

# JANET NESTOR

## Short Bio

Janet G Nestor, MA LPC DCEP is a bestselling author and speaker on developing inner peacefulness and personal empowerment. As a holistic therapist, she helps bring people relief from emotional, physical, and spiritual pain. Janet is passionate about holistic health care and bridging the gap between traditional western medicine and alternative approaches.

## Medium Bio

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As an expert in relaxation strategies and energy healing, Janet teaches techniques that rapidly balance a person's nervous and energy systems. She is a co-developer of Radiant Energies Balance, a mindfulness-based energy psychology, that can be utilized in everyday, busy situations to bring calm and peacefulness to the mind and body.

## Long Bio

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Janet's philosophy of health and wellness is the basis of all her work and writing. As a spiritual being, she accepts each person as they are, their life process, and their spiritual and religious beliefs. She honors and respects each individual's personal wants, needs, and goals. Janet believes in forming heart connections with one's self, others, and with the divine spark that exists in all beings. She helps others do the same, if that is their chosen path. Since all healings flows from the heart, she defines health as a state of mind, body, emotional and spiritual balance. As a person becomes healthier, their inner balance and harmony increase and they begin to understand their life and life issues. As people find answers and gain understanding, they find self-worth, self-confidence, self-love, inner peace, and mental clarity — many reaching a state of tranquility and contentment.