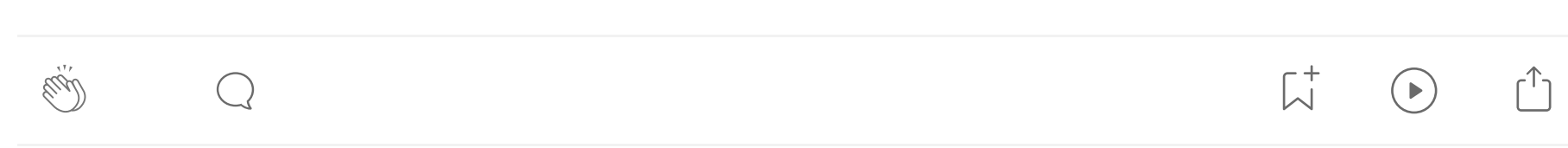


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Understanding ourselves is the key to wisdom and the beginning of the path towards self realisation and wellness on all levels.

Yash Singhania · Follow
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Mimi Novic is one of the bestselling authors in the genre of inspirational, motivational and spiritual books. Apart from being an author she is a self-awareness teacher who also happens to be one of the most respected wellbeing lifestyle coach. She also works as a therapist, complementary medical practitioner, life coach, voiceover artist and motivational speaker. Her clientele includes high profile clients, celebrities, TV personalities, as well as musicians, artists and doctors.

Mimi has collaborated with some of the most well-known and knowledgeable therapists, coaches, healers and professionals in their field and bringing together powerful teams that work in synchronicity to bring each client the best possible life enhancing experiences. She teaches and runs workshops and seminars in holistic therapies, alternative medicine and self-awareness, working around the world in clinics, retreats and on a one to one basis.

Mimi's spiritual and thought provoking writing, as well as her wellness and motivational work, led her to create a series of audio compositions, which take the listener on a mystical journey of self-healing and reflection. Aspiring Hope Music came to life through the many requests of clients, patients and other therapists, who expressed a need to have guided audio meditations and also music only works, that they could use for their clients and also individually for themselves. Mimi has been honoured to receive several awards for her work and the most recent is the Lift Effect Star Award. She is amongst 99 amazing women from across the world who were honoured to receive this accolade for contribution to humanity. Being a bestseller, Mimi decided to help the needy and donates a certain sum of the proceeds from her books and inspirational daily cards to raise funds to support The Prince's Trust, which is a charity set up by His Royal Highness the Prince Wales to help young people. She is dedicated to helping people achieve an inner freedom that sets them free to live a life of peace and wellbeing.

Mimi runs well-being, retreats around the world, her health and wellbeing workshops and resources are deigned to improve the health, wellbeing, energy and performance of your group or individually. She ensures that each workshop is highly interactive, fun and engaging, whilst also being informative and educational. Her sessions provide support and resources for all types of industries and offer group members and employees, who wish to explore the subject areas further following their workshops the chance to further enhance their knowledge by offering tailor made packages.

The Aspiring Hope series beautifully harmonises her inspirations with soul enlightening music, which gently ignites the power of the discovery towards self-awareness. Her albums provide inspirational messages and meditation music for relaxation and motivation. Her inspirational books and products can be found on Amazon and other good book retailers. You can find out all about her motivational work on her website.

Health Mimi Novic Author Self Help Lifecoach



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