

# Ellen Seigel

Author | Life-Solution Strategist | Relationship Coach

Ready to discover your inner freedom and live a satisfyingly happy life? Ellen has a unique ability to show you how to walk your own path of personal growth and live your own truth when you are open to "changing" and "letting go of" the difficulty of life's challenges.



## Presentation Topics

For over 40 years, Ellen has been committed to helping people discover their inner freedom and live freely as their "True Self."

Through Ellen's caring and gentle nature, audiences find inspiration, value, and positive strategies to live their best life. After hearing Ellen speak, audiences walk away with action steps to:

- **Establish Skills to Generate and Maintain Healthy Relationships**
- **Discover Your Courage to Acquire and Apply Useful Information When Making Life Decisions**
- **Develop An Authentic Relationship With Your Self**
- **Access and Utilize Your Hidden Strengths**
- **Recover From Disturbing Past Experiences**

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Ellen is known as a "life-solution strategist." When you are open to releasing a mindset of "victim consciousness," Ellen possesses a unique ability to teach you how to use your feelings as a resource rather than an obstacle.

Without realizing it, many people subconsciously become stuck in their personal growth because they continue to replay negative messages they have received (usually from their childhood), and this causes people to see themselves as a victim in their present adult life.

What's important to remember is, as an adult, unless you are living in an uncontrollable situation (war, human trafficking, abuse), you are not a victim. As an adult, only you give others permission to do so; they cannot abuse you, use you, or take advantage of you.

Ellen helps you become aware of and untangle the negative elements in play (pain, loss, hurtful relationships, self-limiting beliefs) and teaches positive strategies so you enjoy a satisfied and happy life no matter what challenges are thrown your way! Everyone's journey is different, and Ellen provides customized, tailored-to-you approaches for you to discover and use your hidden strengths and talents to overcome upsetting situations. As you become more open to changing your thought patterns, your path becomes clearer to making wise choices for life decisions.

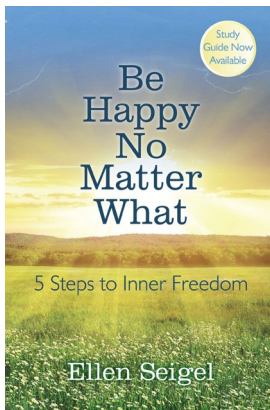
*"Feeling your feelings with acceptance is a doorway to making fully conscious choices in life."*

~Ellen Seigel

# Publications

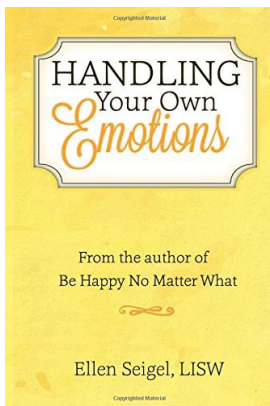
Turn your negative thoughts and feelings into a positive life plan using

*Five Steps to Inner Freedom*



Experience Freedom *Creatively* and *Strategically* by:

- REMOVING negative feelings
- FREEING energy trapped in fear
- CLEARING your mind of worries/self-judgment
- EXPERIENCING freedom



# Rave Reviews

"People who have the power to change their thinking have the power to change their lives. *Be Happy No Matter What* is a blueprint for learning to think differently about anything and everything. It's easily readable and incredibly utilitarian; a must-read for anyone who wants to feel great and get more out of life!"

~**Pamela A. Popper, Ph.D., N.D.,**

**The Wellness Forum; featured in *Forks Over Knives* and *Food Choices***

"I appreciated experiencing this book. The content reinforces the idea that what we do and how we react to events and circumstances in our life, grow out of what is written on our belief window and how we feel about those beliefs. Ellen brings out the principle beautifully. I liked the concept that personal growth is not linear. Ellen gives concrete methods for achieving inner freedom. I think many people will benefit greatly from reading this book and applying the principles."

~**Hyrum W. Smith, Best-Selling Author and Co-Founder of Franklin Covey Co.**

"Ellen brought me back from the depths of depression to a true joy for life! She is a very special human being with endless patience, tenacity, and dedication. She is an extremely passionate therapist and puts her heart into everything she does. Additionally, she has an unbelievable sense of compassion and respect for others, especially those in need."

~**Sharon S., Valley Stream, NY**

"Ellen was so gentle in her manner that before I realized it, I was talking about things that I didn't even realize were bothering me. After only one session, I came away with a sense of peace and closure to a very sensitive issue."

~**Mary C. Slane, Slane Financial Group**

"Praise for *Be Happy No Matter What*; it carries one of my favorite qualities in a book: it is easy to read—maybe deceptively easy because it offers such deep truths and practical ready-to-use ideas in a sauntering pace. Ellen's examples are interesting and relevant and invite the reader to find answers to life's challenges within."

~**David Hartman, LCSW, The Wellness Institute, Author of *Collecting Lessons***

"Thank you for creating such a powerful work! This groundbreaking style of writing provides new thoughts to try and creates an easy and soothingly pain-free way to outgrow obsolete thoughts and beliefs that have been limiting your inner freedom and blocking your path to happiness."

~**Allyson Byrd, Best-Selling Author and Transformational Coach**

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