

# The Mind Body Soul Health Connection

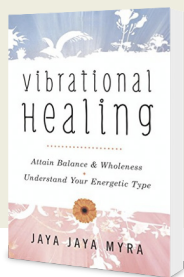


One-size-fits-all products and philosophies blanket the market, claiming to heal and transform. However, people are diverse and completely unique: physically, emotionally and spiritually. Rarely is there any idea, philosophy or product that will universally address all our challenges in life.

Jaya Jaya Myra is a best-selling author and scientist who has discovered an undeniable link between life purpose, individual constitution and overall physical health. As a coveted lifestyle coach, Myra created The WELL Method to teach people how to live a purpose-driven, healthy life. The WELL Method is unique because it allows each individual to create a custom blueprint to fit their exact temperament, personality, purpose and physical body type to facilitate the quickest path to health, wellness and mind-body wellbeing.

Known as the "Wellness Lifestyle Expert" Myra is the go-to media expert on mind-body wellness, living your purpose, stress management, mindfulness, food for mood and natural, healthy living. She's been featured on NBC, ABC, CBS, FOX and numerous top-tier lifestyle publications for her practical approaches to wellbeing that show how mental, emotional and physical health all connect to each other.

Myra is a regular NBC contributor and sought-after public speaker. Myra gave her TEDx talk on the connections between life purpose and health, was a Keynote speaker for the United Nations Week of Spirituality Values & Global Concerns and has spoken at other prominent UN events promoting wellness and women's empowerment. She's spoken at the Consulate General of India in NYC, and for numerous corporations, conferences and events in the US and internationally.



Author of the best-selling book on spirituality & health, available in 10 languages worldwide

Jaya Jaya Myra is available for Keynotes, Events and Corporate Training Programs. Sample topics include:

- The WELL Method: Create a Purpose-Driven, Healthy Life
- Simple Ways to Destress, Declutter & Detox Your Life
- How I Overcame Debilitating Disease Naturally, & You Can Too
- Is Living Your Life Purpose the Key to Health & Wellness?
- Healthy Mind, Healthy Body - The Role of Mindfulness in Health
- The Food & Mood Connection: The Gut-Brain Impact of Food on Mental Health
- The Pivotal Role of Spirituality in Health & Wellness

## Endorsements:

*Myra is an excellent speaker! I've known her for many years and am deeply impressed with her sagacity and depth of knowledge.*

Shomik Chaudhuri, Co-Founder, Institute of International Social Development

*Myra provides a thorough yet approachable foundation to understanding how mind-body-spirit well-being is intimately tied to physical health. For someone acculturated only to Western medical thought and practice, I found it both refreshing and empowering.*

Curt Schacker, Senior Vice President at EVERYTHING

*Myra is an eloquent speaker who knows how to integrate her inspiring personal experiences with latest in research-based modern science. I watched her speak at a TEDx event and would highly recommend her as a Keynote speaker and/or workshop presenter.*

Mandy Bass, Leadership Speaker & Growth Strategist



Jaya Jaya  
Myra

Email:  
[Myra@JayaJayaMyra.com](mailto:Myra@JayaJayaMyra.com)

Twitter / Facebook / Instagram / Youtube:  
[@JayaJayaMyra](https://www.instagram.com/JayaJayaMyra)

Website:  
[www.jayajayamyra.com](http://www.jayajayamyra.com)