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W(holy) living in the 21st century

Wholistic Wellness Consultants and new book bring balance to life and work

ATLANTA – According to a recent article by *Forbes Magazine*, many working millennials, especially women, are becoming burned out by the age of 30. As society progresses, the world seems to move faster. While new technology and cultural norms may make us feel smarter and more advanced, are we forgetting to slow down and truly experience life?

Two forward-thinking wholistic wellness consultants are standing up to say yes, we are. With a shared passion for helping people live healthier, more wholistic lives, Terri Stark, a feng shui practitioner, and Holly Hutcher-Shamir, a naturopathic practitioner, bring more than two decades of experience to their company **One Heart Connection**.

“Our wholistic living consultancy acts as a catalyst for clients to grab onto their lives, to look at life through a wholistic lens, gain a greater understanding of the connection between the physical, mental, emotional, and spiritual effects on the whole of life as a foundation to take conscious responsibility for their life force,” says Hutcher-Shamir, who has a doctorate of naturopathic medicine. “We want to see people lead happy, healthy, balanced lives doing what they love and empower them to fulfill their goals and dreams.”

One Heart Connection’s mission is to:

- Educate clients on how to look at their life through a wholistic lens and understand that what they do in one part of their life impacts the whole of their life
- Help clients develop a quantum understanding of the sacredness of life and the oneness of all beings, the earth, and the universe
- Champion clients to live deliberately by making conscious choices, and taking responsibility for their life force
- Facilitate clients in implementing positive changes and the self-actualization of their dreams and goals.

Stark and Hutcher-Shamir elaborate on these concepts in their new book, ***THE QUANTUM OLYMPICS: Human Beings Transforming to Live as W(holy) Beings in the 21st Century*** (One Heart Connection, 2011), which is an instructive guide designed to lead readers to a new level of w(holy) living. *The Quantum Olympics* shares tools, techniques, models and inspirational client stories to guide readers into the life they truly want.

Holly Hutcher-Shamir owns a naturopathic consulting practice and has a Bachelor of Science in finance and marketing, a Bachelor of Science and Master of Arts in natural health science, and a Doctorate in naturopathic medicine.

Terri Stark is the owner of Inspiration Central, a consulting business that advises on integrative coaching, feng shui and organization, and she is a certified Soul Coach®. Stark has a Bachelor of Science in business administration, and is a graduate of the Western School of Feng Shui Practitioner Training Program.

One Heart Connection has offices in Atlanta and Dayton, Ohio, and helps businesses and individuals effectively examine and self-actualize their goals and objectives, and create wholistic well-being. For more information on workshops, speaking, trainings and *The Quantum Olympics*, please visit www.oneheartconnection.com.

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