

Certified Life Coach Cynthia Miller to be Featured on Close-Up Talk Radio

SAN LUIS OBISPO, CALIFORNIA, USA, November 17, 2014 /EINPresswire.com/ -- We've all heard the phrase, "The best time to plant a tree was 20 years ago; the second best time is today." Like planting a tree, there's no better time to hire a life coach than right now. Today is the day you make yourself a priority and immediately step into action.

[Certified Life Coach](#) Cynthia Miller has been on a personal growth journey her entire adult life. Today she works with individuals in the areas of divorce recovery, post-weight loss and entrepreneurial endeavors, journeys she was able to navigate with more ease and grace thanks to her coach. In addition, she is starting an exciting new endeavor: working with curvy women as they find their confidence and style. It's the culmination of an inner and outer make-over, the cross between "What Not to Wear" and "Iyanla Fix My Love."

"I have really been a coach my whole life," says Cynthia. "People have always come to me for insight and I've always seemed to be able to reveal to them those ideas they hadn't thought about before. In living my new life I'm showing my clients that they can create a new life as well."



The wonderful difference between coaching and counseling is that, in coaching, the client determines the agenda and the action steps toward growth. Cynthia is simply there to hold her clients accountable while unpacking their self-limiting beliefs. Cynthia herself struggled with body image for many years, eventually electing to undergo a gastric bypass procedure 15 years ago.

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Cynthia Miller

“I was in a very desperate state,” recalls Cynthia. “I didn’t think I could achieve that amount of weight loss on my own and really did not care if I came out of surgery. It was a very painful time in my life.”

Though she would eventually lose 100 lbs, Cynthia wanted to believe the surgery would fix everything. It didn’t. So she visited a [wellness](#) coach to get a clearer picture of her issues. Wellness is holistic so in addition to examining her body image and choices in regards to health, Cynthia and her coach discussed everything from spirituality to her goals and dreams for the future.

“Eating is emotional,” explains Cynthia. “Those dynamics don’t go away just because your stomach has been shrunk. So we have to sneak through the back door with self-love. We will backslide but that self-love will keep us moving forward.”

You know the curvy woman who is overly concerned with what others think of her? With Cynthia they will find not only their courage and confidence but also their sense of style and personal beauty so they can create an image that attracts great things into their life.

“Coaching is about inner transformation. With each small decision I was able to create a life I never would have allowed myself to dream,” says Cynthia. “I want my clients to believe that they are enough right now and have dreams to be better.”

Close-Up Talk Radio will feature Cynthia Miller in an interview with Jim Masters on November 19th at 12pm EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Cynthia Miller, visit <http://www.cmillerlifecoach.com/>

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