



# LIVING & LOVING WELL

*Private Coaching, Lectures, Workshops & a Field Guide  
for living a well defined life.*



May 12, 2008

Joseph Stuczynski, the author of "Living and Loving Well" [LLW] will coach a lucky "Chat with Women" listener through the LLW personal transformation process. Joe will join hosts Pam Gray and Rochelle Alhadeff on June 6th @ 8:30am [PST] to kick start the program. Once chosen, the winner will receive 5 weeks of free coaching and will be given the opportunity to join the show on Aug 8th @ 8:05am [PST] to discuss the results. Be sure to check weekly for progress reports. Chat With Women airs live Monday through Friday at 8:00 a.m. to 9:00 a.m. on KKNW 1150 AM in Seattle, and can be streamed online. For more information go to [www.chatwithwomen.com](http://www.chatwithwomen.com) or [www.livingandlovingwell.com](http://www.livingandlovingwell.com)

## **The ideal candidate:**

Person must be single and agree not to date during this process. The purpose of this method is to redefine your spiritual/core self as a means to attract the people and situations you desire. When not given this opportunity, one is more likely to fall into old patterns observed when he/she was a child. This is especially true when seeking relationships, which is why it's so important that the candidate only focus on themselves during the six weeks.

## **Guidelines/Criteria**

- Person must be absolutely willing and committed to the 5-week process [not including follow up session].
- Person must understand that this is not therapy or life coaching. This is a unique process that develops one core values and relationship model so he/she can begin making positive life change based on their spirit, and not old patterns.
- Since every week is dependent on completion of previous week assignment, person must commit to approx 2-3 hours each week. Successful self-discovery takes time and effort.
- Person must write a testimonial which will be posted on my website (this is dependent on their satisfaction level)
- Person must be willing to complete a final evaluation form.
- Person must be willing to join mailing list and forward to others that may be inspired.