



AMY APPLEBAUM INC.

THE VOICE OF WOMEN'S SUCCESS

HELPING WOMEN,
ALL OVER THE WORLD,
ACHIEVE SUCCESS!

As seen on:



The New York Times

DR. DREW'S
LIFE **CHANGERS**

SHAPE

Woman's
World

Life
magazine



MARTHA



"Amy Applebaum is the success coach for a new generation. She's got a fresh approach that gets people into action toward realizing their dreams."

- Dayna Devon, former host of NBC's Extra

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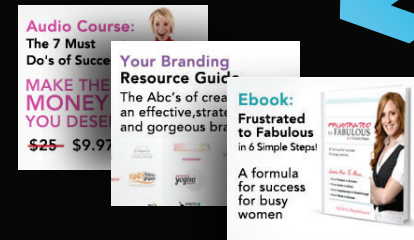
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What does she do exactly?

THE COACHING CLUB

release your
INNER MILLIONAIRESS®

LEADERSHIP



SUCCESS PRODUCTS



MEDITATION APPS & DOWNLOADS

SOCIAL NETWORKS



**AMY
APPLEBAUM, INC.**
THE VOICE OF WOMEN'S SUCCESS

“Success is not a destination, it’s a daily practice”

Give me more info please...

THE CLUB



From inspiring vision, to strategic plan, to engaging brand, to lots of sales... the club gives women the step-by-step training, direction and accountability they need to achieve success.

MEDITATION APPS & DOWNLOADS



Helping women gain confidence, move past fear, and adopt the belief systems they need to be successful.

SUCCESS PRODUCTS



From books to specialized courses, Amy's success products help women get educated quickly on relevant entrepreneurial topics.

SOCIAL NETWORKS



From her "MYSELFIEHELP" user contributed Instagram forum, to her free DAILY DO-ITS, Amy provides success conversation and strategies through social media platforms.

LEADERSHIP



From speaking, to trainings, to advocating for women globally, Amy takes being a role model very seriously.



AMY APPLEBAUM INC.
THE VOICE OF WOMEN'S SUCCESS

"Be afraid and do it anyway"

Get to know Amy.



Amy Applebaum, Founder & CEO of Amy Applebaum, Inc., **“The coaching firm to the female entrepreneur,”** is leading the revolution in bringing women to the forefront of today’s business and financial world.

Amy is committed to helping female entrepreneurs build and grow their business, step by step, through her coaching club, **Release Your Inner Millionairess.**

As a CEO, business coach, wife, mom, and a 15-year entrepreneur. Amy understands the struggles that come with running your own business, as well as the fears and doubts that can creep into your head when you are outside of your comfort zone. She gets it because she lived it. It took getting fired from a job for her to step into her power, and harness the freedom to become an entrepreneur.

Over the past decade, Amy has guided thousands of women to success by providing direction and strategies that enabled them to build confidence, create compelling visions & brands, and increase sales. Along the way, her perseverance got her featured on **ABC News, CNN, TLC, Dr. Drew’s LifeChangers, Martha Stewart Radio** and many national publications. Amy is an author, (*Frustrated to Fabulous in Six Simple Steps*), speaker, and creator of over 100 meditation albums.



“Stop talking and start doing”

What people are saying...

"Working with Amy has been an absolute blessing...Within just 6 months, I now have a clear brand, a website, a clear vision, and I recently landed my biggest client yet.

Charlotte Cressey,
Founder of Earth Energy Yoga

**"Incredible
& Powerful!"**

Lee Parent, CEO of
Hey! Design Group

"Since working with Amy and the Level 2 program, I have tripled my revenue, been featured in In-Style Magazine, landed the National Whole Foods Account, tripled my revenue and retail partners, and am poised for continued success! Thank you Amy!!"

Cyndi Prince, Founder of LooHoo

"Amy Applebaum can move almost anyone from problem to solution quickly. She's quite amazing. I see her as the next-generation Dr. Phil."

Steve Cohen, Founding EP
of Court TV & former news
director of WCBS/KCBS

"For years, I have lived with dreams that I never thought could come true - and then I met Amy. In just a moment of being in her presence, I knew I had found "the one" who could bring me into a world of success...and that's exactly what's happening. Not only am I running and creating a great business but a great life.

Kea Tesseyman,
founder/CEO of Power Performance

Numbers don't lie:
after applying the principles I had
worked on with Amy, my monthly team
production went from just under \$15,000
to over \$62,000 in just 4 months!"

Kirsten Ramasar, CEO of
Rejuvenate Chiropractic Spa

"Amy Applebaum's Release Your Inner Millionaire Coaching Club helps women reach their potential - the most important thing you can focus on."

Leeza Gibbons,
Talk, Radio & Travel Host



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"Get real, build momentum, achieve potential"

See Amy in the media...

Cosmopolitan:

You You You

Why Going Big Can Sometimes Backfire

How One Tiny Tweak Can Change Your Life

When things get really, really bad, you may feel like you're in a never-ending cycle of stress and anxiety. But what if you could break that cycle? The answer is yes, you can. It's all about making small, positive changes to your life. One tiny tweak can make a big difference. For example, taking a short walk every day can help reduce stress and improve your mood. Or, you could try practicing gratitude each night before bed. These small changes can add up over time and lead to a more peaceful and fulfilling life.

Teen:

why you hate her

Are you and your friend always at odds? Do you find yourself hating her? It's not always obvious why you feel this way. Sometimes, it's just a matter of personality differences. Or maybe there's a deeper reason. Understanding the reasons behind your feelings can help you improve your relationship. Communication is key. Try talking to her about how you feel. You might be surprised to find out that she has similar feelings. Working together, you can find ways to resolve conflicts and build a stronger friendship.

Los Angeles Family Magazine:

The Easy Way to Reduce Stress at Home

Stress is a common problem for many people. It can affect your health, your relationships, and your ability to enjoy life. But there are ways to reduce stress at home. One of the easiest ways is to create a relaxing environment. Use soft lighting, play calming music, and use scented candles. You can also try meditation or deep breathing exercises. These simple techniques can help you feel more relaxed and in control of your life.

FIGURE:

The Learning Channel:

Woman's World:

Relationship Q&A

Can you really get along with your ex? It's a common question. Many people struggle with this after a breakup. The answer is yes, you can. It takes time and effort, but it's possible. Start by focusing on yourself and your own happiness. Don't dwell on the past. Instead, look for new opportunities and experiences. Communication is also important. If you have any unresolved issues, try talking to your ex. You might be surprised to find out that you can still be friends.

TLC

NEW YEAR, NEW YOU

Getting Organized

Watch *The Revolutionaries* on December 31 beginning at 8/7c

Professional organizer: A professional organizer will come to your home or office for a thorough assessment of your specific situation. Once you've discussed your issues and goals, he or she will offer solutions and techniques to help get your home and life organized and running smoothly.

Does your life need a makeover?

More than ever, it's important to take control of your life. A makeover isn't just about your appearance; it's about your mindset and your actions. Start by identifying the areas of your life that need improvement. Then, set realistic goals and work towards them. Surround yourself with positive people and things. Remember, you are the author of your life. Write a happy ending.

New York Times, WebMD:

Shape:

Her Life:

The Workplace: Flirting in the office can mean trouble if colleagues are offended - Business - International Herald Tribune

To whom should you raise your objections about workplace flirting?

WebMD

The Law of Attraction Plus Action

Amy Applebaum, a Los Angeles-based life coach and certified hypnotherapist, puts it this way: "The law of attraction is about attracting what you want. Like a magnet, you attract what you focus on." She explains how to use this principle to create a better life.

SHAPE

Top 10 Reasons You Don't Stick to Your Resolutions

It's the start of a new year, and everyone is making resolutions. But why do so many of us fail to stick to them? There are several reasons. Lack of motivation is a common one. You might not be clear on your goals or you might not have a plan. Another reason is that you're not tracking your progress. Without feedback, it's easy to lose track of your goals. Finally, you might be setting unrealistic goals. Start small and build up over time.

spotlight

Amy Applebaum

Amy Applebaum is a life coach and author. She has helped thousands of women achieve their dreams. Her book, *Bootcamp for Your Mind*, is a bestseller. She is also a frequent speaker at conferences and seminars. Her mission is to empower women to take control of their lives and create a better future for themselves.

Canoe.ca, Lifewise:

Diet.com:

canoe.ca

LOVEWISE

'The Secret' to finding love

By Lisa Daily - Click by Lavalife

Amy Applebaum, author of the upcoming book, *Bootcamp for Your Mind*; 6 Steps to a Breakthrough says The Secret isn't enough. "The Secret is great because it brings to our attention that in order for something to 'show up' in our lives — we must be thinking about it to attract it. However, thinking about a relationship, alone, won't bring one into your life."

diet.com

Your Nutrition and Health Solution

Bootcamp for Your Mind

by Amy Applebaum, Life Coach

Use Positive Thinking & Think Yourself Thin!

Use the power of positive thinking to help you lose weight. We hear it all the time — how the power of our own imagination can actually help us to achieve our goals. From helping people overcome major illnesses to giving us the boost we need to shed those last pesky pounds, our mental powers are like our own personal miracle workers. If we learn how to use them as such, So, how do we harness this mental power, and use it to help meet our goals — particularly when it comes to diet and weight loss? Here are some great tips designed to activate your imagination and help you achieve better overall health:

1. Create a mental picture in your head that helps motivate and inspire you.
2. Create an online avatar of yourself, or alter an existing image of yourself (using digital photo-shopping, perhaps) to use as inspiration toward achieving your goals. There are several websites that let you create your own virtual model. Check out photo-tweaking sites like My Virtual Model... Weight Loss Pose... or Weight View to magically create the you that you want to be!
3. This practice of positive thinking is not just about envisioning your perfect physical body. It's also about imagining a stronger YOU. Remember: What you believe, you can achieve — you just have to truly set your mind to it.



"every moment of your life is your life"

To know more call...

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