

Skip Stein



Healing, Wellness & Longevity
Health & Lifestyle Coach
B.S. Psychology

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I apply my degree in Psychology during health and wellness counseling/coaching sessions to ease clients into a new lifestyle and begin the journey to health, wellness and longevity. My degree in [Behavioral Psychology](#) from the University of Houston, provides an excellent background for my [Lifestyle Counseling](#) practice. My decades of experience in a variety of industries as a corporate productivity consultant provides me insight to meet the needs of Corporate Wellness programs.

My worldwide business travels have provided me with international insights and experience in many business areas. I have worked across the USA from Florida to the Arctic Slope of Alaska and on to several Countries in The EU and in China. I have built and maintained dozens of web sites dealing with both general business as well as Health and Wellness issues.

I now am the COO of [Whole Foods 4 Healthy Living](#), a health & wellness practice and services with a focus on individual and corporate [Health, Wellness and Productivity](#). I have co-authored several books concerning Health & Wellness and written my own book entitled “Collected Essays of a Cancer Survivor”. I have written and published many articles in respected international journals and in social media as well as on our own many web sites.

I am well-traveled as a Road Warrior and as an active adventure hiker into well over a hundred of the USA National/State Parks. I combined this with my recent growth in the field of Whole Foods and a Healthy Living Lifestyle to provide a Unique Counseling Service focused on Total Health, which encompasses Whole Food Plant Based Cuisine, Travel Adventures, Individual Health and Longevity.

I have devoted much of my time to research and learning about how Lifestyle contributes to overall Health, Happiness & Wellness. As a [Nutritional Holistic Cancer Survivor](#), I understand how lifestyle changes can impact the progression and reversal of disease. This background has provided me with an understanding how to build a healthy and vital lifestyle to support the strenuous work demands of today's overburdened work associates.

A Health/Lifestyle coach I help a client follow doctors' directives to prevent, manage, or reverse disease or illness and bring about habit/lifestyle changes in order to deal with health/wellness challenges. Lifestyle and Habit change is where, as your health coach, I can offer value in the healthcare marketplace. I spend the TIME with clients that the doctor or healthcare professionals cannot give. I offer a focus on Health through Nutrition that your healthcare professional just never received during their training. In many cases this will reduce or eliminate the need for pharmaceutical drugs as the client's health improves naturally.

Citizenship: United States of America
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