

Brief Bio:

Jenai Lane, created the Spirit Coach® Method, which during the last 10 years has transformed leaders on the path of awakening in her worldwide Spirit Coach® Training Retreats. As a highly sought after intuitive coach, speaker, and trainer, she certifies coaches in this life-altering method that helps people effortlessly co-create from spirit. Jenai is the author of *Spirit Led Instead, The Little Tool Book of Limitless Transformation*. Her debut book reveals tools to awaken your greatest vision, fulfillment and the real you. She is a senior teacher at The Foundation for Spiritual Development, a non-profit organization in California. Jenai has appeared in media world-wide and is an award-winning entrepreneur. You can find more information about Jenai Lane at www.spiritcoachtraining.com.

Sample Interview Questions:

- Why is it important to be “out of your mind” to access your greatness?
- What radical solutions is *Spirit Led Instead* providing?
- What is a spiritual practice? Why is it beneficial?
- Why do I not feel successful even if others view me this way?
- What is Practical Spirituality?
- How can a spiritual practice transform me?
- Where can I find my truth?
- What if I don’t have time for a spiritual practice?
- What if I can’t meditate?
- What is the difference between passive and active meditations?
- How do I find my unique vision?
- How do I deal with negative thoughts and feeling?
- How can I access the wisest part of me more consistently?
- How can I learn to forgive myself and others?
- How does the book allow readers to use it as a transformational process?
- What is Spirit Coaching and how does your book give readers a sense of how it can be helpful to them?
- How do you advise readers to read the book to gain insight? Should they do the exercises in each chapter before starting the next?
- What are some key readings that you suggest readers pay attention to?
- How can someone seeking to create a true love relationship use the book to support those goals?
- What is your story? Why did you write this book?
- For readers who want more, what is available to them from your coaches?

Extended Bio:



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SPIRIT LED INSTEAD
The Little Tool Book of Limitless Transformation
Jenai Lane, Creator of The Spirit Coach Method

Jenai Lane today understands the difference between co-creating from a spirit perspective and creating from an ego perspective. She has allowed herself to follow her guidance and intuition, coming full circle, as she now lives her life knowing her purpose in this incarnation. Jenai created the Spirit Coach® Method, a transformational spirit-directed coaching process, which, over the past ten years, has successfully transformed leaders on their paths of awakening. As a highly sought-after intuitive coach and trainer, she certifies coaches in this life-altering method that helps people effortlessly co-create from spirit. Jenai is also a principal teacher at the Foundation for Spiritual Development, a non-profit organization dedicated to educating people on how to experience themselves as spirit. Jenai has appeared in media worldwide and is an award-winning entrepreneur.

Jenai has a comprehensive understanding of the business world as a former Woman Entrepreneur of the Year. At the age of twenty-four, Jenai started her first award-winning company, Respect, Inc. and became an inventor of many patented and trademarked products. As a result, she appeared in media worldwide, from *The New York Times* to CNN. Jenai has been the recipient of numerous awards, notably the National Association of Women Business Owners (NAWBO) Woman Entrepreneur of the Year and the Small Business Association's (SBA) Young Entrepreneur of the Year. She is featured in an array of books showcasing women and business.

You can find more information at www.spiritcoachtraining.com.

Book Description:

Spirit Led Instead: The Little Tool Book of Limitless Transformation by Jenai Lane (Spirit Coach Press, November 2013)

What can a spirit-led life do for you? Everything.

You can access whatever it is that eludes you at this moment—whether it is your purpose, your intuition, your creative genius, your vision, your power, or your fulfillment—by aligning with your spirit. That alignment is your birthright; it is who you are. In our culture, we are taught to ignore spirit and pay more attention to logic. As logic is mind-based, it can never lead you toward your true path because the mind is limited, where your spirit is limitless.

When you are spirit led, what you're looking for is found, your life reflects your authentic self, and your manifested creations follow your true path. It is so simple. After a while, your spirit becomes the loud and predominant voice, no longer so easy to ignore. Then life becomes the one you were meant to live—yours. This is what happens when you apply these simple, non-dogmatic tools from the Spirit Coach Method that have been used successfully by hundreds of people for over a decade. The eighteen transformational tools you are gifted with in *Spirit Led Instead* will let your spirit lead



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you to your true self, and infinite source of power. Ultimately, you will find that your spirit's path will lead you to the contribution you are here to make. Nothing can take the place of the fulfillment and peace you will gain by being spirit led, knowing your unique contribution, and living a life that revolves around it.

"Are you looking for a direct and simple way to embrace your life with more joy, illuminate the love within you, and live from the wisest part of yourself? Spirit Led Instead is the treasured resource you'll find yourself returning to again and again. Read this book carefully, and these life-altering tools will allow you to consciously change your world."

- Marci Shimoff, #1 New York Times bestselling author of *Love for No Reason* and *Happy for No Reason*

For a chapter sample and table of contents go to
<http://www.spiritcoachtraining.com/download-your-free-chapter/>

A free *Playbook* (workbook) downloadable PDF comes with each book purchase.

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Websites:

Spirit Coach Training: <http://www.spiritcoachtraining.com>

Book: <http://www.spiritcoachtraining.com/spirit-led-instead-2>

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