



www.micheleschalin.com

Michele Schalin

AUTHOR / MANIFESTOR
INTERNATIONAL SPEAKER

MEDIA KIT

The Book

Unlocking your potential has never been easier! Release your hidden powers and discover the depths of self-love, healing, and inner transformation with Mindful Metamorphosis!

Learn effective techniques for cultivating self-love, healing from trauma, controlling your thoughts, processing and regulating emotions, and changing subconscious beliefs. Ultimately transforming the way you think and feel about yourself, empowering you to manifest the life of your dreams.

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Self Help - Personal Transformation
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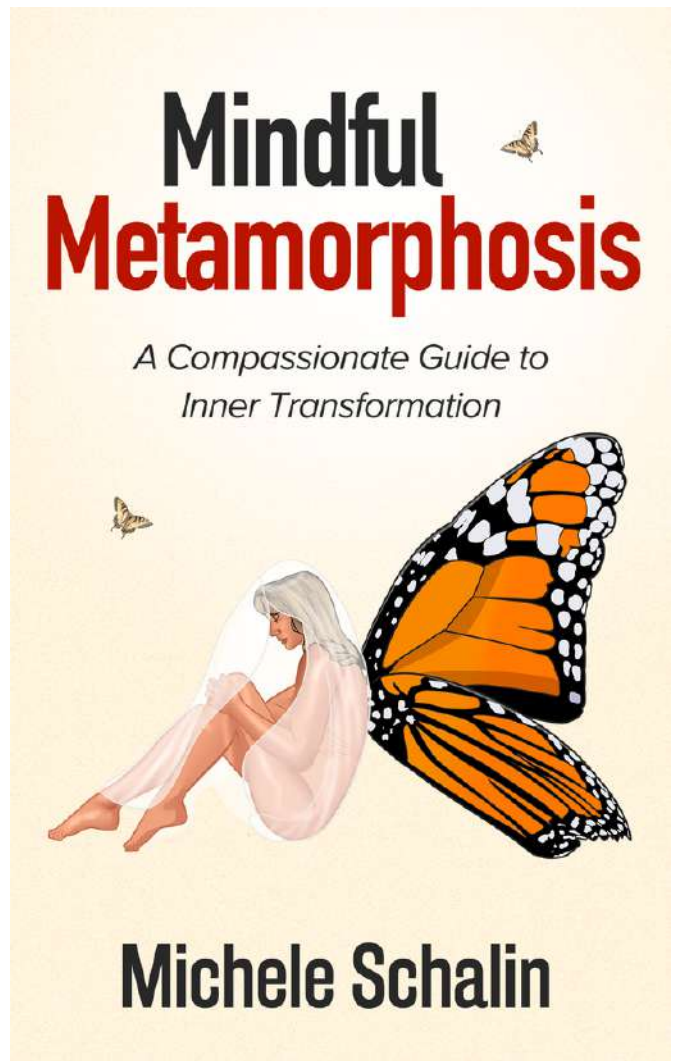
Kindle/Ebook ISBN: 979-8-88926-973-1 \$5.99

Paperback ISBN: 979-8-88926-929-8 \$17.99

Hardcover ISBN: 979-8-88926-999-1 \$27.99

Spanish ISBN: 979-8-218-39197-3 \$17.99

Audio In English available June 2024



INTERVIEW QUESTIONS

What inspired you to write your book?

Who should read this book?

How do we manifest in our lives?

How do we cultivate self-love?

What is your definition of success?

What are the book's takeaways?

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MINDFUL METAMORPHOSIS

Meet Michele Schalin, author, international speaker, mental fitness coach, breathwork facilitator, and meditation guide — the trailblazer in Mindful Metamorphosis. For over thirty years, she has been an unstoppable force that educates, guides, and supports people on their journey to personal development, spiritual growth, and inner transformation. She's your ultimate secret weapon against stressors like anxiety, depression, and trauma, offering expert strategies to elevating your mental fitness and mindset.

Michele is an intrepid adventurer, always looking to explore the unknown and share her journey with others. Her authentic spirit ignites genuine connection wherever she goes, from meaningful conversations to spontaneous singing and dancing. She lives life fully, embracing nature hikes and yoga and always seeking opportunities to elevate the collective consciousness. To know Michele is to be touched by her abundant energy, contagious smile and infectious laughter.



Reviews

“

Mindful Metamorphosis is a potent read on wellness beyond the Mind-Body connection, and Michele does a phenomenal and concise job of reconciling numerous healing modalities for us all to follow. Her own inner experience, coupled with her knowledge and skills in empowering others, creates a profoundly motivating book.

Dr. Lacey Dupré DACM, MS

“

Mindful Metamorphosis provides actionable insights for understanding how the mind, body, and spirit work in unison. Readers will learn to relate with their authentic selves, create a new mindset and experience awakening through self-transformation. Michele's writing walks individuals through a comprehensive healing journey.

Laura D. Russell, Associate Professor, Denison University

“

Michele Schalin gives a raw and honest account of her own personal journey to healing that resonates with each and every one of us profoundly. Her vulnerability in sharing is the real power of her testament.

Raelynn Deaton Haynes, PhD

“

A brilliant and authentic account of one's own journey of self-discovery, healing and spiritual transformation! Michele's story is told in a very sincere and emotional tone, which makes it relatable and deeply touching. This book is both an easy read and an abundant source of practical wisdom.

Denis Buka, Author, The Acutely Close Faraway



Michele is the exact person you need by your side to walk with you through tough times. I really appreciate her knowledge and humour and most importantly the fact that her wisdom comes from her own journey to successfully overcome anxiety.

Hazel Everard, Business Coach



Mindful Metamorphosis offers accessible and practical guidance that can be applied to everyday life. If you are on a path of personal growth and spiritual awakening, Michele will take you a step forward in your journey.

Adriana Aristizábal, Inner world traveler.



Want to break out of negative thought patterns? This book will give you a better understanding of yourself and provide you with the tools to help you to find peace in a stressful world. Written not by an academic but by someone who has lived through difficult times and found a way to live life to its fullest. Studied with experts and practiced a multitude of techniques that will help you take control of your life, Michele has done the hard work so you can reap the benefit of her experiences.

Paul Carpenter, Writer/ Musician



Michele is a caring and compassionate soul who is living a life of exploration, transformation and raising consciousness. She shares deceptively simple practices that lead to real change in how we see the world, navigate life, and connect with who we naturally are. An authentic expert to support and guide you on your own journey of a lifetime and beyond.

Edmund VonAllmen, Data Architect



Mindful Metamorphosis is a gift from the universe. Michele's words are infused with a profound sense of love and compassion; she recounts the way she has overcome her own anxiety to navigate life's challenges with grace and wisdom.

Barbie Galloway, Realtor

SPEAKING TOPICS



- ✓ Meditation is Your Superpower
- ✓ Mindfulness / Emotional Intelligence
- ✓ Controlling Your Monkey Mind
- ✓ Our Relationship With Technology
- ✓ Self Love / Forgiveness / Gratitude
- ✓ Healing in a Toxic Culture
- ✓ Manifesting the Life You Desire

High-resolution images and full bio are available at
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Michele