

# Rebecca Whitman, Author and Coach, Challenges the Hustle Culture, Helping Women Find Success Through Spiritual Alignment

*Rebecca Whitman believes success goes beyond income and achievement, requiring alignment between career, relationships, spirituality, and personal well-being*

LOS ANGELES, CA, UNITED STATES, August 17, 2026 /EINPresswire.com/ -- What if success didn't have to come at the expense of peace, balance, and happiness? [Rebecca Whitman](#), bestselling author, life coach, and successful entrepreneur, believes it doesn't. A Princeton graduate and successful businesswoman, Whitman says most people get success wrong. Achieving goals isn't about constant work and hustle; it's about spiritual connection and abundance.

"I help people become more enlightened and get the life they truly want. From obtaining a six-figure income to finding their soulmate, it all begins with spirituality and connecting with a higher power," says Whitman.



Rebecca Whitman

Through her coaching services, workshops, and abundance journal, Whitman helps women create greater balance and success while navigating modern life. Nearly 74% of mothers with children under 18 participate in the workforce, according to the U.S. Bureau of Labor Statistics, highlighting the millions of women building careers while raising families.

"Women are having it all, but that can come at a price. Without the spiritual background needed to stay grounded and focused, it becomes easy for women to lose sight of what's important," explains Whitman. "Oftentimes, money is presented as the main goal, while peace, happiness, and health are pushed to the background."

Whitman is the host of the top 1% globally ranked [Balanced, Beautiful & Abundant](#) podcast and has been named Mindset Coach of the Decade by the International Association of Top Professionals. She attributes her success to her faith and spiritual beliefs.

"I believe in the law of attraction. I began my spiritual journey years ago when I came across AA, which is another spiritual-based program that works. I then learned to combine the spiritual lessons with my business background and quickly became a six-figure earner. Now, with my journal and courses, I teach those same techniques to others," Whitman states.

Those who have worked with Whitman say her services have helped transform their lives. One woman wrote:

"For over 20 years I've suffered from depression and anxiety, which in time led to morbid obesity and a house and mind full of a mountain of clutter.

"From the first week, I could feel I had worth. This program covers so many things that can teach you how to balance your life, with daily affirmations to help you realize you matter. It has taught me to make a schedule, make lists and find what works for me to get my life back to a daily normal. I know I can reach my goals and my fullest life on my terms." — Brenda

Whitman says the needs of women in the workforce are becoming more recognized, allowing women to pursue goals beyond simply making money and embrace their feminine energy.

"Today's woman is juggling a lot, and success is there for her," concludes Whitman. "But just like anything else, she must work at it. I believe this is achieved by staying focused and spiritually attuned to self. There can be success without the constant grind and hustle; women just need to be aware of themselves and connected to a higher purpose. I am here to show them how to do this with ease."

#### About Rebecca Whitman

Rebecca Whitman is a Princeton graduate, three-time author, including the bestseller [How to Make a Six-Figure Income Working Part-Time](#), a life coach, and an entrepreneur who helps women create greater abundance, balance, and fulfillment through spiritual alignment. She is the host of the [Balanced, Beautiful & Abundant](#) award-winning podcast, ranked in the top 1% globally, and has been named Mindset Coach of the Decade by the International Association of Top Professionals. Whitman is the creator of the 7 Pillars of Abundance and offers coaching,

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