



# Lucie's News - May 2018

## Healthy Mind, Healthy Body, Wealthy Living!

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Dear friends, clients, colleagues, and future readers. A great contact and friend of mine reminded me that I was missed in the market. I have been away for few years and kept forgetting to stay in touch with YOU. I have learned countless lessons over the last

5 years and would be happy to share them with you all, at times. This Newsletter has been a project close to my heart for years as I love the people who have been sharing my life, sharing the vision that I had for transformation, sharing the knowledge and the teachings. I always believed in strong, long lasting relationships so this is one of my ways to reconnect with you. I am here to listen to your feedback, issuing Newsletters with content that matters to you and being here present, this way. Today is the first issue of many and the purpose, intention of the Newsletter's to **Share, Educate & Empower YOU**, the people in my network and other people's networks when you will share what you love about it.

Many of you asked me what I do in life currently. I will take a moment to share few moments and valuable lessons. I am now the founder of Conscious Healthy Live a company with a holistic approach to the overall well-being of the person. [www.conscioushealthylives.com](http://www.conscioushealthylives.com)

### WHAT I LEARNED IS THIS...

Over the last 13 years what I learned about myself and what I learned by working with hundreds of clients in 5 different countries is that people look for the same thing...people want to find happiness within, people want to be free of limitations, and feel that they can achieve their dreams and desires in life. People look for freedom of choice, people look for success, people want to feel that they can be part of something bigger than themselves, have a contribution somewhere, in their life, have a positive impact either on their life or on other people's lives. Fair enough but How?

### UNDERSTANDING YOU FIRST

*"YOU" are the most important subject that connects everything in your life experience. When you begin to*

*understand "YOU" and pay attention to the different "states of YOU" as you go through life you commence to realize that these states determine how close*

*you are to attain or out of reach from truly manifesting your desires in life. (More on the topic in future issues)*



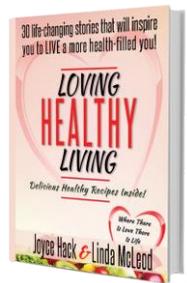
#### STATES OF "YOU"



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### WHY I BECAME A CO-AUTHOR

I am really honored to be one of the co-authors who had the privilege to share my story in the published book "Loving Healthy Living". I'd like to take a moment to acknowledge Joyce and Linda primarily and all the other co-authors for their stories, healthy recipes as part of the book because without them this amazing book wouldn't exist. Conscious Healthy Lives was created to bring awareness about the mind & body so this book is one of the ways to achieve this goal.



**I wish I knew then what I know now...**I was stressed out like many, I had difficulty to trust the flow of life, I was living in resistance most of the time, which created health and many other issues. I also found out that my girls had health issues, my mom had breast cancer as well as 3 strokes in 2 years and my dad passed from leukemia. I had to STOP and review how I had lived my life to that point on these life events led me to question myself to why I was here on earth. Conscious Healthy Lives was the answer.

Finally, I would like to thank every one of you in my network for your friendship, for your business, for your trust, for your dedication to learn and for reading the first issue vol #1.

Feel free to share it, email me your comments or feel free to ask questions at [info@conscioushealthylives.com](mailto:info@conscioushealthylives.com)

To Your Mind-Body Well-Being,  
Lucie Woods

