

**GET
YOUR**

FIRST
DEGREE

BLACK BELT

IN

**PROACTIVE-
WELLNESS**

JAMES T. GRIFFIN

PRESS CONTACT:

James T Griffin

Phone: 416-837-8197

Email: James@AheadOfTheCurveWellness.com

SYNOPSIS:

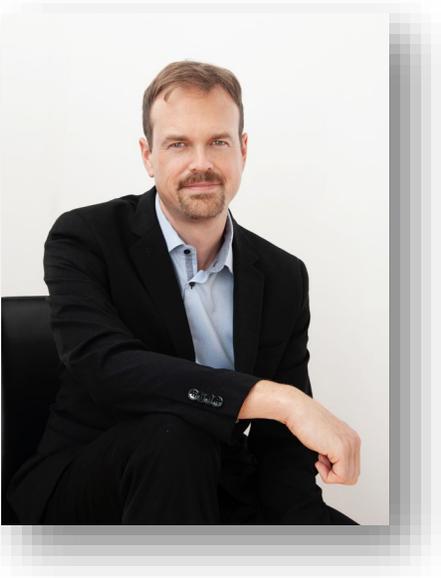
Are you ready to feel like the scriptwriter, creator, and producer of your life, opening doors to possibilities where walls used to be?

In *Get Your Black Belt in Proactive-Wellness: First Degree*, you will discover 7 Portals of Proactive-Wellness, which will revolutionize the way you view your life, circumstances, body, and relationships. You will learn how to:

- Communicate with and program your body's intelligence to improve its functionality;
- Create sustainable changes in your life with much less resistance and far more ease;
- Create more harmonious relationships, especially with yourself; and
- Improve the quality of your life in all areas.

By the time you finish *Get Your Black Belt in Proactive-Wellness: First Degree*, you will know just how in control you are of your life and experience, plus have access to make substantive—and sustainable—changes. Are you ready?

ABOUT AUTHOR JAMES T. GRIFFIN



Author James T. Griffin is an inspired teacher, speaker, Proactive-Wellness coach, and the creator of The Proactive-Wellness Education System. Through working with employees in the workplace and private clients for over a decade, he created this Proactive-Wellness Education System that will shatter your perception that life “just happens” to us.

BOOK INFORMATION:

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Website URL: <https://www.AheadOfTheCurveWellness.com>

Social Media:

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FREQUENTLY ASKED QUESTIONS

Author James T. Griffin

Q: What was your motivation to write this book?

A: I was inspired to write this book because I have been working with both individuals privately for over a decade and employees in the workplace for close to eight years and observed that in the many avenues of life, many people feel victim to life circumstances, especially when it comes to their relationships and body functionality. This book is designed to help people to transcend the victim perception, where they feel that life is just happening to them, to the Proactive-Wellness perception, where they feel that they are the powerful creators of their lives, which helps them to start creating their lives at a much higher level of conscious awareness than before. For anyone who is looking to improve their overall quality of life, relationships, energy levels, and creativity, this book will definitely guide them in that direction.

Q: Where did the term “Proactive-Wellness” originate?

A. I created the term “Proactive-Wellness” due to the word “wellness” being diluted to the point that the original meaning has been virtually lost. Often, the word “wellness” is used as a buzzword to draw people into perceptions, products, and services that have little-to-nothing to do with the original meaning and energy of wellness. The term Proactive-Wellness was created to draw an obvious line between the diluted word *wellness* and to help people understand that higher quality of life and wellness does not just happen by chance. It is created in advance consciously, deliberately, intentionally, and proactively.

Q: What impact does adopting a Proactive-Wellness life have, and what are the implications of not doing so?

A: By adopting the Proactive-Wellness perception and lifestyle, it helps an individual to take 100% responsibility for their life, which opens up doors of possibility, creativity, and higher quality of life, where walls and blockages used to be. If one does not adopt the Proactive-Wellness perception and lifestyle, in some or all areas in life, on an unconscious level of perception, they will feel

victim to their life circumstances to varying degrees, and feel as if life is just happening to them, which is referred to in the book as reactive-victim perception. When an individual adopts the Proactive-Wellness perception and lifestyle and starts to create their life from a higher level of conscious awareness, all areas of life start to improve in quality, especially relationships and body functionality, which often has a ripple effect into other areas of life to varying degrees.

Q: This book is well-researched. What was one thing that surprised you as you investigated?

A: What surprised me as I investigated the research was that there is an abundance of information and evidence that supports the existence of the Proactive-Wellness perception and lifestyle. Although there is an abundance of supporting information, it is all divided and separated in the world. What I did was unite the information into an organized education system.

Q: What do you hope will be the impact of your book?

A: The desired impact from my book is to awaken and inspire humanity to our dormant but potent creative and intuitive abilities, especially when it comes to our body's ability to regenerate itself and harmony in relationships. I would ultimately love to have this book integrated into the conventional education system and start having the Proactive-Wellness education system taught to children as young as age four.

Q: How did your background prepare you to write this book?

A: I have been working with individuals privately for over a decade and employees in the workplace for close to eight years. During that time, I helped many people improve their quality of life to varying degrees when conventional medicine and therapy could not help them. The reason is that where the conventional medicine and therapy overall takes the reactive perception and approach, I took the Proactive-Wellness perception and approach. The differences between the two are as different as night and day. I also studied the various professional services in the Proactive-Wellness professional industry, which allowed me to point the

people I worked with to other Proactive-Wellness professionals, who could take their personal wellness levels and quality of life to a higher level.

Q. You define 7 Portals of Proactive-Wellness. What's one best place to begin integrating these into our lives?

A: The best place for anyone to start integrating Proactive-Wellness into their lives comes in two parts. The first part is to acknowledge and accept that society is programmed to create their lives from the reactive-victim perception on an unconscious level. The second part is to make the firm and definite decision to start a new chapter in the book of one's life where that chapter title name is Proactive-Wellness, and from there, create a Proactive-Wellness portfolio for oneself. This is a handwritten list of regular/daily practices to proactively invest in oneself to start upgrading and enhancing one's quality of life, as outlined in chapter nine of the book.

Q. How long did it take you to research and write this book?

A: The research conducted to create the book resulted from over ten years working with individuals and seven years of working with employees in the workplace. Within that time, I read many books and articles that pointed in the direction of Proactive-Wellness. When I sat down to officially start writing the book thru the completion of the editing process, it was about one year.

Q: How did you develop the 7 Portals in your book?

A: After all my research and work, I wanted to divide my education system into seven puzzle pieces that would allow others to easily put the puzzle pieces together and start applying them in life. I also designed the portals to work like seeds as an individual becomes aware of them with the abundance of evidence supporting their existence. They start to sprout within one's perception and beliefs, which then starts to influence the decisions they make regarding how they create their lives from a higher level of conscious awareness.

Q: What was the most challenging part of writing this book?

A: The most challenging part about writing the book was actually sitting down and

going within to organize the content. I naturally have an extraverted personality for public speaking, so taking my external voice and directing it inward took great strength and patience.

Q. What are three things people would be surprised to know about you?

1. My astrological sun sign is Scorpio;
2. I have some of the flattest feet in the world but have no pain; and
3. I frequently listen to the sound of crickets while I sleep at night.

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