



RACHEL JOY OLSEN

AUTHOR



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BIO:

Rachel Joy Olsen is the author of Create & Manifest Your Vision: Intention & Goal Setting Workbook, The Magic of Living Nutrition: 10-Year Anniversary Edition and A Beginner's Guide to Going Meatless, as well as co-author of The Resilient Artist: Wellness & Success Strategies for Musicians. Her books combine practical strategies, expert insights, and heartfelt guidance to inspire readers to transform their health, achieve their goals, and thrive in their lives.

With over 25 years of experience as a health, wellness and business professional, Rachel brings unparalleled expertise to her writing. Dedicated to helping others feel their best, Rachel invites readers to explore wellness as an enjoyable and fulfilling journey, rather than a forced destination. Her work reflects her belief that true well-being is a harmonious balance of mind, body, and spirit.

"Rachel's writing feels like a conversation with a trusted friend — encouraging, insightful, and always uplifting."

BOOKS:



Retail price: \$19.99 CAN
ISBN: 979-8301675706
Trim size: 6 x 9
Page count: 214
Publication Date: Jan. 21, 2025
Distribution: [Amazon](#), [Website](#)

Empowers musicians to thrive in their careers and personal lives with proven strategies for wellness, mindset, and sustainable success.



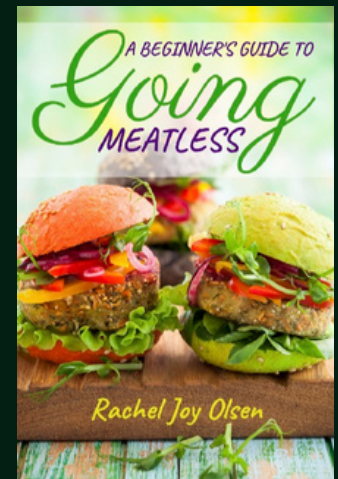
Retail price: \$19.99 CAN
ISBN: 979-8345353394
Trim size: 6 x 9 in.
Page count: 218
Publication Date: Nov 21, 2024
Distribution: [Amazon](#), [Website](#)

Perfect for anyone ready to turn their vision into reality, this book offers a uniquely practical and inspiring approach to personal growth.



Retail price: \$19.99 CAN
ISBN: 979-8324584344
Trim size: 6 x 9 in.
Page count: 259
Publication Date: Sept. 3, 2024
Distribution: [Amazon](#), [Kindle](#)

Your ultimate guide to harnessing the power of plant-based living, with timeless recipes and strategies that make vibrant health and vitality accessible to everyone.



Retail price: \$19.99 CAN
ISBN: 979-83990030707
Trim size: 6 x 9 in.
Page count: 269
Publication Date: May 3, 2023
Distribution: [Amazon](#), [Kindle](#)

The perfect step-by-step roadmap for anyone ready to explore plant-based living with simple, delicious recipes and practical tips for a seamless transition.





Create and Manifest Your Vision is your ultimate guide to transforming your goals into reality through strategic planning, visualization, and actionable steps.

This 12-month handbook isn't just another goal-setting journal—it's a powerful companion designed to inspire, motivate, and guide you as you uncover your vision, set meaningful goals, and create a life of purpose and abundance. Whether you want to advance in your career, improve your health, deepen relationships, or explore personal passions, this book will help you design the roadmap to achieve it all.

Perfect for anyone ready to turn their vision into reality, this book offers a uniquely practical and inspiring approach to personal growth.

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