

Jude Monteserrato Joins Forces with SuccessBooks® and Lisa Nichols to Co-Author Inspirational Book, "Against All Odds"

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[/EINPresswire.com/](https://EINPresswire.com/) -- Jude

Monteserrato, a beacon of resilience and holistic wellness, partners with SuccessBooks® in the creation of the much-anticipated book, "Against All Odds," alongside acclaimed author Lisa Nichols and a distinguished group of contributors.

Set to launch in the Summer of 2024, "Against All Odds" promises to captivate readers with gripping tales of perseverance, showcasing narratives of unwavering determination that transcend life's most daunting challenges.



Jude Monteserrato

Embark on an inspiring journey with Jude Monteserrato, a seasoned yoga instructor with over 2,000 hours of training and a profound expertise in yoga therapy. Jude's mission is to guide individuals through grief, utilizing yoga, meditation, and nutritional guidance to foster balance across physical, mental, emotional, and spiritual realms.

Since beginning her yoga journey in 2003, Jude has been a guiding light in the realm of alignment-based yoga and meditation. Her dedication to sharing the transformative power of yoga has extended to workshops, yoga teacher trainings, and corporate sessions, touching the lives of many seeking fulfillment.

Beyond yoga, Jude's culinary expertise as a certified chef from the Natural Gourmet Institute in New York City adds depth to her holistic approach to well-being. Currently crafting her memoir, Jude delves into her personal journey of overcoming profound loss and trauma, emerging from darkness to embrace life once more.

Jude is currently enrolled in a Certified Transformational Trainer Program led by Lisa Nichols and

Sean Smith, enriching her ability to empower others. She is expected to graduate in the fall of 2024.

Featured in publications such as More magazine and Urban Wellness magazine, Jude's story resonates widely, reflecting her profound impact on diverse audiences. With a philanthropic spirit, Jude has supported initiatives like the Cambodian Children's Fund and Soles 4 Souls, showcasing her commitment to making a positive difference in the world.

Outside her professional endeavors, Jude finds joy in nature, cooking, and quality time with loved ones, enriching her holistic approach to life.

Discover more about Jude Monteserrato's journey at www.judemonteserrato.com and join her in embracing holistic well-being.

SuccessBooks® is honored to welcome Jude Monteserrato as a co-author of "Against All Odds." Stay tuned for the release of this transformative book, where the collective narratives of Jude Monteserrato, Lisa Nichols, and an exceptional team of authors promise to inspire and uplift readers worldwide.

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