

# SOUL HEALTH

ALIGNING WITH SPIRIT FOR RADIANT LIVING



DR. KATHERINE T. KELLY PH.D., M.S.P.H.

"In **SOUL HEALTH**, Dr. Katherine Kelly restores the concept of the soul to its rightful place in our lives. This important book will give anyone insight into a more fruitful, fulfilling life."

Larry Dossey, MD

Author of *Recovering the Soul* and *The Power of Premonitions*

## Media Kit

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**Now Available**

***Soul Health: Aligning with Spirit for Radiant Living*  
By Dr. Katherine T. Kelly, Ph.D., M.S.P.H.**

**The book that provides the blueprint to optimal health  
*and* the essential tools for your soul's evolution!**

Are you ready to experience health at the deepest possible level—the *soul* level?

Then get ready to dive deeply into ***Soul Health: Aligning with Spirit for Radiant Living (Balboa Press, January 2013)***, a magnificently designed book—both inside and out—which offers the most innovative and complete approach to “whole person” health available.

Dr. Katherine Kelly, a clinical health psychologist with extensive medical and holistic health training, captures the essence of radiant health as she illuminates the soul as our most valued ally in optimal living. Using her breathtaking trademark, *The Soul Health Model*, Dr. Kelly paves the way to both your ultimate life balance *and* your soul's evolution.



Renowned author and physician, Dr. Larry Dossey remarked, “*In Soul Health, Dr. Katherine Kelly restores the concept of our soul to its rightful place in our lives. This important book will give anyone insight into a more fruitful, fulfilling life.*”

Let's face it. We all have something to heal--- a broken heart or broken bone; a broken job or broken home. But until now, no one has addressed the health of our most vital resource which affects all of these maladies—the health of our *soul*.

***Soul Health: Aligning with Spirit for Radiant Living*** offers a uniquely integrative conceptualization of health called the *Soul Health Model*, which describes the soul's influence on the ten key aspects of human health. Most methods of healing target only one aspect of health while only treating symptoms, not the origin of a given problem.

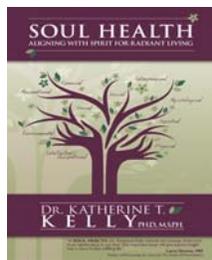
What is lacking in those methods is the understanding that our *Soul* drives each and every other aspect of health and that the methods to heal are, thus, completely unique to the individual. Therefore, each individual must access their inherent wisdom in order to experience their own most radiant health. Conventional methods of healing fail to address the need to work in tandem with our *soul* to reach our most complete and radiant vitality. However, by using the *Soul Health Model* in our day-to-day lives, we can set the course for substantial growth which results in our most complete healing--- our optimal *Soul Health*.

***Soul Health: Aligning with Spirit for Radiant Living*** also explains how our soul's evolution is dependent on our willingness and ability to balance the essential aspects of our human condition. As the "branches" of health are enriched and balanced, our soul can enter it's most natural state—unimpeded growth. Our conscious attention to these aspects of our life allows us to fully align with our soul for both our ultimate experience of radiant health, but also our soul's evolution.

#### Readers will discover...

- 🌿 How to balance and enrich the ten key "branches" of the human condition to reach radiant living.
- 🌿 How to align with your inner ally—your *soul*—to create optimal health.
- 🌿 What it means to enter "conscious evolution".
- 🌿 How to become a "steward to your *soul*" to create your most fulfilling and fruitful life.
- 🌿 How to design your personalized "Soul Health Plan" for both the creation and maintenance of your ultimate *soul health*.

With nearly 24 years of healing experience, Dr. Katherine Kelly offers her expertise in fully understanding the soul's role in reaching optimal health. Using her *Soul Health Model* as a basis for conscious healing, Dr. Kelly outlines the necessary structure for us to heal our human struggles as well as provides the tools for our *soul's* unimpeded evolution. Most methods of healing are designed primarily to lessen our human experience of discomfort and pain—whether physical or emotional. However, Dr. Kelly has found that it is only when people enter a state of "conscious evolution" in the process of healing that they not only experience the most complete resolution and relief, but also gain the most permanent enrichment and optimal health. *Soul Health* provides the essential tools to reach this much desired state of radiance.



***Soul Health: Aligning with Spirit for Radiant Living*** is currently available in hardcover (\$37.95), softcover (\$17.95), and e-book versions (\$3.99) and can be found at all major book retailers and online. For more information go to: [www.drkatherinetkelly.com](http://www.drkatherinetkelly.com).

## About the Author



**Dr. Katherine T. Kelly, Ph.D., M.S.P.H.** is a licensed practicing psychologist, consultant and speaker. Her previous work and training in academic medical settings and as well as ownership of a holistic health center lend her a unique view on ‘whole health’ healing. She has authored several nationally-published academic and holistic health articles and provides consulting, workshops, seminars, and retreats concerning *Soul Health* on local, regional, and international levels.

Please find 300 dpi downloadable photos at [www.drkatherinetkelly.com](http://www.drkatherinetkelly.com) (media page)



## Unique Features of

### ***Soul Health: Aligning with Spirit for Radiant Living***

Dr. Kelly has been named “the pioneer of *Soul Health*.” Her trademark, *The Soul Health Model*, featured in ***Soul Health: Aligning with Spirit for Radiant Living*** deepens our understanding of “whole health” beyond any other model by including the soul as the essential ingredient to reaching radiant health. The model offers the essential blueprint in which to align our human life with our innermost ally to experience health at the ultimate level—the soul level!

How is ***Soul Health*** different from the host of books on the shelves today? This book instructs a person on a “whole soul” perspective to create a healthier core essence on a day-to-day basis. It provides a distinct understanding of the complex interplay between our challenges of everyday life—our human condition—and the necessities of the soul to create and maintain a sense of enduring optimal health, not just a passing glimpse of it. Unlike other books, this one provides a practical format and life-long metaphor for understanding “soul health”, defining the key elements within the human condition that must be balanced in order to achieve it. It also provides simple ways to comprehend our soul’s need for conscious engagement and commitment to its vitality. Finally, this book promises to lay a new foundation for your own conscious evolution as person—as no other has yet to offer.

In *The Soul Health Model*, the soul is depicted in an illustration of a tree. Much like the growth of a tree, the soul’s evolution depends on the health of the ‘elements’ available to it.



In the case of our soul’s evolution, the human elements of life are the basis for unimpeded growth. The branches of the tree represent ten primary areas of the human condition which must be in balance for the soul to grow and evolve. These include Physical, Psychological, Social, Interpersonal, Intellectual/Occupational, Environmental, Financial, Spiritual, Sexual, and Recreational “branches” of health. These branches bridge the gap between the human condition and

the soul. The entirety of the tree represents the interplay between these two aspects of existence and illustrates the impact on the rest of our human condition when one or more branches are not healthy. The model emphasizes that when one branch is ‘broken’, it is impossible for the rest of the tree to remain unaffected. Even one unhealthy branch can have a traumatic impact on the soul’s overall health. The trunk of the tree reflects the vitality of the soul and is depicted by hands reaching upward toward our most natural state—our soul’s expansive evolution. Only when our tree of life is in full balance can the soul truly blossom.

Other unique features included in ***Soul Health: Aligning with Spirit for Radiant Living***:

- 🌿 A “Brief Soul Survey”
- 🌿 Questionnaires for each of the ten branches of *Soul Health*
- 🌿 Complete “Soul Health Survey”
- 🌿 “Soul Mission Statement”
- 🌿 “Soul Health Plan”

Many of Dr. Kelly’s clients and workshop participants have commented on the matchless qualities of ***Soul Health***:

“*Soul Health* came along at just the right time in my life as I make some important decisions.” ~~ *New reader*

“Your book is helping me heal my grief from the death of my mother. It is helping me understand how to rebuild my life after her long illness.” ~~ *Current client*

“I am learning to feed my soul by practicing *soul health* instead of continuing my emotional eating patterns.” ~~ *Ongoing client*

“I plan to utilize *The Soul Health Model* to assist clients with rebuilding life goals and wholeness following trauma recovery.” ~~ *Licensed Professional Counselor, workshop participant*

“*The Soul Health Model* helped me learn a lot about myself, ways to care for myself, and the importance of caring for myself, which will in turn make me a better social worker.” ~~ *MSW, workshop participant*

Dr. Kelly uses her *Soul Health Model* with clients and workshop participants on a daily basis. She says, “When people embrace the soul as their most valued guide to radiant living, all branches of their health improve and they recognize that optimal health is theirs if they want it, regardless of their circumstances.”

To compliment ***Soul Health: Aligning with Spirit for Radiant Living***, many other teachings are available on [www.TheSoulHealthModel.com](http://www.TheSoulHealthModel.com) and [www.drkatherinetkelly.com](http://www.drkatherinetkelly.com)

- 🌿 **SOUL HEALTH MONTHLY NEWSLETTER**—Monthly articles related to *Soul Health* as well as updates for speaking engagements, book news, and online resources.
- 🌿 **SOUL HEALTH INDIVIDUAL ASSESSMENT**—Individual Assessment Packet includes ten Branch Questionnaires, the Brief Soul Health Survey, and Complete Soul Health Assessment featured in the book designed for individual distribution.
- 🌿 **SOUL HEALTH COPY-READY EDUCATIONAL MATERIALS**—Copy-Ready Educational materials designed for group distribution.
- 🌿 **WEEKLY BLOG POSTS**—Timely topics and observations concerning the human condition that expand ideas of *Soul Health* and Conscious Evolution.
- 🌿 **WEBINARS, TELESEMINARS, ONLINE DISCUSSIONS, ONLINE BOOKCLUB, VIDEOS**—Featuring Dr. Katherine T. Kelly, guests, and others.

#### **OTHER SPECIAL FEATURES**

Throughout *Soul Health: Aligning with Spirit for Radiant Living*, readers will find encouraging quotes from well-known authors and key figures, thought-provoking exercises, and ultimate support for your journey to optimal living. Each “branch” chapter includes a Questionnaire designed to fully assess the health that component of *Soul Health*, along with explanations and tools for aligning with your soul.



## **Excerpt from *Soul Health: Aligning with Spirit for Radiant Living***

### ***“Introduction: Soul Health: The Core of Radiant Living”***

To know your soul is to know true health. Only then can you reach radiant living. But most people find it hard to manage the common cold gracefully, let alone to live a fully soulful and radiant life.

So, what is missing? What keeps you from feeling a complete sense of health and well-being? What is not quite right in your world? Perhaps more importantly, how do you know that something is missing or off track when you don't even know what that “something” is?

The primary void in our modern approach to health is any concern for our soul. Unlike early conceptualizations of health, our current ones lend very little, if any, value to the influence of our soul on our everyday lives. As a result, we are not only losing contact with our most vital ally, but also losing track of what it means to experience optimal health.

What most don't realize is that our soul is at the hub of all aspects of our health and well-being. It is the nucleus of every action, behavior, thought, emotion, ache or pain, and it houses an inherent wisdom about what we want and need for optimal vitality. Each discomfort—or “symptom of the soul”—alerts us that something is amiss. This *dis*-ease is our soul's attempt to warn us that our lives are somehow misaligned with the needs of our innermost core and that if we leave it unattended, we will suffer in one way or another. We will fail to reach radiant health.

Our soul's most natural state is that of unimpeded growth. Therefore, our soul's evolution depends entirely on our willingness and ability to balance our lives in such a way that we create an unobstructed environment for its growth. Unfortunately, our day-to-day challenges—our inherent human condition—inevitably gets in the way. Modern healthcare models fail to include a “soul health” approach; they generally only focus on physical aspects of our well-being. And despite the fact that doctor-patient relationship research indicates that over 90 percent of those seeking medical care would like their provider to integrate a spiritual component in their healing, this vital element still remains unaddressed.





Our soul is an entity of its own. It yearns to grow and evolve despite the conditions we place it in. If left to its own devices, it will joyfully create its own expansive inertia. As a result, our soul will continue along the path of infinite growth. Scientists have said that the human body has evolved as much as it is going to. But our inner core—our soul—has infinite potential to evolve, to shine, and ultimately glow. The challenge is that we must learn to work in tandem with our human side—our human condition—and our most vital ally, our soul, in order to achieve our most radiant vitality. And only then do we set the stage for unimpeded growth and evolution.

What I once called the *Whole Health Model* thus evolved into the *Soul Health Model*. As you will read, the ten essential elements of the human condition (Physical, Psychological, Social, Interpersonal, Intellectual, Financial, Environmental, Spiritual, Sexual, and Recreational) are the keys to balancing our everyday lives; they are the essential ingredients for creating our optimal health. And it is the complex interplay among these elements that often prevents us from reaching complete *Soul Health*. However, the wisdom we need to reach our unique radiance lies within our ability to access our inherent wisdom—our soul. In essence, it is our deepest ally; it inspires our path to true health. Only when we access this inherent wisdom—an entity unique to each of us—will we be able to create the landscape for our greatest sense of vitality. In other words, it is only when we align with our soul that we reach this much desired level of radiance.

***Soul Health: Aligning With Spirit for Radiant Living*** is your soul's practical guide to reaching your radiant vitality. In this book you will find a user-friendly metaphor for life-long wellness and optimal health, *and* your soul's evolution.



## Praise for Soul Health and the Soul Health Model



“In SOUL HEALTH, Dr. Katherine Kelly restores the concept of the soul to its rightful place in our lives. This important book will give anyone insight into a more fruitful, fulfilling life.”

Larry Dossey, MD

*Author of Recovering the Soul and The Power of Premonitions*



“In SOUL HEALTH, Dr. Kelly has chosen an ancient archetype, the tree, as scaffolding for teaching a fresh and original model for creating a balanced life in harmony with one’s soul. Her own tap roots run deep in the earth as an experienced therapist, teacher, scholar, intuitive, and spiritual seeker. With each branch she examines another aspect of living, each requiring balance in the outer world while taking direction from the soul and, in turn, feeding soul intention by choices made in the world. The book is rich with wise insights, provocative exercises, and probing questions for the reader. This is truly a growth manual and a personal bedside book that one will return to over and over with highlighter in hand.”

Gloria Karpinski, Interfaith Minister

*Author of Where Two Worlds Touch and Barefoot on Holy Ground*



“SOUL HEALTH is a thoughtful, practical guide to regaining balance and creating a truly fulfilling life. Dr. Kelly is a pioneer and her Soul Health Model is a complete look at health, healing, and cultivating the true soul’s expression. The tools she offers can be used by anyone to gain a deeper understanding of their human condition and their soul’s evolution.”

Sarah McLean, Director of the McLean Meditation Institute

Best-Selling author of *Soul-Centered: Transform Your Life in 8 Weeks with Meditation*



"SOUL HEALTH is a book to keep at your bedside and on your desk as a daily reference—one you will want to read and refer to over and over again. It will help your patients but it will also help your own soul. Dr. Katherine Kelly's book is a guide to being optimally healthy for those who have lost their way and also those who think they are “just fine.”

Elizabeth Davis, MD, General Psychiatry



“SOUL HEALTH is a must read not only for therapists but for anyone who needs a thought-provoking and practical guide to enhance their lives. Dr. Kelly has significantly transformed the way we understand and utilize our soul. Through her newly-developed model of aligning with spirit, we now have a way to truly live a life filled with radiant health.”

Cheryl Rubin, MSW, LCSW, Clinical Social Worker



“I love SOUL HEALTH!!! Dr. Kelly asks wonderful questions that make you think and go deep within. This book is a great tool in our own personal evolution.”

Lynn A. Hawks, Energy Therapist and Interfaith Minister





## **Praise for Dr. Kelly's Speaking and Professional Presence**

*"Great presenter! I appreciated Dr. Kelly's use of case examples and other examples from her own experience and practice."*

*"Dr. Kelly was dynamic. I enjoyed hearing her and she was obviously well-versed on the material."*

*"Dr. Kelly was amazing and I enjoyed everything that she had to say. Her presentation was great, and her research was outstanding. I absolutely love her integrative understanding of the soul and the metaphor of the tree."*

*"She provided great stories that made the points of the lesson a relatable and memorable interaction - to keep people motivated and less stressed."*

*"Knowledge base, experience, clinical skill level, knowledge of material, organization and content were excellent - all great plusses of Dr. Kelly & the workshop."*

*"Dr. Kelly is marvelous. She has clearly created a marvelous framework for her model of care and is fabulous at conveying the scientific evidence and the importance of honoring each person as a whole person as well as understanding that whatever is happening in our lives, it affects the whole of us and is inter-related with our physical, emotional and spiritual function."*

*"Katherine Kelly is a great speaker and provided numerous examples from her experiences that were very helpful. She also provided examples of how she takes care of herself and provided numerous handouts that were very helpful and useful and can be used in the future."*

*"Dr. Kelly was very skilled at sharing information, aware of her own strengths, and very grounded in her work and life."*

*"Dr. Kelly was great and obviously knew a lot about what she was talking about. She was engaging and warm."*

*"Dr. Kelly was a fantastic speaker and exceptionally knowledgeable in her field."*

*"Dr. Kelly is an excellent presenter. She was very informative and she made it interactive in a stimulating way...thanks Kathy!"*



## Biography

Katherine T. Kelly, Ph.D., M.S.P.H. is a licensed psychologist in her own psychotherapy and consulting practice. She holds a Ph.D. in Counseling Psychology and completed a post-doctoral Fellowship in Family and Community Medicine while also earning a Master of Science in Public Health degree. She has received specialized training from the Mind-Body Medical Institute of Harvard University, and has been trained in various holistic, alternative and spiritual methods of healing.

With nearly 24 years of direct client experience, Dr. Kelly doesn't just believe in helping patients to heal; instead, her mission is to help them to *evolve*. Using her own integrative framework – the “*Soul Health Model*”-- Dr. Kelly approaches her work with clients from a “psycho-spiritual” perspective. She is a dynamic therapist who provides a uniquely progressive, yet down-to-earth approach and is well-known in both the therapeutic and medical communities. She thrives as she helps clients to reach what she calls ‘*conscious evolution*’ through a variety of self-designed methods. Her dedication to healing has been widely recognized. She was the recipient of the 2006 “Professional Service Award” by the regional Mental Health Association, and was recently named as an “Incredible Woman” for a local community television network, which spotlights role models to inspire young women to pursue their own passions.



Dr. Kelly has worked in several health-related settings, served as an Assistant Professor in the Department of Family Medicine at Wake Forest University, and owned *Branches Holistic Health and Wellness Center*. She currently practices full-time as a clinical health psychologist, while also pursuing her passion for writing, speaking, and consulting.

Dr. Kelly has written several nationally-published academic articles and is an ongoing contributor to local health and wellness magazines. During her career, she has spoken in both academic and public venues (Society for Teachers of Family Medicine, North American Primary Care Research Group Conference, Forum for Behavioral Sciences in Family Medicine, North Carolina Psychological Association, North Carolina Dietetics Association, North Carolina Area Health Education Centers, Health and Wellness Conferences, Integrative Health Clinics, Corporate Health Series—Kilpatrick/Stockton Law Firm, Krispy Kreme Women's Leadership—, various Speaker's Bureaus, and the JoyStream Channel). She continues to provide workshops, seminars and retreats on local, regional, and international levels, while also offering an E-Newsletter available throughout the world.



## On Air Introduction

Dr. Katherine Kelly, author of ***Soul Health: Aligning with Spirit for Radiant Living***, has been named the “Pioneer of Soul Health”. Her trademark, *The Soul Health Model*, is the culmination of over 23 years of training and work within health promotion, medical, psychological, spiritual, and holistic health venues, and offers the essential blueprint to both attaining optimal health *and* promoting your soul’s evolution.

Dr. Kelly is an accomplished author, speaker, and consultant, not to mention an award-winning psychologist and healer. Her training as a fellow in Family and Community Medicine and work as Director of Behavioral Science—both at well-known medical schools, her Master’s Degree in Public Health, her training at the Mind-Body Medical Institute of Harvard University, her ownership of Branches Holistic Health and Wellness, and her ongoing work as an integrative health psychologist lend her a unique and complete view at optimal health—*soul health!*

When she was just 9 years old, her father suffered a disabling injury which altered her life forever. It was at this early age that she first witnessed a major shift in “whole person health” and as a result experienced the impact on her father’s, her family’s, and her own human condition. She would not recognize until several years later that this key event was actually the catalyst to the development of her *Soul Health Model*.

Throughout all of her endeavors, Dr. Kelly has maintained a thriving psychotherapy private practice where she uses her *Soul Health Model* on a daily basis. She has presented the model to hundreds of healthcare providers, clergy, major corporations, and the public locally, regionally, and internationally. She offers both a monthly newsletter and weekly blog which offer “soul health” observations and musings about the human condition.

Dr. Kelly considers all of her experiences—both professional and personal to be key contributors to the evolution of the *Soul Health Model* and ***Soul Health: Aligning with Spirit for Radiant Living***.

Early in her book she states that “To know your soul is to know true health.” Indeed, only then can you reach radiant living!



## Questions for Dr. Kelly

1. Soul Health is a new concept to many—so, what *is* Soul Health?
2. What is your book, *Soul Health*, mainly about?
3. Why did you find it important to write *Soul Health* now?
4. What is the *Soul Health Model*, and how did it evolve?
5. In *Soul Health*, you talk about the complex interplay between the branches of the human condition and the soul. Would you mind telling us a bit more about this?
6. Early in your book, *Soul Health*, you say that “To know your soul is to know true health.” What do you mean by this?
7. You mention that even those who have a serious or chronic illness can experience radiant health. In your eyes, how is this possible?
8. You talk about using “gut” responses to lead us down the path to radiant health—how is this helpful?
9. You emphasize throughout *Soul Health* that our optimal or radiant health leads to our soul’s evolution—can you tell us more about this?
10. *Soul Health* includes many Soul Health Assessments—how would you suggest readers use these?
11. The current healthcare system seems disjointed and unable to address the “whole” person—how do you see *Soul Health* and the *Soul Health Model* filling this gap?
12. What is the best way for people to integrate the concepts of *Soul Health* into their current healthcare and approach to wellness?
13. Renowned author and physician, Dr. Larry Dossey endorsed your book by saying “*Soul Health* restores the soul to its rightful place in our lives.” How so?
14. In *Soul Health*, you dedicate an entire chapter to the idea of becoming a “steward to our soul”. What does this mean and how does this enhance our health?
15. We all seem to be searching for a better life, but we also know it takes a lot of work to get there. What advice would you give someone who feels they are too busy to seek radiant health?
16. Many of your talks are geared toward educating healthcare providers to take a “whole” or “soul” health approach with their patients. Are they receptive to *The Soul Health Model*?
17. Who can benefit most by reading *Soul Health*?
18. How has writing *Soul Health* impacted you? And how do you apply the model to your own life?
19. Where can people buy your book?
20. How can we get more information about the kinds of talks, workshops, and retreats that you do?



## Promotion

### Book

**Soul Health: Aligning with Spirit for Radiant Living**  
(Balboa Press, Available January 2013)



 Available now in nationwide booksellers, [www.drkatherinetkelly.com](http://www.drkatherinetkelly.com), [www.amazon.com](http://www.amazon.com), and [www.barnesandnoble.com](http://www.barnesandnoble.com).

 Hardcover: \$35.95, Softcover: \$17.95, E-book: \$3.99

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### Resources

#### **Soul Health Monthly Newsletter**

Check [www.drkatherinetkelly.com](http://www.drkatherinetkelly.com) for information.

#### **Soul Health Blog**

Check <http://drkatherinetkelly.wordpress.com>

#### **Dr. Katherine T. Kelly Facebook Fan Page**

Check <http://www.facebook.com/pages/Dr-Katherine-T-Kelly-PhD-MSPH>

#### **Dr. Katherine T. Kelly Twitter Page**

Check <http://twitter.com/DrKTKelly>

#### **Dr. Katherine T. Kelly YouTube Channel (check website for videos)**

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## **Speaking**

**Dr. Katherine Kelly is available for keynote talks, single and multiple day programs, workshops, retreats, and unique panels. Her visionary *Soul Health Model* is one of a kind and offers an innovative, inspiring, and timely solution to what is lacking in our current approach to health. Her work is already highly valued in many healthcare, corporate, and public venues. Contact [kkelly@drkatherinetkelly.com](mailto:kkelly@drkatherinetkelly.com) or call 336-723-1011.**

### **Sample Topics:**

-  Integrative Psychotherapy: Treating Patients from a Whole Health Approach
-  The Soul Health Model: Comprehensive Holistic Model for Conscious Evolution
-  Live Well, Lead Well: Whole Health for Corporate Leadership
-  Integrative Treatment of Weight and Obesity using a Whole Health Approach
-  Heal the Healer: Life Balance for Healthcare Professionals
-  Capturing the Creative Soul: Tapping into your Creative Flow through Soul-Based Living
-  Soul-Based Living: A Whole Health Approach to Radiant Living
-  Soul-Based Eating: Overcoming Problem Eating through A Whole Health Approach
-  Whole (Soul) Health: Integrative Model for Healthcare Professionals
-  Integrating Spirituality into Healthcare: A Soul Health Approach

For dates, locations, and more information, go to [www.drkatherinetkelly.com](http://www.drkatherinetkelly.com).