



*His philosophy is founded in personal integrity; for staying true to ourselves is essential for creating authentic, healthy, and radiant lives.*



Michael Blomsterberg, author of *It Begins With Me* and *Hairapy: Deeper than the Roots*, earned his Master Certified Life Coach designation from Coach For Life, an International Coaching Federation (ICF)-approved program. He is a spiritual teacher with over two and a half decades' experience empowering clients and putting them back on their own team.

In addition to Michael's training, his life experience is extensive. He has been sober from drugs and alcohol since 1986 and abstinent from bulimia and anorexia since 1993. Having triumphed over testicular cancer in 1999, he remains cancer-free to this day. Michael survived the dissolution of a 12-year relationship, bankruptcy in his early twenties, and physical and psychological abuse as a child. Michael's practice is a unique fusion of the tools accompanying a Master Certified Life Coach certification and his vast life experience. His mission is to employ his understandings to aid others in the enhancement of their lives.

Inspired by the knowledge that staying true to ourselves is essential for creating authentic, healthy, and radiant lives; Michael bases his philosophy in personal integrity. His process emphasizes discovery, acceptance, appreciation, and most importantly, *feeling*. While his clients do improve performance, enhance their quality of life, find more appreciation for themselves, and experience a stronger sense of fulfillment; Michael does not focus on the achievement of these goals. Instead, he concentrates on effecting change from the inside, outward. He equips his clients with the tools to gain more self-acceptance and self-reliance. He often attests that walking beside a person throughout such an emancipation is a true honor. For Michael, there's nothing more spectacular than celebrating a person's humanity.