

Barbara Schiffman

BarbaraSchiffman.com

"Enjoy Your Life & Evolve Your Soul"

Author - Speaker - Coach
Mind-Body-Spirit Balance



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Teaching People about Creating Life&Soul Balance from the Inside Out

After working for nearly four decades as a highly-regarded Hollywood script consultant, **Barbara Schiffman** transitioned from helping create fictional Hollywood stories for film and TV to supporting personal transformation -- what she calls "true stories in progress" -- as a Life&Soul coach and author/teacher. She is quickly becoming a leading expert and speaker about Body-Mind-Spirit Balance. Her mission is to help people expand their lives and evolve their souls from "the inside out and the outside in." Her own experiences -- including a 35 year marriage, several businesses and a cross-country move -- plus observation have helped her create unique life balance programs for people seeking resilient, joyful and exhilarating lives.

Suggested Intro: As a Certified Hypnotherapist, Advanced Akashic Records Teacher, and Life&Soul Balance Coach, Barbara Schiffman excels at translating scientific theories, New Thought perspectives and ancient wisdom into supportive tools to help people experience more balance, peace and joy in their daily lives. A highly-regarded Hollywood script consultant turned author and speaker, Schiffman is an insightful and gifted teacher whose specialty is balanced living. Her books, ecourses and coaching programs -- especially "*Living in Balance for Boomers: Secrets to Making the Most of the Second Half of Life*" and "*The Akashic Muse: Collaborating With Your Soul & The Akashic Records for Writing & Other Endeavors*" plus her two DailyOM.com ecourses "*Taking Your Leap of Faith*" and "*Energize Your Life With the 4 Elements*" -- empower people of every age and interest.

Barbara's Websites: <http://BarbaraSchiffman.com> or <http://YourLifeAndSoul.com>

Suggested TOPICS for DISCUSSION:

- **Balancing Life From the Inside Out** – Everyone's seeking a balanced life, but balance is not being perfect -- it's the ability to keep all your 'life-plates' spinning by replenishing your own energy reserves! Barbara talks about her unique Life Balance processes, which include using the 4 Elements (*Earth, Air, Water and Fire*) to help balance Body, Mind, Heart and Soul and also tuning into the Akashic Records for Soul-Level Living.
- **Living on Earth From Your Soul's Point of View** – To Barbara, everything in life -- our relationships, work, creative projects, health and also our life challenges -- feeds, evolves and expands our individual Soul and humanity's collective Unified Field. How can viewing life from the Soul's Point of View help us live it more peace, meaning and fulfillment? Barbara talks how this work, and shares tips from her experience working directly with the Akashic Records and also other spiritual tools designed to help people enjoy their lives while evolving their souls.
- **The Art and Science of Taking Leaps of Faith** – More people are being called or pushed into taking Leaps of Faith in careers, relationships, health or finances as well as fulfillment of their creative dreams. Barbara's discovered the 6 Stages to Taking Leaps of Faith and shares fresh ways to build courage for taking leaps with ease and joy.

Suggested QUESTIONS for Barbara Schiffman:

1. What do you mean by "Life and Soul Balance"? Why is it important for people these days?
2. How is balance different from resilience -- and how do you use Nature's 4 Elements to create and maintain both?
3. How did you get started as a Life&Soul Coach, and how do you keep your Life and Soul balanced?
4. As a Life Balance Expert who writes for the relationship website YourTango.com, what have you learned through your family and other relationships, being married for 35 years and raising a daughter who's now the mother of twins?
5. Why do so many people have trouble finding purpose and fulfillment in their lives today? How do you help them find it?
6. What prompted you to re-invent yourself at different points in your life, and how did you go about doing that?
7. In your experience, what holds people back and prevents them from reaching their potential at any time in life -- especially in what you call 'the second half'?
8. What wisdom did you gain during your first half of your life that now influences or supports you in your second half?
9. You help people take Leaps of Faith to create breakthroughs in their careers and other areas of life. How did you learn these breakthrough tools and what experiences in your life taught you to take -- and enjoy -- your own Leaps of Faith?

10. How can people get in touch with you, learn more about your work, sign up for your ecourses and coaching programs?