**The Best-Selling Book Series ( Top Left of opening page) that Captivates and Inspires!**

**AUTHOR BIO**

Robin H-C is a behavioral expert and coach specializing in transformational development. Her seminars and books restore possibilities; provide tools for life and initiate inspired insight that impact a variety of areas of life, that may have previously been experience as “difficult”, or “impossible to change”. Her advice has been published in Psychology Today, Success Magazine, Forbes, NY Times, Woman’s Day, Shape, Todays Parent, Redbook, Reader’s Digest among others―she has also appeared on over 100 television and radio shows, speaking about this very topic.

**THE BRAND**

A fundamental philosophy to the Life’s in Session brand is that human beings are revitalized by a compelling puzzle (goal) that alters their relationship to the present. The right puzzle can dissolve pain from the past, provide an inspiring life focal point, transform who you are in the moment and breathe life into your future.

**How it Works**

Goals transform how we relate to the future and when we change how we relate to the future it alters who we are in the present moment. When we alter who we are in the present moment we break the patterns of the past, or in the words of Dr. Joe Dispenza: “we break the habit of being ourselves.”

Stepping out of unconscious patterns and programing invites magic and synchronicity into our lives. In fact, you become a magnet for the things you want.

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(book one)

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**Release: December 2023**

(book two)

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