



## Fresh Look On Life



### Cindy Nolte

Cindy Nolte is a television talk show host, #1 bestselling author, speaker, and she runs a private practice in which she offers workshops, certifications, hypnosis, past-life regression, and energy work. She is a certified hypnotist, hypnosis instructor, energy practitioner, teacher, mentor, intuitive, group fitness instructor, and consultant

Cindy takes the mind-body-spirit connection very seriously, acknowledging that they all must be nourished to create optimum health and wellness. An accomplished executive, who was recognized by her previous company in Corporate America for being in the top 10% of their workforce, she combines her traditional background in management and training with her passion and knowledge of the holistic industry to create uplifting down to earth content that is easily applied by participants to generate positive results.

Cindy is the author of *Finding Peace in an Out of Control World*, which was #1 on the Amazon.com Best Sellers List for Hot New Releases and #2 on the Amazon.com Best Sellers List for Stress Management.

Cindy is passionate about helping others. She has hosted and participated in a number of charity events. Nolte is also an active member of SARA, a charity dedicated to bringing Reiki to shelter animals.

Viewers can see her weekly on her cable television show, Fresh Look on Life TV~taking alternative mainstream. In her downtime, she is an avid long-distance runner and triathlete.

Nolte currently lives in New Jersey with her husband and two rescue pups.

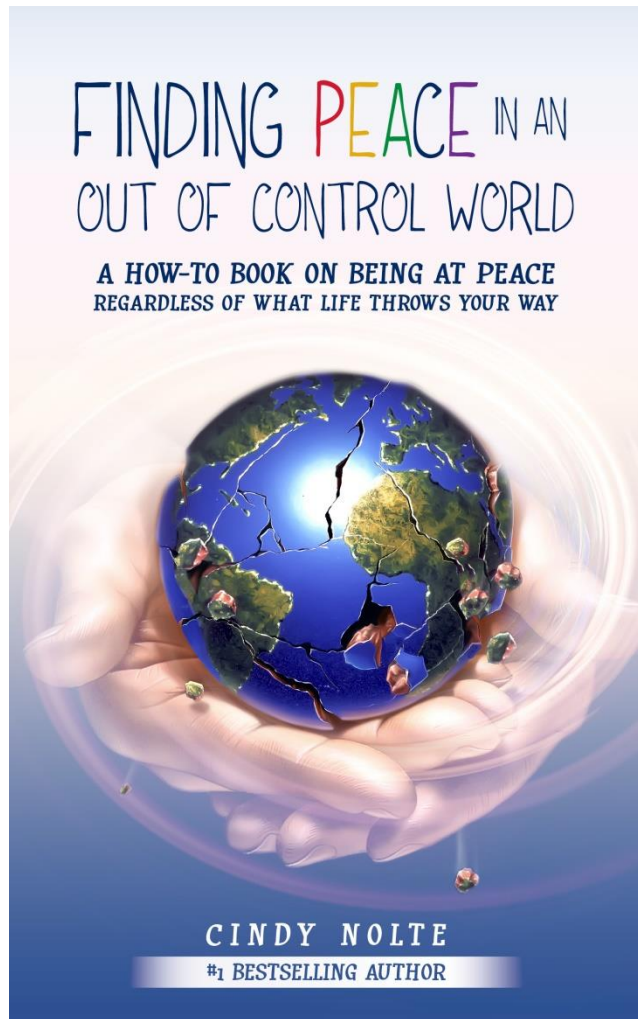
For more information on Cindy Nolte, her practice, workshops, or her weekly television show, check out [www.freshlookonlife.com](http://www.freshlookonlife.com).

Call 973-383-6847 or email [press@freshlookonlife.com](mailto:press@freshlookonlife.com)

## #1 Best Selling: Finding Peace in An Out of Control World

### A How-to Book on Being at Peace Regardless of What Life Throws Your Way

*Find peace—and keep it!—with this uplifting guide that focuses on balanced living through mind, body, and spirit.*



#### Book Description

The ideas in this book can help you take back your power, connect with yourself, feel strong connections within, and recognize that everything has a purpose. Coming from that perspective, you will not only believe that everything will be okay, you'll also feel it and live it every day.

Finally achieve the inner peace for which you've always searched with Cindy Nolte's inspirational new book, *Finding Peace in an Out of Control World*.

As daily life pummels us with its everyday stresses and unexpected obstacles, it is sometimes difficult to see a way out. But with Nolte's no-nonsense approach, achieving your dreams is more possible now than ever before.

Encouraging a balanced lifestyle that brings peace to the mind, body, and spirit, this easy-to-read volume guides you through the journey of becoming reacquainted—with yourself!

Readers will learn to become present in their own lives and enjoy each moment for what it is instead of what they wish it to be.

Embrace a life of passion with *Finding Peace in an Out of Control World*, and gain a new clarity about what life has in store.

#1 Best seller, *Finding Peace in an Out of Control World*, is available now on Amazon.com, barnesandnoble.com, and at select local book stores.

For more information go to: [www.freshlookonlife.com](http://www.freshlookonlife.com)

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## **Cindy Nolte, Local TV Personality/Bestselling Author/ Holistic Practitioner/ Philanthropist Launches Her New Book to Help Others Find Inner Peace**

Augusta, NJ, January 15, 2015 --([PR.com](http://PR.com))-- Finally achieve the inner peace for which you've always searched with Cindy Nolte's inspirational new book, "Finding Peace in an Out of Control World."

Bestselling Author, TV Personality, Holistic Practitioner Cindy Nolte, launched "Finding Peace in an Out of Control World," today as it soared to the #3 Spot on the Amazon.com Hot New Releases List and #28 on the Amazon.com Best Sellers List for Stress Management.

Nolte, a former corporate trainer and manager as well as an avid long distance runner, has been working toward publication for seven years while hosting Fresh Look on Life TV and running a private practice as a Holistic Practitioner. In addition, she is the founder of Support Your Own, a charity founded to encourage others to use their skills to help others in their community.

Nolte stated, "It was my intention to write a book that both men and women could relate to when looking for direction on finding inner peace. 'Finding Peace in an Out of Control World' provides real tools that can be applied to your life immediately to obtain inner peace." To support the readers in their journey for inner peace, Nolte created an online Members Only section where readers can form book clubs, share their accomplishments and share their experiences as a result of reading the book with others in a secure environment.

Encouraging a balanced lifestyle that brings peace to the mind, body, and spirit, this easy-to-read volume guides you through the journey of becoming reacquainted&mdash;with yourself.

Nolte is available for interviews and appearances. For booking presentations, media appearances, interviews, and/or book signings contact:

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Cindy can speak on a variety of topics including holistic modalities, mindfulness, meditation, law of attraction, Jin Shin Jyutsu, uncovering your true self, and living a more peaceful life.

Suggested Questions for Cindy Nolte:

**For interviews, events, or bookings:**

**Please call 973-383-6847**

**Email [press@freshlookonlife.com](mailto:press@freshlookonlife.com)**

### *General/Life Skills/ Stress Management/ Meditation*

- 1) How can individuals maintain a positive mindset through their own illness or that of a loved one?
- 2) What is the biggest obstacle to truly being grateful for the life you are living in this moment?
- 3) Family, holiday time, or social gatherings can be a challenge if you don't feel your life is where you want it to be. What suggestions would you give somebody to help them enjoy interactions with those they care about while they are working through their own struggles?
- 4) Why do you think so many people are drawn to self-help books?
- 5) How can a client tell the difference between a spiritual teacher who walks their talk and one who is somewhat of a hypocrite?
- 6) Meditation is a practice that is mentioned often but it is very difficult for some people to master the practice. Why is it so difficult for the average person?
- 7) Why is faith important?
- 8) How would teaching stress management and meditation to their employees benefit companies?
- 9) Can the law of attraction be applied to the work place?

### *Peace*

- 1) What takes individuals away from a peaceful state?
- 2) Is there one single technique that everyone should focus on to get to a peaceful state?
- 3) What would you say to the person who says the idea of peace is nice, but they have things in their life that will not allow them to get there?
- 4) Does living a peaceful life mean that you have to avoid conflict?
- 5) Can you live a peaceful life if you ignore all of your own desires and/or aspirations?
- 6) Are there abilities that we are born with that can help us to live a more peaceful life?
- 7) What does peace mean to you?

## *Hypnosis*

- 1) What is the basis of hypnotherapy?
- 2) Why is hypnosis more popular now than in prior years?
- 3) Let's say I have a problem and come to you for a session. How do you begin?
- 4) Hypnosis scares some people because they are afraid of losing control. Is that a legitimate fear?
- 5) What can I accomplish using hypnosis?
- 6) Is hypnosis more effective on certain issues than others?
- 7) What is one thing you personally have achieved through hypnosis?
- 8) Can everyone be hypnotized?

## *Past Life Regression*

- 1) What is past life regression?
- 2) Do you have to believe in past lives to benefit from a past life regression session?
- 3) What are some of the reasons people schedule a past life regression?
- 4) What can somebody uncover during a session?
- 5) Is there a particular session with a client that you are at liberty to share?
- 6) Do clients ever get details that they can confirm? (names, dates, locations)
- 7) What should a client look for when scheduling an appointment for a past life regression?

## *Energy Work-Reiki, Jin Shin Jyutsu*

- 1) What is energy work? Reiki? Jin Shin Jyutsu?
- 2) Can a practitioner diagnose a client? (No, they should not!)
- 3) Is energy work intended to be alternative as it is often advertised? (Complementary!)
- 4) Why are these ancient practices making a come-back now?
- 5) Do all practitioners in each modality have to follow the same training to be certified or licensed?
- 6) Will a client receive the same results from any practitioner that they have a session with?
- 7) Are there state laws that regulate the practice of energy workers? (YES!)
- 8) Can energy work be applied to anything other than humans? (pets and plants!)

Suggested Questions for Cindy Nolte, author of:

*Finding Peace in an Out of Control World*

*A How-to Book at Being at Peace Regardless of What Life Throws Your Way*

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- 1) What is the difference between this book and all of the other self-help books out there?
- 2) What motivated you to write this book?
- 3) How did you come up with the ideas in *Finding Peace in an Out of Control World*?
- 4) What kind of feedback have you gotten from your readers so far?
- 5) You have a degree in business and you are a certified teacher. What led you to the holistic community as a career?
- 6) Who was the most influential person in your life?
- 7) To the person who believes true happiness, peace, or having a life of their dreams is a fairytale, what would you say to them?
- 8) What demographic do you feel your book is best suited for?
- 9) How long did the writing process take?
- 10) We all have negative emotions at times. Isn't it impossible to be at peace all the time?
- 11) Currently *Finding Peace in an Out of Control World* is available in both paperback and Kindle formats. Will it be available in an audio version?
- 12) Do you have plans to write another book? When will it be released?