

# James Bellis and Dr Jonathan Leary Interviewed by Fotis Georgiadis

*James Bellis, food and drink entrepreneur. Dr Jonathan Leary, founder and CEO of Remedy Place.*

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EINPresswire.com/ -- Fotis Georgiadis, owner of the blog by his namesake, is a branding and image consultant specialist with a robust background and is a visionary interviewer. With a knack for pulling out a well-rounded interview, not only covering cutting edge technologies and corporate directions but also bringing out the personal side of the interviewee.

Running a business has you outside your comfort zone on many occasions, but if you can be more successful without another session 'outside', it makes smart business sense. Fotis Georgiadis can facilitate a marketing plan that expands your client reach, strengthens your corporate image and builds trust in your brand. Below are two recent client interview excerpts, Fotis Georgiadis' contact info follows.



James Bellis, food and drink entrepreneur

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James Bellis, food and drink entrepreneur

Can you please give us your favorite "Life Lesson Quote"? Can you share how that was relevant to you in your life?

“

If you are not willing to risk the unusual, you will have to settle for the ordinary”

*James Bellis, food and drink entrepreneur*

It's not necessarily a life lesson quote but a quote which best represents my mindset / attitude. "If you are not willing to risk the unusual, you will have to settle for the ordinary".

I really enjoy putting myself outside of my comfort zone and I've found this quote a perfect reminder in tough

periods.

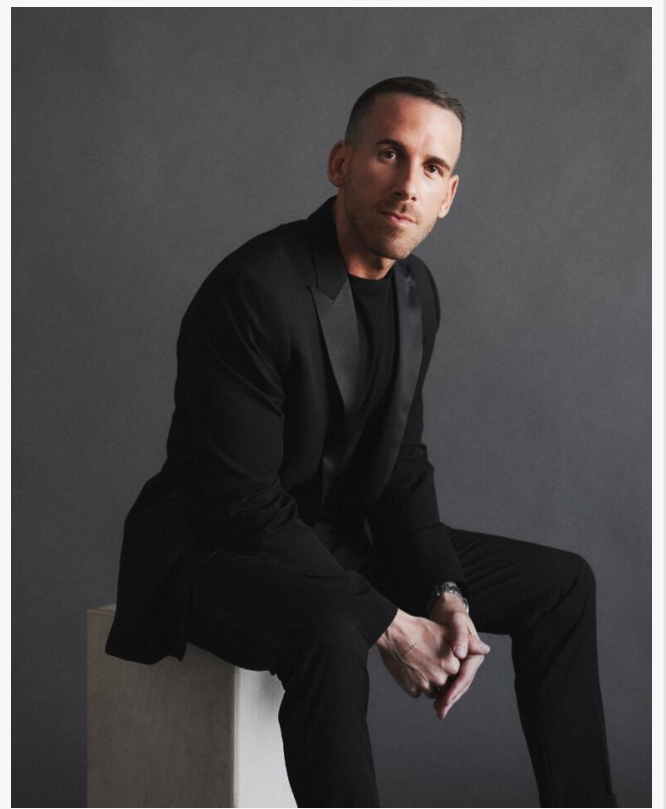
Who wants to be ordinary after all?

Is there a particular book, podcast, or film that made a significant impact on you? Can you share a story or explain why it resonated with you so much?

I really enjoy reading Stoic philosophy. For example, Meditations by Marcus Aurelius and Letters from a Stoic by Seneca.

The Stoics provide me with amazing insights into the power of the mind, and your thoughts which determine your perceptions. In chaotic tech centric world, it helps to remind me of some of the fundamental life principles.

I doubt I'd have gotten through my challenging bootstrapped journey without some surface level understanding of stoicism.



Dr Jonathan Leary, founder and CEO of Remedy Place

Ok super. Let's now shift to the main part of our discussion. There is no shortage of good ideas out there. Many people have good ideas all the time. But people seem to struggle in taking a good idea and translating it into an actual business. Can you share a few ideas from your experience about how to overcome this challenge?

My biggest piece of advice is to not spending so much time over-thinking ideas.

No ideas are truly perfect from day one and I personally feel that getting comfortable with the idea that you'll be forever iterating at each step of the way. It's the only way to succeed, and when you understand that, you'll realise that physically starting is just the beginning of a very long iteration process.

Having said that, the idea itself still needs to be pretty good. You can use competitor analysis and any market insight you have to decide what might be a good business or product to launch.

Above all, do something you care deeply about, because in the tough times you'll need that passion to help you persevere.

[Read the rest here](#)

Dr Jonathan Leary, founder and CEO of Remedy Place

Can you tell our readers what it is about the work you're doing that's disruptive?

Our modern healthcare system has led people to be reactive about their health, meaning the average person only sees their practitioner when something is wrong. This ultimately makes a patient dependent on their doctor to feel better, rather than having the tools in place to take control of their health before they are in need of intervention (i.e. medication or surgery). It is my goal to teach people how to be independent and proactive about their health. There is a time and place for all surgeries and medication, but it is my belief that the first line of intervention for most health concerns should be alternative. At the end of the day, as your healthcare provider I cannot make you healthy, only you can make you healthy. It is our job just to give you the plan, the support and to help facilitate. The most important tool that enables people to establish autonomy over their health is through education. It's ultimately why I created Remedy Place.

Through Remedy Place, we are not only disrupting the modern healthcare system, but we are overhauling the standard of human interactions and raising awareness on a term we have coined "Social Self-Care". During the first five years of my private practice, I was commonly told, "Dr. Leary, my problem is finally gone and I feel incredible, but now my social life sucks. How am I supposed to date? How can I still go out at night? What happens when I travel? What am I supposed to do when I hang with this group of friends? Etc." This made me wonder why almost everything we do to socialize is surrounded by temptations or toxins, and if there was a way to make a healthy, balanced lifestyle and an active social life one in the same. Furthermore, during this time, research began to show how important meaningful human interaction is for our health, and how isolation/loneliness has a significant negative impact on our overall well being (which has continued to prove true, especially now as we begin to emerge from the pandemic).

[The full interview is available here](#)

You can reach out to Fotis Georgiadis at the below-listed website, email and social media links to discuss how he can help your brand and image.

About Fotis Georgiadis

Fotis Georgiadis is the founder of DigitalDayLab. Fotis Georgiadis is a serial entrepreneur with offices in both Malibu and New York City. He has expertise in marketing, branding and mergers & acquisitions. Fotis Georgiadis is also an accomplished VC who has successfully concluded five exits. Fotis Georgiadis is also a contributor to Authority Magazine, Thrive Global & several others.

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