

Barbara Schiffman Biography

Barbara Schiffman is a writer, book editor/coach, Hollywood script consultant and Life&Soul Balance Coach. She helps people enjoy their lives and evolve their souls with more ease and joy.

She's had 8 chapters published in 7 anthology books on personal and spiritual development or screenwriting. Her chapters on creating life balance by tuning into natural energy rhythms and the Four Elements are in "101 Great Ways to Improve Your Life" (SelfGrowth.com) and "Inspiration to Realization" (Love Your Life Publishers). Her chapter on "Becoming a Joy Spreader" is included in "Happiness Awaits You." Her contributions to "2012: Creating Your Own Shift" include a chapter about the 2012 Shifts as seen through the eyes of the Akashic Records (Humanity's collective soul-archive) and about the art and science of taking leaps of faith to create your own shifts every day. Her chapter for new screenwriters appears in "Now Write! Screenwriting: Exercises from Today's Top Screenwriters and Teachers."

Her first e-book "LIVING IN BALANCE FOR BOOMERS: Making the Most of the Second Half of Life" (BoomerSeriesBooks.com) shares the essentials of her Energize Your Life process which taps into the power of Nature's Four Elements. Her self-paced 7-lesson DailyOM.com ecourse based on this work also helps you recharge your life one element at a time via exercises, guided meditations, inspiring visuals and more. Info at ENERGIZE YOUR LIFE WITH 4 ELEMENTS ecourse (<http://tinyurl.com/Energize4E>).

She's also co-writing "THE EXHILARATION EFFECT: Building the Courage to Take Your Leap of Faith" with Camille Leon. which was ranked in the Top 25 out of 300 entries in the 2010 Next Top Spiritual Author competition and was one of the Top 70 books in the 2011 Next Top Self Help Author competition.

Barbara and Camille Leon also co-authored DailyOM.com's ecourse based on The Exhilaration Effect -- (Info: <http://tinyurl.com/leapregister>). TAKING YOUR LEAP OF FAITH is a self-paced 8-lesson ecourse about the Art & Science of Taking Leaps of Faith. It walks readers through the 6 Stages of Leaps of Faith -- from Expecting to Experiencing to Expanding -- and gives them experience via fun Leap-Work to build courage while gently stretching your Life Comfort Zone. Inner shifts are amplified by guided meditations embeded in the ecourse lessons.

Barbara's articles have been published in BellaSpark Magazine, Vision Magazine, LA Daily News, Writers Digest, Publisher's Weekly and other national or local publications. Some are available online at SelfGrowth.com, DivineCaroline.com and LearningAnnex.com. She currently contributes articles and videos on Life&SoulBalance and Relationships to <http://YourTango.com> and about our Akashic Soul Journey to <http://CreateYourHealth.com>.

She's an Akashic Records Advanced Certified Teacher, personally trained/mentored by best-selling author and COVR award-winner Linda Howe ("How to Read the Akashic Records," "Healing Through the Akashic Records"). Barbara's work in teaching others to access their own Akashic Records led her to write a chapter on 2012 through the eyes of the Akashic Records for "2012: Creating Your Own Shift." She regularly tunes into the Akashic Records to support her when she's writing and editing articles and books as well as when to edit self-help, spiritual books or novels for other authors. Her "workshop in a book" with accompanying guided exercises CD -- "The Akashic Muse:: Collaborating With Your Soul & the Akashic Records for Writing and Other Creative Endeavors" is available via her website: <http://YourLifeandSoul.com>

In working with coaching clients and groups, Barbara blends Soul Keys Hypnosis, guided imagery, energy archetypes, quantum physics concepts, experiential breakthrough processes and Akashic Records guidance with insights from her own experiences and life lessons. She continues to stretch her own Life Comfort Zone to expand her capacity to enjoy life and also help others. Over the past

40 years she's completed a half-marathon along the Ironman Triathlon track in Hawaii, walked on hot coals with Tony Robbins, overcome the fear of public speaking by joining Toastmasters Int'l and co-founding Toastmasters4Writers (Burbank CA), moved cross-country to work in the film biz, and been married for over 35 years to author/spiritual counselor Glenn Schiffman (one of the Top 4 Authors in the 2010 Next Top Spiritual Author Competition!).

Learn more about Barbara's writing/editing, life&soul coaching or Akashic reading/teaching:

<http://YourLifeandSoul.com>

<http://ExhilarationEffect.com>

<http://BarbaraSchiffman.com>