

COACH CARMEN ABERCROMBIE

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SPEAKING ~ If your group organization, or church is looking for someone with a God-given gift, passion and knowledge to inspire your audience about holistic health & wellness, life transformation, turning their mess into a mission, or their purpose into profits, Coach Carmen Abercrombie is the woman for you. Coach Carmen is available to speak, facilitate workshops, lectures, presentations, and group cooking classes nationally, internationally, and virtually.

MEDIA ~ Coach Carmen would love to share her live-transformational information on your Radio Show, Television Program, or next Live, or Virtual Event.

EDITORIAL ~ As a gifted freelance writer, with (2) books soon to be published, Coach Carmen offers a series of articles available for your publication.

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Dear friend,

Thank you for your inquiry. We are so very grateful that you're interested in sharing this vital information, and revelation with as many people as possible. Our goal is to service you and inspire your community/audience in the highest manner possible.

The Sharing The Bliss life-transformational journey has three stages in which we take our clients and students through to get them from their "mess" to their purpose-driven dream life. I've created talks, workshops, interview questions and articles in each of the stages (categories) which include **Renewing The Mind, Healing The Body and Monetizing Your Mission** to give you plenty of options to work with.

This opportunity is an honor and a blessing for us. Please let me know if there is anything else I can do to support you in your quest to serve your community/audience. We're all in this together.

The words "Thank You" are written in a large, elegant, black cursive script. The letters are fluid and connected, with a prominent loop on the 'T' and a long, sweeping tail on the 'Y'.

Blissful Blessings,
Coach Carmen Abercrombie

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ABOUT CARMEN ABERCROMBIE



Carmen Abercrombie, respectfully known as Coach Carmen is the founder of Sharing the Bliss a company that takes passionate believers, and truth seekers on a life-transformational journey from their mess to their purpose-driven dream life, with programs that detox their souls, heal their bodies and monetize their missions.

After three decades in the beauty & wellness field (including winning the crown of Miss Black America - Staten Island, and Miss Black York New USA), Carmen had what she calls her “Cocoon Experience” where everything in her life began to fall apart including her health. She asked God to not only save her (drug-free) from the horrifying blood disease that was threatening her life, but to normalize her disfigured skin, and heal her emotions, marriage and finances.

First she closed her beautiful Fragrance Shop and Day Spa, and then was lead to make diet changes, operate biblical principles and commit to spiritual practices. As a result she watched God work miracles in every “messy” area of her life, and bless her with a debt-free home. Out of her many adversities (including the premature passing of her parents, brother and sister) came the passion to pursue her purpose.

Today Coach Carmen's workshops, programs and talks are helping individuals across the country transform their lives as she did.

Sharing The Bliss offers (8) group and private coaching programs including, “28-Day Body & Soul Detox”, “Zoë Spirit Practices for Supernatural Living”, “90-Day Dream Quest”, and her new Coach Training & Certification.

In 2011 Coach Carmen founded the Church Health Reform & Wellness Mission and the Christian Joint Venture Network in 2013. Her books “Miracle Meals That Heal” and “Biblical Laws of Attraction” will be available July 2013.

To get Coach Carmen's FREE signature (7) Day Mini Course and Healing Dessert Recipes visit www.SharingTheBliss.com

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SUGGESTED TALK & WORKSHOP TITLES

RENEWING THE MIND

Zoë Spirit Practices (For Supernatural Living)
The Soul Detox (For Emotional Healing)
Everyday BLISS (*for non-faith-based Corporations*)

HEALING THE BODY

Heal Your Mind & Body with Living Food
Get Off That Medication and Get Your Life Back

MONETIZING YOUR MISSION

New Millennium Success Secrets (Every Kingdom-preneur & Ministry Must Know)
Mess-2-Mission (Turn your Pain into Power & Your Purpose Into Prosperity)

JUICY INTERVIEW QUESTIONS

RENEWING THE MIND

Why is it so important to renew your mind before transforming your life?
You speak of the Matrix. What is the Matrix? ☞ What are Zoe Spirit Practices?
What is a Soul Detox?

HEALING THE BODY

What exactly is the Nutrition Bridge you talk about?
Should everyone become a Vegan? ☞ Why is Organic so important?

MONETIZING YOUR MISSION

What do you mean by Branding Your Brilliance? ☞ Why is finding our purpose so important?

SUGGESTED ARTICLES

RENEWING THE MIND

Zoë Spirit Practices (For Supernatural Living)
Biblical Laws Of Attraction ☞ From The Matrix To The Kingdom ☞ The Soul Detox

HEALING THE BODY

Juice Fasting (The Secret To Supernatural Health)
Is Food The Missing Link To The Kingdom? ☞ Living Food "God's Medicine"
Kingdom Cooking – Wellness Kitchen

MONETIZING YOUR MISSION

Mess To Mission (Heal Your Life – Live Your Bliss)

WHAT CLIENTS ARE SAYING

Dear Ms. Abercrombie,

On behalf of the staff of Staten Island AIDS Task Force and the families we serve, I would like to thank you for your Holistic Health & Wellness presentation.

With your help, we can accomplish new miracles in the fight against AIDS. Once again, we appreciate your contribution and your being a part of our community of caring.

Sincerely, Diane Arneith Executive Director

P.S. Thanks so much - I'm enjoying my products immensely!

"I would say to not only the men, but the women of God who also pastor our churches that you should reach out to Coach Carmen, or when she reaches out and connects with you, have them come in and sit down and allow them to present their programs and to hear what it is that they are saying, because the concern is more than the programs.

When you hear her story of what God has brought her through and how God has delivered her from all of what she's had to endure, it validates what God said about His word and how His word can heal us. So I would say to the churches that it's a program that if we really hear it, get involved with it, it can be life transformational.'

*Rev. Dr. Tony Baker Senior Pastor
St. Phillips Baptist Church SI, NY*

Dear Carmen,

Thank you for your contribution of health and spirituality to our magazine. You like your grandmother, have indeed succeeded in your quest to help people by extending a caring heart and divinely inspired antidotes for our stressful lives.

*Harold S. John
Editor in Chief Jaynies' Magazine*

Hello Carmen,

The Staten Island, Slim Down family wishes to extend our gratitude to you for your support in getting the word out to our community churches about the program. We also would like to say how much our listeners (including myself) have learned from the two interviews ("Five Benefits Of Detoxing" and "How To Heal Your Body With Food") you gave us.

Thank you again, and continue spreading the word about holistic health and wellness in the passionate way that you do.

*Best Wishes,
Tony Books Avilez
Cofounder Staten Island, Slim Down*

Greetings Sister Carmen,

I wanted to thank you for being such a dynamic guest on my show this week. You shared a vital perspective of health and wellbeing that most Christians ever hear in church. Even your organic, Vegan cookies had everyone in the studio talking. They were so yummy, no one could believe that they had no butter, eggs, flour or refined sugar.

I look forward to having you come back often (with cookies). Maybe you can help me to lose weight and regain my health.

Thank you again, and may God continue to bless you.

*Reverend Elizabeth Lopez
Executive Producer "God Reaches Man Today"*

PHOTO: [jpeg format](#)