changes in your life. She makes you feel relaxed with her easy going nature. She is compassionate, uplifting, and supportive.

Jolen lives in Grass Valley, Ca. She has one son, one dog and one cat. She loves Mexican food, acrylic painting, gardening, getting together with friends and family and just having fun.