



Jonathan R. Wachtel
Inspirational Life Guidance

FOR IMMEDIATE RELEASE

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**CUTV News Radio spotlights
Jonathan R. Wachtel of Inspirational Life Guidance**

Kew Gardens, NY – Wouldn't it be amazing to jump out of bed each morning with overflowing energy for the day? To feel healthy and vibrant? To look in the mirror and feel love for the person you see? Wouldn't it be wonderful to experience profound peace and joy, with trust in every moment, confident that everything is working out exactly as you'd like it to? This experience is accessible to you right now.

Jonathan R. Wachtel is the founder of Inspirational Life Guidance, where he helps men and women transition toward living more fulfilling lives. Whether it's work, relationships, health, finances, or any other area of life, Wachtel helps his clients clarify what they really want to *experience* and listen to their own internal guidance.

"We all have our own internal GPS system," says Wachtel. "Wherever we focus our attention and energy determines what we will be guided toward by our thoughts, feelings and instincts. If you're focusing on what it feels like to be truly fulfilled, you are motivated to engage with the world in ways that bring about what you want to experience."

According to Wachtel, every aspect of our external experience is a reflection of our internal dynamics, which we determine. We are each the sole creators of our life experiences; therefore, we have complete control over transforming our lives.

"I thought I was just a passenger in life until I realized I was the driver," recalls Wachtel. "I realized I had a lot more control over my life than I'd believed. I recognized that we have complete power to change how the world treats us by the way we treat ourselves."

Wachtel is the creator of the Life Guidance System, which addresses these internal dynamics first. Today, he teaches his Life Guidance System to others—life coaches, psychologists, social workers, therapists, and other mental and emotional health professionals—training them to guide people toward their ideal lives more effectively.

Says Wachtel: "I help people get in touch with their own guidance so they can guide themselves."

To listen to the show or for more information on Inspirational Life Guidance, visit www.InspirationalLifeGuidance.com.