

I can confidently recommend the 40 Days Wellness Course to both beginners and experienced healthcare professionals. I am speaking as a Registered Nurse with 14+ years' experience and a certified health and wellness coach. The 40 Days Wellness Course did an incredible job in embodying the core concept of Holistic Health. They have a unique way of integrating the body, mind and spirit seamlessly. This is an important element because they were able to deal with the root issues instead of just placing a bandage on the symptoms like conventional medicine does.

Chris and Steve have a unique gift in taking complex topics and breaking it into small, simple to understand bite sizes. For example, they creatively recreate the concept of the inner child and the ego into a King Baby Character (Join the course to learn more).

Another phenomenal thing that I noticed is that although the course is provided in a group coaching format, Chris and Steve have a way of individualizing every participant experience. Everybody was able to get personal coaching and attention as needed and our team members were very supportive. Nobody was left behind. We thoroughly became a family.

The course has thoroughly transformed my Life because Chris and Steve did a good job in providing a safe, judgment free environment that allowed me to be vulnerable to receive the support and knowledge that I needed to heal. Life Net are the two words that I would use to describe the 40 Days Wellness Course Experience. I said this because when I signed up for the class I was drowning in negative emotions. I felt overwhelmed, stuck, depressed and crying all the time because I did not have essential coping skills that are necessary to live a healthy balanced life.

After taking the 40 Days Wellness Course, things have started to change for the better. I am more hopeful about my future. I now have a supportive community. I have less panic attacks. I am now able to process my emotions and resist the urge to run to food to suppress negative emotions. I now keep a food journal to identify what I am thoroughly hungry for. I no longer numb myself with food. I am able to prioritize time for self-love activities without feeling guilty. I am also rediscovering my voice by asking for what I need and by learning how to set healthy boundaries. All these accomplishments come from applying the coping skills that were given to us. The program works when you apply the lessons that you learn.

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