



# RACHEL JOY OLSEN

## AUTHOR

### BIO:

Rachel Joy Olsen is the author of Create & Manifest Your Vision Journal, 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.

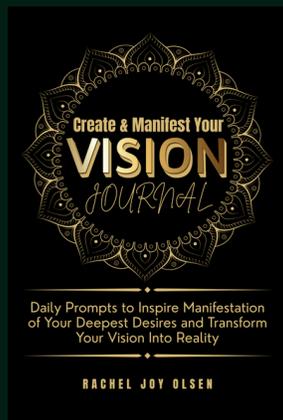
With over 25 years of experience as a health, wellness and business professional, Rachel brings unparalleled expertise to her writing. Dedicated to helping others feel their best, Rachel invites readers to explore wellness as an enjoyable and fulfilling journey, rather than a forced destination. Her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



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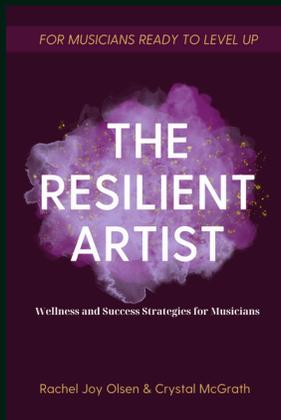
"Rachel's writing feels like a conversation with a trusted friend — encouraging, insightful, and always uplifting."

### BOOKS:



Retail price: \$24.99 CAN  
ASIN : B0FWQTJ6KX  
Trim size: 6 x 9  
Page count: 401  
Publication Date: Oct. 13, 2025  
Distribution: [Amazon](#), [Website](#)

A 12-month guided journal that encourages self-reflection and empowers you to manifest your goals and dreams into reality.



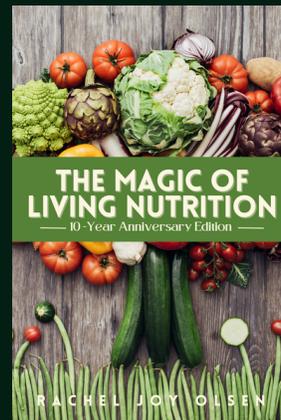
Retail price: \$19.99 CAN  
ISBN: 979-8301675706  
Trim size: 6 x 9  
Page count: 214  
Publication Date: Jan. 21, 2025  
Distribution: [Amazon](#), [Website](#)

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



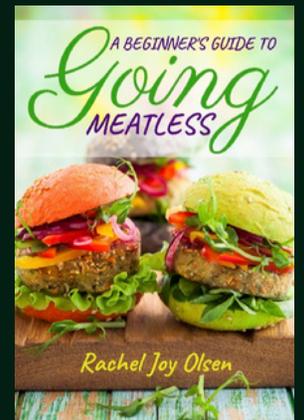
Retail price: \$19.99 CAN  
ISBN: 979-8345353394  
Trim size: 6 x 9 in.  
Page count: 218  
Publication Date: Nov 21, 2024  
Distribution: [Amazon](#), [Website](#)

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 & Manifest Your Vision is a beautifully designed guided journal that helps you turn your dreams into reality through intention, reflection, and mindful daily practice. With 366 prompts, empowering exercises, and monthly themes that explore vision, self-love, abundance, and joy, this book offers a structured yet soulful journey of growth and manifestation. Packed with uplifting quotes, affirmations, and interactive pages for self-discovery, it's your daily companion for clarity, motivation, and meaningful transformation.

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

Daily Prompts to Inspire Manifestation  
of Your Deepest Desires and Transform  
Your Vision Into Reality

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"Contemplating and journaling in his book felt like having a personal guide gently lighting the path toward my dreams—each prompt encouraged reflection, gratitude, and real action."

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