

Michelle Reinglass

The *"Break Free From Busy"* Expert

Bio: Michelle A. Reinglass has transitioned from a 30-year award-winning successful career as a "reformed" lawyer, to certified Mediator. She is also a community leader, woman and child advocate, Amazon #1 Best Selling Author, Speaker and battle-tested Balance Expert.

After years of research and her personal journey, Michelle has figured out the magic sauce on Balance, and "How To Break Free from Addiction to Busy", her new book, will be released soon. She's learned the importance and application of mindset in every aspect of life. She has been her own 'test guinea pig' on this new journey to understand why and how people get out of balance; what strategies and techniques help to achieve a state of balance; and why it is so difficult to stick to a routine designed to create balance. She is passionate about sharing her knowledge and practical solutions for achieving balance with her audiences, clients and colleagues. Michelle is a compelling, entertaining, enlightening and inspiring guest and keynote speaker.

To learn more about Michelle, plus how you can connect and work with her, please visit her website:

<https://www.reinglassadr.com>



"Michelle is inspirational as a friend, author, attorney, mediator, and fellow human being. Her story definitely reflects the way she lives her life as someone who speaks the truth and takes a stand to defend the rights of others.... Michelle and her coauthors challenge us to be the best versions of ourselves."

~Inspirational Women

SHOW/STORY IDEAS

- ▶ **How Your "Pain In The Back" is Tied to Being Imbalanced**
- ▶ **4 Ways We Sabotage Our Life Balance, and 3 Ways to Reverse Course**
- ▶ **How to Use Nature's Nutrients to Strengthen Your Immune System**
- ▶ **How to Use The Power of "NO"**
- ▶ **Balance Your Money, Balance Your Life**
- ▶ **Learn The Power of The Morning Ritual To Set Up a Powerful Day**
- ▶ **How to Clear Your Clutter to Clear Your Mind**
- ▶ **We're In a Stressademic! Here's How to Get Prepared**
- ▶ **Feeling Out of Focus? Here's 3 Tips to Get It Back**
- ▶ **3 Ways to Break Free from Addiction to Busy**
- ▶ **Get Started On Your Pathway to Balance By Using The "4 M's"**
- ▶ **How We Give Away Our Empowerment, and 4 Ways to Regain It**

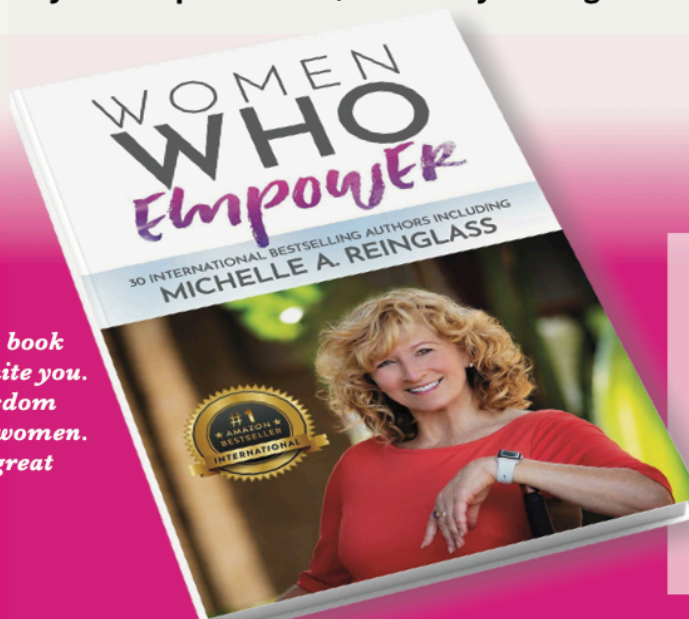
RECENT MEDIA

The Frankie Boyer Radio Show
Jack Canfield Interview
Ravi Aviana Taran-Kres'Avani, The Lymph Doctor Podcast
Mitch Jackson's Human Social Show
Kate Butler - Inspired Impact TV
Andrea Escobar - The Journey Within
Lisa Khera - Feature Interview Series
Gigi Sabbat's Walk With Me Podcast
Dr. Sue & You, RVN Television
Adrianne Murchison - Let's Start Healing Podcast



"The stories in this book will inspire and ignite you. There is a lot of wisdom shared from these women. A great read and a great gift for anyone!"

~Amazon Review



Michelle Reinglass

Contact Info:

Nationwide by Arrangement

Based in Southern California

cell: (949) 637-5666

email: michelle@reinglassadr.com

www.reinglassadr.com/new-book