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Habits for Happiness
Friday at 8 AM Pacific
June 17th 2022: EP 31: The powerful habit of a Daily Walk w.Author Melody Wilding

Join me and Melody Wilding, the author of Trust Yourself: Stop Overthinking and Channel Your Emotions for Success at Work, to talk about her beautiful daily habit of Walking. Learn how this habit has lead to her own balance and success, and how it can help you, too! Melody was recently named one of Business Insider's Most Innovative Coaches for her groundbreaking work on "Sensitive Strivers", her clients include CEOs, C-level executives, and managers at top Fortune 500 companies such as Google, Amazon, and JP Morgan, among others. Melody has been featured in The New York Times and Wall Stre

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Featured Guest



Melody Wilding

Melody Wilding is the author of Trust Yourself: Stop Overthinking and Channel Your Emotions for Success at Work. Recently named one of Business Insider's Most Innovative Coaches for her groundbreaking work on "Sensitive Strivers", her clients include CEOs, C-level executives, and managers at top Fortune 500 companies such as Google, Amazon, and JP Morgan, among others. Melody has been featured in The New York Times and Wall Street Journal and is a contributor to Harvard Business Review, Fast Company, Psychology Today, and Forbes. Melody is a licensed social worker with a masters from Columbia University and a professor of Human Behavior at Hunter College. Learn more at melodywilding.com

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