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### Coaching

# Mimi Novic: Self-Belief and the Search for Purpose

Branded Content



NY Weekly Contributor ✓

September 18, 2025

## Introduction and Recognition

Bestselling and award-winning author, psychotherapist, and complementary medical expert Mimi Novic has established a prominent career teaching people of their capacity to find strength, confidence, and new direction through her books, clinical practice, music, and charitable initiatives.

Her multifaceted approach to personal development has earned her recognition among a wide-ranging clientele from those seeking self-discovery, to high-profile individuals in distinguished areas of society.

If you can solve these **15 questions**, your **Alzheimer's risk** is practically **zero**. Your brain health is better than **99%** of the population

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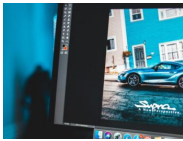
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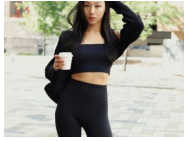
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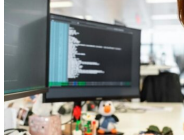
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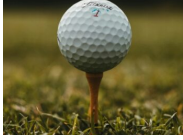
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This breadth of connection has positioned her as a respected voice and trusted presence in contemporary uplifting literature and self-development.

Her writing appears in leading publications such as Cosmopolitan, Good Housekeeping, and Country Living, and has been featured across major media outlets.

Therapeutic Expertise and Widespread Influence

Her private practice spans high-profile clients and prominent figures from many different industries.

Mimi has developed a number of therapeutic methods, including the Healing Breath Peaceful Soul Technique, which is used by therapists and healthcare specialists in clinics worldwide. These approaches are valued for providing practical ways to reconnect with oneself and rediscover a renewed sense of direction, alongside a healthier way of living.

Beyond this, she is renowned for bringing together influential leaders, creatives, and industry experts in collaborations that shape positive change in personal transformation.

By uniting health specialists, wellbeing experts, entrepreneurs, and thought leaders, she has guided projects that embody depth and inclusivity.

These initiatives have formed powerful teams whose efforts enable meaningful change, establishing her expertise and widespread influence throughout therapeutic and educational spheres.

Literary Success and Thought Leadership

Mimi's bestselling books are valued by readers around the world, placing her among the recognised voices in contemporary transformational literature.

Her words are widely quoted by well-known personalities and have appeared in popular international collections of quotations, making her writing a continued source of encouragement and reflection.

As the host of the podcast Secrets for an Inspirational Life, Mimi leads a show that consistently ranks among the UK's top ten in its category.

Each episode welcomes guests ranging from actors, musicians, and entrepreneurs to spiritual teachers, professionals, and those with extraordinary life stories.

She is known for her ability to hold space with openness and acceptance, enabling conversations that are heartfelt and genuine, offering listeners valuable insights and extending their reach to audiences worldwide.

## **Messages Through Music**

Music provides another dimension to Mimi's work, blending spoken reflection with sound to create experiences that are immersive and restorative.

She has released numerous albums featuring guided meditations as well as instrumental pieces, many of which are used in spas, therapeutic settings, educational programmes, and her own seminars and retreats.

Her compositions are also widely adopted by practitioners in various healing modalities to bring greater depth to their therapies, supporting comprehensive wellbeing across mental and emotional dimensions.

Her collaborations with celebrated musicians have expanded her creativity further.

Dream House – The Journey, produced with Grammy-nominated musician David Courtney, unites Mimi's spoken reflections with evocative soundscapes to form an experience that is moving and memorable.

In the album Seven Prayers of Love, Carnegie Hall violinist Edmond Fokker joins her in bringing words into dialogue with music, producing a collection that is profound and timeless.

Each track offers moments of depth and stillness through the union of expression and sound.

## **Charitable Ambassadorships and Humanitarian Endeavours**

Mimi's commitment to philanthropy is reflected in her role as ambassador and collaborator for respected charities.

Through her involvement with The King's Trust (formerly The Prince's Trust), founded by King Charles III, she continues to support causes at the forefront of charitable endeavour.

As ambassador for KidsOut Charity, she has gifted the digital edition of her book *The Secret Power of Being You* to more than 800 safe centres, supporting children and families navigating new beginnings with courage and determination.

Every printed copy of the book further raises funds for The King's Trust and KidsOut.

She also serves as ambassador for Bear Force Charity, advancing essential initiatives in mental health advocacy and awareness.

Her international charity efforts join different cultures and areas of life, opening opportunities for healing and collaboration where inclusivity remains a guiding principle.

In recognition of her enduring commitment, she has received several honours, including the Lift Effect Star Award for her contributions to humanitarian causes.

At the centre of all Mimi's work is a simple but enduring vision: that every person holds the strength to rebuild, grow, and flourish.

