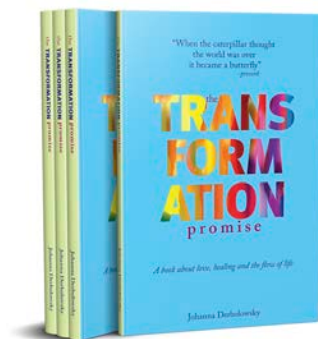


The Transformation Promise

Media Kit



**Empower yourself.
Create your own path in life.**



**Johanna Derbolowsky:
International speaker and best-selling author of
*The Transformation Promise***

"I always seem to have bad things happen to me..."

Unhappy with your job, your relationships, your health, your income?

If 'fast and easy' self help solutions are not working for you, commit to change through understanding.

Transform your life...the real way!

Best-selling author, Johanna Derbolowsky, can help your readers and listeners when they are feeling stuck or at a crossroads.

She says: *"It's not that difficult to create the life of your dreams."*

Whether you're grappling with physical, mental, emotional or spiritual issues, ***The Transformation Promise*** will give you the tools to heal and grow.

Johanna has featured on various radio shows, podcasts, and television, and has taught workshops based on *The Transformation Promise* in the USA and Germany.

MEDIA TOPICS:

- **Reduce your pain levels significantly – using your own mind.**
- **Overwhelmed? Shift from anxiety to calm instantly.**
- **Confused about your marriage or job? Gain clarity.**

- **Tried it all – the Law of Attraction and other self-help, get rich methods and still stuck in the same place? Discover your own path and walk it effortlessly.**

Johanna can help your readers and listeners heal physical, mental, emotional and spiritual barriers so they can become unstuck and move forward.

Her book includes insights, examples and simple exercises to overcome the fear of change and gain the understanding needed to heal and transform.

She can help your readers to solve past issues and learn how to heal from the damaging situations that they have encountered in the past.

TARGET AUDIENCE

The target audience is: teens and adults who find themselves at a crossroad in life, having trouble making decisions about relationships, careers, etc. Johanna particularly appeals to readers of self-help, healing and mind-body-spirit books.

THE AUTHOR

Best-selling author, Johanna Derbolowsky, has worked for more than 25 years as a teacher and healing coach on the forefront of healing and transformation.

She has a private practice helping clients all over the world, and also conducts seminars in the US and Europe.

She is an ordained minister with the International Metaphysical Ministries, spiritual counselor, hypnotherapy and Matrix Energetics practitioner, Reiki Master and life coach.

Her debut book, **The Transformation Promise**, a book about love, healing and the flow of life, has attained the #1 position on Amazon in the categories of Mind, Body Spirit; Women's Spirituality and Energy Healing.

It also reached the Top 50 Best Seller List in four further categories, overtaking books by prominent authors such as Elizabeth Gilbert's, "Eat, Pray Love" and Esther Hicks' "Ask & It Is Given".

Johanna has two children and lives in Santa Barbara.

BOOK INFO

**TITLE: *The Transformation Promise:
A Book About Love, Healing And The Flow Of Life***

Price: \$14.75

Johanna Derbolowsky's debut book, *The Transformation Promise*, empowers readers to actively change their lives. It offers insights and next steps on the road of life.

Written in an easy-to-understand style, this wisdom can be used by beginners and veterans on the path of self-awareness!

MEDIA APPEARANCES:

The Mantz and Mitchell Show on Alternative Talk 1150 AM, KKNW, Seattle,
The George Wilder Jr. Show
See Beyond Magazine “OMG, Someone Please Tell Me What To Do”
Queens Stand Up/ April Diane: “Let’s Talk About Connecting With The Divine Feminine”
The Wellness Ultimatum with Omar Cumberbatch
Satellite Life Coaching/Rebecca Gordon: “Quit holding on! Make that change!”
Living Life on Purpose Nonfiction Transformational Author Showcase
Positive Perspective/ Melinda Carver, BlogTalkRadio
The Mantz and Mitchell Show on Alternative Talk 1150 AM, KKNW, Seattle
Join-Up-Dots/David Ralph: “Making The Change To A Butterfly”
The Book Parade TV with host Richard Wills
Uncommon Awareness/Dr. Lorraine Hurley
Positive Perspectives/ Melinda Carver
Barb Adams Live WVNJ 1160 AM – New York City
The Larry Washington Show KTYM 1460AM

PERSONAL APPEARANCES

The World Stage, Los Angeles, CA: Reading and book signing
Sacred Stone Gallery, Redondo Beach CA: Reading and book signing
The Path, Redondo Beach CA: Reading and book signing
Santa Anita Church, Arcadia Beach CA: Reading and book signing
Westside Unity Church, Culver City CA: Reading and book signing
Hamburg, Germany: Reading and book signing
Seattle, Metaphysical Library: Reading and book signing

SALES COPY FOR NEWSLETTERS, BLOG POSTS, EMAIL CAMPAIGNS, ETC.

Johanna Derbolowsky, a healing coach on the forefront of healing and transformation practice has released an amazing new book for anyone who feels that there is something missing in their life. This book will show you how to heal physical, mental, emotional or spiritual issues and take the next step towards transforming your life. Anyone grappling with how to get unstuck can read *The Transformation Promise*.

Transformation is part of life. Johanna Derbolowsky will show you how to manage this change to create a better life.

Johanna offers exercises to help you resolve past issues and guide you to connect consciously with life-force energy and a continuously increasing love within. You will learn how to use forgiveness and gratitude daily to heal and transform everything you encounter or have encountered in the past.

INTERVIEW QUESTIONS AND ANSWERS

How can I best transform my life?

To consciously transform your life or any situation it is key that you are aware of the present state of your affairs and what is holding you captive in your circumstance.

Then you can follow three steps.

- Know yourself, be aware of the elements involved of your present situation.
- Create a focus, a wish, a dream of where you want to be.
- Let go of your attachments to people, places, events and outcomes.

When you become aware of the chains that hold you in the situations you are in , all that you need to do is let go and allow yourself to open up into an expanded life experience. The bigger the detachment from old patterns the bigger the transformation.

Bad luck follows me around. I always have bad things happen to me, is transformation possible for me?

Yes, because transformation is a promise of life, everything changes all the time, nothing ever remains the same. When you are stuck in negative events that overwhelm your life it is important that you become aware of all key elements of your situation. This awareness alone will show you patterns and ruts that you are stuck in and open your mind to new possibilities and ways to respond to what life throws at you. With a new response also comes a new outcome.

How is your book/philosophy different from other self-help books?

The Transformation Promise guides the reader to find his or her own answers through self-awareness. There is no doctrine or particular belief system to tell the reader what to do next or how to think. Most self help books tell the reader what to do or think to get a specific result. By doing this the reader follows a system or a teacher on their path. This book doesn't offer a specific path Instead it encourages the reader to go within, to get to know and understand him or herself better and to his or her own path.

Who would benefit from reading the book?

The book is designed to be easily understood by any seeker of change. Whether you are a novice in the self help, body mind and spirit field or an advanced metaphysician, the book takes you from your present situation and guides you to expand by transforming yourself.

What would you like your readers to get out of the book?

I would like the reader to feel empowered to follow her or his own path.

Tell me about the tools in your toolbox for transformation?

My toolbox has three major tools for transformation.

Gratitude: to establish a positive sense of awareness of the present situation and a direction for the future possibilities.

Forgiveness: to let go of old pain and patterns, to free oneself of emotional baggage.

Raising Awareness: connecting to the highest vibration within which allows to transcend the present situation.

What is your take on pain and suffering?

Pain and suffering are great motivators for change. The more discomfort we find ourselves in the greater the search for a solution, a new possibility and most of all a willingness to change patterns that do not benefit our life.

What about Love?

Love is the unborn, creative energy of the universe. Therefore it is present in everything. Like all energy it can only be experienced when it is flowing. If you want to experience a lot of love energy all you need to do is to allow more of it to flow through you. If you try to hold on to it you will decrease the experience.

But you can never be without it, because it is the basic energy of everything in creation.

Why is loving yourself so important?

You are the most important person in your life. Without yourself you have no experience of any kind. The love you have for yourself determines your ability to love anybody or anything around you. For example if you don't take care of yourself and you get sick, your ability to take care of anything else decreases. To truly love yourself means to love your surroundings as well.

There is so much wrong with the world, wars, crime, hunger etc. What about transforming the world?

It is not possible to force someone else to change. All change comes from the inside out. If you want to change the world or another person you need to change yourself. When you change yourself you can offer a new path to others. You show what is possible.



CONTACT:

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