

Yes!
COMMIT.
DO.
LIVE.

*Embrace the Brain-Body Connection
to Achieve Your True Desires*

LISA CHARLES

YES! COMMIT. DO. LIVE. takes you on a journey to reimagine yourself, discover the true/authentic you, and find lasting health from the top-down/inside-out. Combining aspects of health coaching, personal training, and brain science, The YES! System flips the script on aging using a simple, three-part process:

COMMIT.

- Embrace the Yes! Mindset—a positive, empowered outlook enabling you to eliminate barriers, reimagine your potential, and discover the authentic you.

DO.

- Reconnect your brain and body using focused movement, breathing, and eating exercises.
- Choose an age-defying life—you really can "Age with Grace and Excellence."

LIVE.

- Boldly challenge your brain, body, and beliefs throughout the rest of your life as you achieve and advance your personal vision and goals.

Lisa has put her years of self-exploration, career reinvention, and fitness/wellness coaching to work in helping countless clients reclaim their health and transform their lives. Now, she's challenging you: Are you willing to embark on the YES! Journey to find a version of "you" you never thought possible?

Lisa Charles is the CEO of Embrace Your Fitness, LLC, a health and wellness consultancy, and is the fitness/wellness research coordinator for the Rutgers University Aging & Brain Health Alliance. She is an author, speaker, consultant, and certified health coach and transformational trainer.

You can connect with Lisa at www.yescoachlisa.com

Yes!
COACH
LISA CHARLES

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Yes! Commit. Do. Live. by Lisa Charles
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Review by Dr. Terrance Lee Baker, MD, MS, FAAEP, FAAFP: Highly Recommend!

I thoroughly enjoyed Yes! Commit. Do. Live This is a book of life transformation, and it should be in the hands of everyone who is looking for the pathway to better whole-body wellness. Lisa takes the reader on a journey that fosters a strong, moral character - a positive mindset and a healthy body from the inside - out. She combines her health coaching training with her knowledge of brain science through her work at Rutgers to give a solid roadmap to transformational change. This book should be required reading for every person who believes life isn't fair, and life needs to change. It teaches you that all change in your life begins with you improving yourself and shows you the necessary process to become a better, stronger you.

All things then become possible. Powerful.

Dr. Terrance Lee Baker, MD, MS, FAAEP, FAAFP,

Family medicine- Baltimore, MD

Geriatric Medicine, Emergency Medicine, Forensic Medicine

Bio: Dr Baker is currently a member of Johns Hopkins Community Physicians in Baltimore Maryland. He has over 30 years of experience in Family Medicine, Emergency Medicine, Geriatrics and Forensic Medicine. Dr. Baker received both his Bachelor's and Master's degrees from Johns Hopkins University; his medical degree from George Washington University and his Residency Training from Medical College of Virginia.

Currently Dr. Baker serves in the following positions: CEO/Founder of Sollay Medical Center, Co-Founder/ President of Sollay Kenyan Foundation, President of the American Association of Emergency Physicians (AAEP), President of North American Association of Photo biomodulation (NAALT), immediate past President of American Association of Physician Specialties (AAPS), Producer of Tv Show "Doctors in the House" NABN-TV (NBC-Africa).

Review by Aisha-Sky Gates, Relationship Coach and founder of Elevate Womxn Collaborative: It was a pleasure to read Lisa Charles' Yes! Commit. Do. Live.

I am a relationship coach and as such many of the messages here are familiar to me and my clients. I appreciated the theme and life practice, showing self-transformation as attainable. The lessons are cleanly presented and easy to remember.

The book promotes a build-from-the-inside/out mindset that is far more likely to be transformative than "yo-yo" diets or wasting money on the latest health gadgets and pills. As a whole, this is a workout system that coaches the reader in personal responsibility and taking actions toward their goals. Her methodology

is based on science plus her long years of successfully working with clients. Last, let me say that you will enjoy the many anecdotes from Lisa's life in which she shares what she has learned along the way.



5 Stars: This is a book for all people, in all walks of life, from teens to the oldest among us.

Author Lisa Charles shows us how to “embrace the Brain-Body Connection” in order to reach our full potential.

Let me quote Lisa:

...” By embracing the power of YES! I said “Yes” to a new YES! Mindset, a new YES! Body, and a new YES! Lifestyle. I threw out all the trappings of my prior Yo-Yo existence and committed myself to a new process that revealed new possibilities and a vibrant vision of the future. I got to know my body and its capabilities and to understand my brain and its role in securing sustained changes. As a result, I am now free from any physical and emotional limitations that society places on aging. I am free to live my passions. There is nothing I can’t do.”

...” In my role as the Fitness/Wellness Research Coordinator at the Rutgers Aging & Brain Health Alliance (ABHA), I focused on all the elements that lead to ultimate health, which stemmed from the brain to the body, and I will show how it will work for you. There is a connection between your brain and your body that can help make the seemingly impossible possible. In most people, however, that connection remains untapped. You can harness the information gathered by both your brain and your body about every activity, event, opportunity, and life challenge and use it to move you past obstacles in your decision-making.”

Lisa shares her own life experience to teach others. This is down to earth, life changing advice, with simple challenges (suggestions) to slowly work in life routines, for real transformation. This book should be on the bedside table (to be read over and over) for people who want to make a change in their body and mind. This book is not a one-time read. This is reference guide that should be available in libraries, clinics, hospitals and rehabilitation centers.

Lisa’s system is based on science. She combines her health coaching training with her knowledge of brain science through her work at Rutgers Lisa Charles is a federal prosecutor turned singer/actress, wellness expert, certified health coach/consultant, and an acclaimed speaker. She is the fitness/wellness research coordinator for the Rutgers University Aging & Brain Health Alliance, CEO of Embrace Your Fitness, LLC, and the author of YES! COMMIT. DO. LIVE.

Editorial Review (Book Marketing Global Network).

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Kindle:

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About The Author: Lisa Charles is a federal prosecutor turned singer/actress, wellness expert, certified health coach/consultant, and an acclaimed speaker. She is the fitness/wellness research coordinator for the Rutgers University Aging & Brain Health Alliance, CEO of Embrace Your Fitness, LLC, and the author of YES! COMMIT. DO. LIVE.

She successfully directed her struggle with temporary vocal loss into personal growth by shedding 77 pounds without dieting. This ignited her zeal for fitness, cemented her understanding of the brain-body connection, and prompted her to delve into the process of creating a life based on passion.

Today, Lisa empowers individuals to let go of their limiting beliefs, embrace who they truly are, and break-through any age-limiting barriers by allowing them to experience wellness from her top/down, inside/out approach. Her strategies are centered on transformational techniques within and outside the Fitness industry that produce tangible, lasting results.

Amazon Author's Page:

https://www.amazon.com/Lisa-Charles/e/B0977NP8MK/ref=dp_byline_cont_pop_ebooks_1

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Amazon Link:

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