

What's Percolating?



ONLINE TELECONFERENCE

February 4-7, 2014

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SPEAKER BIOS AND EVENT INFORMATION

- The **What's Percolating? Teleconference** is a **FREE**, online, 4-day tele-event discussing the latest in heart-felt Mind, Body, Spirit, Sport, Peace, Passion, Prosperity, Longevity and more!
- Hosts Gary Kobat, Elizabeth Hamilton-Guarino and their special guests are bringing you over 20 hours of relevant and enlightening conversations from today's foremost Longevity Experts, Spiritual Psychologists, Olympic and Professional Athletes, Best-Selling Authors, Feature-Film & TV Stars, Event Planners, and other leading Health & Well-Being Experts.
- Whatever your personal or professional goals are, our entire team is here to assist & guide you to look within to improve all areas of your life.
- **FREE Replays:** For your convenience, all shows are available on free replay. You can access the free replays via the links below under each speaker or [click to listen in iTunes](#)

FEBRUARY 4, 2014

DR. MARGARET PAUL

8am pacific/11am eastern

Topic: Love Yourself

Dr. Paul - Link to listen live, live chat or access free replays: <http://bit.ly/1fpW1VI>



DR. MARGARET PAUL is a bestselling author, popular Huffington Post writer and co-creator of the powerful Inner Bonding® self-healing process, and the related SelfQuest® self-healing software program - recommended by actress Lindsay Wagner and singer Alanis Morissette. She has appeared on numerous radio and television shows (including Oprah). Her book titles include "Do I Have to Give Up Me to Be Loved By You" (and subsequent titles "Do I Have to Give Up Me to Be Loved By God," and "...By My Kids"), "Healing Your Aloneness" and "Inner Bonding." Margaret holds a Ph.D. in psychology, is a relationship expert, public speaker, consultant and artist. She has successfully worked with thousands and taught classes and seminars for over 46 years. She currently works with individuals and couples throughout the world on the phone and Skype, as well as in person at workshops and intensive retreats. Margaret is passionate about helping people rapidly heal the root cause of their pain and learn the path to joy and loving relationships. Her 30-Day at-home courses are a powerful way to self-heal anxiety, depression, guilt, shame, addictions and relationships. In her spare time, Margaret loves to paint, make pottery, take photos, watch birds, read, ride horses, and spend time with her grandchildren.

Dr. Paul's "Love Yourself" course starts February 12, 2014 at <http://www.innerbonding.com/show-page/224/love-yourself-a-30-day-inner-bonding-experience.html>.

[Click to Tweet @Innerbonding](#)

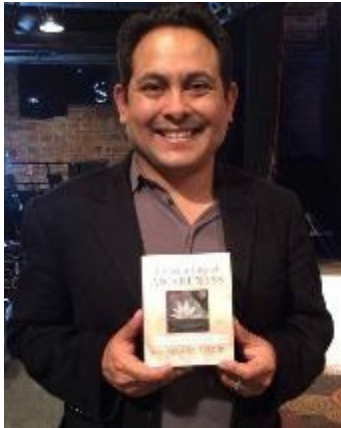
FEBRUARY 4, 2014

DON MIGUEL RUIZ JR.

10AM PACIFIC/1:00 PM EASTERN

Topic: Living a Life of Awareness

don Miguel Ruiz, Jr. - Link to listen live, live chat or access free replays: <http://bit.ly/1lo3Xf9>



don Miguel Ruiz Jr. is the author of *The Five Levels of Attachment* and *Living a Life of Awareness*. At the age of 14, don Miguel Jr. apprenticed to his father don Miguel Sr. and his grandmother, Madre Sarita. From that early age, he was called upon to translate Madre Sarita's prayers, lectures and workshops from Spanish into English. In this way, through constant repetition and review, he learned the content of her teachings in both languages.

Through interpreting for Madre Sarita, don Miguel Jr. came to understand the power of faith. He saw first-hand how she manifested her intent to heal people, both physically and spiritually. don Miguel Jr.'s apprenticeship lasted 10 years. When he reached his mid-20's, his father intensified his training. At the apex of this power journey don Miguel said to his eldest son, "Find your way out. Go home and master Death by becoming alive."

Today, don Miguel Jr. is married and has two young children. And so, as a Nagual he begins once again to pass along the wisdom and the tools of his family's traditions in helping others to achieve their own personal freedom and optimal physical and spiritual health. Visit MiguelRuizJr.com for more information

[Click to Tweet @dMiguelRuizJr](#)

FEBRUARY 4, 2014

SAM ROSE

12pm pacific/3pm eastern

Topic: The Way Back to a Vibrant, Slender, Youthful You

Sam Rose - Link to listen live, live chat or access free replays: <http://bit.ly/1fjVrrC>



Nutritionist Sam Rose, CN, MS is the founder of Rose Nutrition Center in Los Angeles. In his 20 year career, he has consulted with many of the top names in Hollywood, hosted a local radio program and appeared on NBC, FOX and The Discover Channel. In his recently published novel, *The Way Back - Heal Yourself, Heal Your World*, he weaves powerful self-care lessons into a compelling urban adventure story. According to Rose, a healthy diet is not about deprivation or temporarily altering your behavior to achieve a goal such as weight loss. A true diet is a synergy of choices that you make over a lifetime. A healthy diet is nothing more than living within the behavioral boundaries that nature established for you eons ago. Sam has helped thousands of clients retrieve their health by guiding them back inside those boundaries to an authentic way of life in harmony with nature.

For more information, visit <http://www.rosenutrition.com> or email Sam at Sam@rosenutrition.com.

[Click to Tweet @SamRoseCN](#)

FEBRUARY 4, 2014

NOAH ST. JOHN

3pm pacific/6pm eastern

Topic: AFFORMATIONS®

Noah St. John - Link to listen live, live chat or access free replays: <http://bit.ly/1dQAoc6>



Hay House author, Noah St. John is famous for inventing AFFORMATIONS® and creating high-impact, customized strategies for fast-growing companies and leading organizations around the world. His sought-after advice is known as the “secret sauce” for creating superstar performance in high-growth businesses.

Noah’s engaging and down-to-earth speaking style always gets high marks from audiences. One of the world’s most sought-after experts on personal growth and professional development, Noah appears frequently in the news worldwide, including CNN, ABC, NBC, CBS, Fox, NPR, PARADE, Woman’s Day, Los Angeles Business Journal, Huffington Post, Chicago Sun-Times, Forbes.com, Selling Power and The Washington Post.

Visit NoahStJohn.com for more information.

[Click to Tweet @NoahStJohn](#)

FEBRUARY 4, 2014

KEVIN SORBO

8pm pacific/11pm eastern

Topic: True Strength

Kevin Sorbo - Link to listen live, live chat or access free replays: <http://bit.ly/1kd5m41>



Kevin Sorbo is an actor, author and motivational speaker. He is best known for his leading roles in Hercules: The Legendary Journeys. Captain Dylan Hunt in Andromeda and Kull in Kull the Conqueror.

Kevin's memoir titled: "[True Strength—My Journey from Hercules to Mere Mortal—and How Nearly Dying Saved My Life.](#)" The book chronicles his near death experience in 1997 at the end of season 5 on Hercules. Kevin had an aneurysm that caused 3 strokes at the end of season 5 on Hercules. Kevin's book is an honest account of celebrity, personal tragedy, and the power of letting go. It is a book for anyone who experiences a setback in life and is struggling to find a way to move on.

Kevin is a spokesman for [A World Fit for Kids!](#), a non-profit mentoring organization in Los Angeles. He currently resides in Los Angeles with his wife, Sam and three young children.

Visit: KevinSorbo.net

[Click to Tweet @Ksorbs](#)

FEBRUARY 5, 2014

MICHELLE PHILLIPS

8am pacific/11pm eastern

Topic: Perfection Deception

Michelle Phillips - Link to listen live, live chat or access free replays: <http://bit.ly/1a3NxU4>



From live TV to live events Michelle Phillips has entertained and inspired millions! As a celebrity makeup artist and Life Coach she has worked with major network TV personalities, celebrities, and leaders of Fortune 500 companies to bring out their best inside and out. The tools to do this can be found in her speaking, TV and radio programs, and in her international bestseller, *The Beauty Blueprint: 8 Steps to Building the Life and Look of Your Dreams*, (Hay House, 2011). Since its launch *The Blueprint* has topped the Amazon bestseller lists in 6 countries for over 30 weeks in both the beauty and self-esteem categories. In front of the camera Michelle is a well-known television personality, making appearances on shows such as; *Daytime*, *Better TV*, *The Daily Buzz*, *Good Company*, *HSN*, *TLC*, and *HGTV*, and is the host of an infomercial nominated for a 2012 Moxie Award. For more information on Michelle www.michellephillips.com

[Click to tweet @TVBeautyCoach](#)

FEBRUARY 5, 2014

MITCH GAYLORD

10am pacific/1pm eastern

Topic: Raising the Bar

Mitch Gaylord - Link to listen live, live chat or access free replays: <http://bit.ly/1jNNejD>



Mitch Gaylord first thrilled the world in 1984 when he led the United States Olympic gymnastics team to its Gold Medal victory. America's First Gymnast in history to score a "Perfect 10". Mitch went on to capture a Silver medal for Vaulting and two Bronze medals for Rings and Parallel Bars. As the number one ranked gymnast in 1983 and 1984, Mitch invented two skills now named internationally after him. To this day, the Gaylord Flip and the Gaylord Two are considered among the most difficult and spectacular feats in gymnastics.

After the Olympics, Mitch was appointed to the President's Council for Physical Fitness by

President Reagan and was asked to return for a second term under President George Bush, Senior. During this time, he fulfilled numerous speaking engagements, endorsements and appearances across the country. In 1986, Mitch made his acting debut in Columbia Pictures' "American Anthem" and went on to appear in several commercial advertisements including Diet Coke, Nike, Vidal Sassoon, Soloflex, Levi's, and Texaco to name a few.

Mitch Gaylord has been motivating and inspiring audiences worldwide for over 26 years, speaking to Fortune 500 Companies, Associations, and Students across the country. His personal mission is to inspire others to greatness through his presentations and products.

In 1995, he was inducted into UCLA's Hall of Fame, and in 2006, he was inducted into the US Olympic Hall of Fame. Mitch has served as a journalist/broadcaster for FOX Sports during the Atlanta Olympics and anchored the 2009 Maccabiah Games in Israel with JLTV. He has also served as a Celebrity Judge on NBC's "Celebrity Circus".

As a motivational speaker and fitness expert, Mitch was asked to endorse several fitness products for the DRTV market including Suzanne Somers' "Torso Track" and "Body Row", as well as, "OrbiTrek Platinum" for Thane International.

With a strong entrepreneurial spirit, Mitch went on to create Gold Medal Fitness, LLC and the “Melt it OFF! with Mitch” workout program, which has been on-air for the last four years. It was through this project he personally motivated, trained, and inspired countless individuals to achieve their health and fitness goals.

Mitch resides in Fort Worth, Texas with his beautiful wife, Valentina and is a dedicated Husband and Father to their children.

FEBRUARY 5, 2014

JULIE VICK

12 pacific/3pm eastern

Topic: Total Health Transformation

Julie Vick- Link to listen live, live chat or access free replays: <http://bit.ly/1fVrDIg>



When a regularly scheduled speaker couldn't be with us, Julie Vick, from our live chat room, decided to call in and share her incredible story of her health transformation! She's lost over 70 pounds and changed her life in many ways. Thank you to Julie for being so brave and sharing your journey with us!

From Gary:

Julie reached out back in November, after our Toronto Retreat on Self-Worth, and proclaimed she was worthy, willing, ready, and able to face or uncover whatever needed to be faced & uncovered and to courageously take a look at the relationship she was having, or not having with herself in order to rediscover and reconnect with her true-self.

She realized she had to let go of the Self that others desired her to live, or that she was living because she was scared to feel her feelings. So we've been working together once a week since then, with deeper conversations about fear, her blocks, her family tree, her wounds, her work, her health, with additional support work with her doctors, the energy and health lab, along with a custom training schedule, eating plan, health prescriptions, supplementation, and the all-important customized deep learning plan of self-love and self-care.

In essence, Julie began to re-discover her true essence through a practice of love and nourishment - emotionally, physically, and spiritually. A practice of acceptance, forgiveness, and a loving relationship with herself - which means living life from "who she really is" versus "who she is not" - her Adult-Self versus her wounded Child-Self.

FEBRUARY 5, 2014

LAUREN M GALLEY

3pm pacific/6pm eastern

Topic: Bullying

Lauren Galley - Link to listen live, live chat or access free replays: <http://bit.ly/1n1q7pH>



GIRLS ABOVE SOCIETY is a 501C3 organization founded by Lauren Marie Galley, an 18 year old actress/model and college honors student. This organization provides mentorship and awareness to teen girls facing the pressures of today's society. GAS is the home of "Girl Talk", a signature program lead by Lauren that builds the confidence and leadership every young girl needs to become an excellent role model in their community.

As a voice to young teen girls, Lauren travels throughout the U.S. giving her signature "Girl Talks" empowering young girls to be confident leaders of their generation. Lauren reaches across the globe by hosting her own show "The Lauren Galley Show" on CETV (Confident & Empowerment TV) and has been featured on Fox News, Teen Vogue, Best Ever You Radio, and Talented Teens broadcast in the U.K. Her writing has appeared in numerous publications throughout the U.S. such as Huffington Post, International Talent Magazine, Talented Teens, Michelle Phillips Mind & Beauty and Babble, covering the issues and pressures young teens are facing in today's society. Lauren has recently been named Youth Advocate for Free2Luv giving her a platform in her Free2BeYOU Series, as well as Teen Commentator for Houston Family Magazine, Chief Teen Advisor for the Best Ever You Network and Teen Blogger for Huffington Post.

For more information visit: GirlsAboveSociety.org

[Click to Tweet @LaurenMGalley](#)

FEBRUARY 5, 2014

JP & HEATHER HOWELL

8 pacific/11pm eastern

Topic: Discover Your Path

JP & Heather Howell- Link to listen live, live chat or access free replays: <http://bit.ly/1ba9IDe>



JP Howell is a pitcher for the LA Dodgers. JP Howell and his wife Heather are the founders of Discover Your Path.

In 2001, Heather and JP met during their first semester at USC. JP asked Heather for her phone number their first week in mandatory athletic study hall, and that exchange sparked the beginning of a priceless friendship. They talked about their struggles with the coaches and their dreams of success. It was clear that they were both driven and competitive, but felt misunderstood by the athletic department at USC. They were thankful that their souls crossed paths at this trying time in their lives. Both felt in their intuition, even at 18, that it was meant to be. They wanted to build a long lasting path and family together for better and for worse. By tackling problems as a team, Heather and JP proved that they could count on each other in good times and in bad. They know the foundation they have built over the years will serve them positively forever. It was through these stories of hardship and triumph that Heather conceived Discover Your Path. Heather and JP understand how easily life circumstances can steer people away from their overall goals and dreams. They believe that right now our society is tougher than ever for kids to grow up in. The Howell's want Discover Your Path to be a place where kids can feel confident in choosing the right direction for their path. Both of them were fortunate to have strong role models in their lives, and now they hope to be a positive influence for the next generation.

For More Information visit: <http://www.DiscoverYourPath.com>

[Click to Tweet @TheHowells56](#)

February 6, 2014

KATANA ABBOTT

8am pacific/11am eastern

Topic: True Prosperity

Katana Abbott - Link to listen live, live chat or access free replays: <http://bit.ly/1nq3OGk>



Katana Abbott is a Certified Financial Planner, Life and Legacy Coach and the Founder of the Smart Women Programs, a global community and resource center. Katana is the host of Smart Women Talk Radio with over 300,000 subscribers and the author of two books, Thank God I and Stepping Stones to Success.

Rising from a life of adversity, she was able to build a successful financial planning practice where she managed over 100 million dollars in assets. At 48, she found her true calling and retired financially independent with the mission of helping women identify their unique gifts and passions so they can create a life of financial freedom doing what they love while making a difference in the world.

Katana lives her coaching philosophy daily by working virtually from her lakefront home as well as leading transformation retreats in Costa Rica and Panama.

Visit [KatanaAbbott](#) for more information [and your free gifts](#).

[Click to tweet @KatanaAbbott](#)

FEBRUARY 6, 2014

DAVID JAMES ELLIOTT

10am pacific/1pm eastern

Topic: JAG -Just Accept Grace

David James Elliott - Link to listen live, live chat or access free replays: <http://bit.ly/1fjWtno>



David James Elliott is a Canadian-born actor best known for his starring role in the series JAG, playing lead character Commander Harmon Rabb Jr. (1995 to 2005.) Since JAG, Elliott has had starring roles in TV series Close to Home and Scoundrels; TV mini series Knights of Bloodsteel and Impact; TV movies The Man Who Lost Himself: The Terry Evanshen Story, Dad's Home, Love Sick and feature films Gooby, The Rainbow Tribe, Confined and Terror Trap.

Born David William Smith in Milton, Ontario, Canada. (Sept. 21 1960) As a teenager he was part of a band with the dream of becoming a rock star. He quit Milton District High School in his senior year to make a go of the band. At age 19 he returned to finish high school.

After graduation, he attended Ryerson University in Toronto and then auditioned for the Stratford Shakespearean Festival in Ontario. He was accepted and later won the Jean Chalmers Award, as most promising actor in 1983. Goes on to become a series regular in the Canadian drama Street Legal (1987- 1989)

Visit: <http://www.davidjameselliottofficialsite.com>

[Click to Tweet @DJamesElliott](#)

FEBRUARY 6, 2014

DAVE MCGILLIVRAY

3pm pacific/6pm eastern

Topic: Defining Moments

Dave McGillivray - Link to listen live, live chat or access free replays: <http://bit.ly/1lo4Dku>



Dave McGillivray is the Race Director of the BAA Boston Marathon and has directed many of the country's most prestigious races such as the 2004 and 2008 US Women's Olympic Marathon Trials, the TD Bank Beach to Beacon 10K, the Mt. Washington Road Race, the Harvard Pilgrim 10K at Patriot Place, the Run for the Dream in Williamsburg, Va. and now the famous New Balance Falmouth Road Race on Cape Cod.

Dave translates his extraordinary life journeys and athletic achievements into life lessons in a motivational presentation entitled "Defining Moments." As a motivational speaker, McGillivray has inspired more than 1,500 audiences in nearly every major U.S. city as well as Canada, Denmark, England, France, Poland, Sweden and Bermuda.

Everyone has a story to tell, and for Dave McGillivray, it was his strong desire to be an athlete that led to his run across the country at age 23 in 1978. Since then he has become one of the country's top race directors and runs a sports management business that has overseen more than 900 events. He knows what it takes to complete an endurance event and also direct a major event – whether it's the Boston Marathon or a local charity walk.

That 80-day trek in 1978 across the United States led McGillivray to a life of pushing himself both mentally and physically. He addresses audiences with a motivational account about what's possible if you believe in yourself and your own ability to do the seemingly insurmountable.

Dave McGillivray has inspired thousands of people, of all ages and backgrounds, to be their best and to pursue their dreams.

For more information visit: <http://www.dmsesports.com>

FEBRUARY 6, 2014

SHEA VAUGHN

8pm pacific/11pm eastern

Topic: SheaNetics & Healthy Initiative

Shea Vaughn - Link to listen live, live chat or access free replays: <http://bit.ly/1aK88gX>



Shea Vaughn is a national wellness and fitness expert, master trainer and presenter, author and a recognized spokeswoman for helping others create individual and business well-being. Shea is also the founder of SheaNetics®, a doctor endorsed revolutionary lifestyle practice. Ms. Vaughn is the visionary behind “Healthy Initiative”, a new philanthropic effort to raise awareness and wage war against obesity with donations going to fund wellness solutions that will help our nation’s youth live healthy lives. She is also a frequent wellness commentator for TV, radio, and print media and corporate events; has appeared on The Ellen DeGeneres Show, the Marilyn Denis Show and is a regularly featured health and fitness expert on Chicago’s Windy City LIVE and The Best Ever You Network. Visit SheaNetics.com for more information

[Click to Tweet @SheaNetics](#)

February 7, 2014

WENDIE PETT

8am pacific/11am eastern

Topic: Visibly Fit

Wendie Pett - Link to listen live, live chat or access free replays: <http://bit.ly/1n1gj8l>



Wendie Pett, a nationally recognized name in the fitness industry, is passionate about motivating and encouraging people to make fitness and nutrition part of their daily routine. She enthusiastically teaches the care of mind, body and spirit, assisting others to learn the importance of reaching their full God-given potential through her Visibly Fit™ program—a total wellness and body weight resistance exercise program. Wendie has helped countless numbers of people reach their fitness goals without ever compromising their joint health, tendons, or ligaments by teaching simple and easy to do exercises that use your body as your gym. A great way to workout anytime, anywhere—no excuses allowed!

Wendie has her own television show that airs nationally every week on the NRB network. Her Visibly Fit™ TV show also airs on several other networks in local markets across the country, including SkyAngel, Parables, and SmartLiveStyle.TV. The show received the Exceptional Service Award in 2011 from Christian Women in Media Association. She speaks at large corporations, churches and universities promoting her Visibly Fit™ health and fitness philosophies. Wendie is the Midwest Regional Director and on the Advisory Board for Christian Women in Media held in Minneapolis. She has a degree in Natural Medicine and works as a fitness coach and consultant with individuals across the country. In addition, she contributes as a featured contributor for Diet.com, Best Ever You Magazine, BetterSelf, Total Wellness Newsletter, Your Excellency Magazine, iBelieve, and many others. She has authored several books including Every Woman's Guide to Personal Power.

For more information visit: [WendiePett](#)

[Click to Tweet @WendiePett](#)

February 7, 2014

FRED CUELLAR

10am pacific/1pm eastern

Topic: What Makes You Sparkle?

Fred Cuellar - Link to listen live, live chat or access free replays: <http://bit.ly/1daliHC>



Fred Cuellar, the founder and president of Diamond Cutters International, is one of the world's top diamond experts, as well as a three-time Guinness Book record holder in jewelry design. He is an importer, diamond cutter, and creative designer of jewelry. With over 30 years of experience in the diamond and jewelry business, Fred's clients include the First Lady and President George W. Bush, Oprah, the Dallas Cowboys, the Detroit Red Wings, Anschutz Corporation, Saudi Royal Family and hundreds of professional athletes and celebrities. Fred is a consultant, best-selling author, writer and columnist to the national media, and founder of DCI's National Diamond Helpline, Fred has designed Super Bowl Championship rings for the Dallas Cowboys and Denver Broncos, Stanley Cup Championship rings for the New Jersey Devils, Colorado Avalanche, Detroit Redwings, and Dallas Stars, Major League Soccer Championship rings for Houston Dynamo and Los Angeles Galaxy, as well as World Series Championship rings for the New York Yankees. Fred had the honor of designing inaugural jewelry for President Obama and commemorative rings for Olympic Gold Medalist Dan O'Brien and baseball legends Cal Ripkin and Miguel Cabrera.

For more information visit: <http://diamondcuttersintl.com/>

[Click to Tweet @FredCuellar](#)

February 7, 2014

DEBRA OAKLAND

12pm pacific/3pm eastern

Topic: Living in Courage

Debra Oakland - Link to listen live, live chat or access free replays: <http://bit.ly/1fjXagJ>



Debra Oakland is the Founder of Living in Courage - A Spiritual Oasis For Overcoming Life's Biggest Challenges. In 1995 Debra lost her son in a car accident and began her life altering path, becoming a writer, courage advocate and joyful experiencer. The loss of other immediate family members and friends, in a short six years, led Debra even deeper into her inner path. She now writes, speaks and works with Universal Laws & Principles that assist others to live courageously from the inside out. Debra has been married to Cody for 27 years. They live a beautiful and blessed life together in Laguna Beach, CA. Visit www.livingincourageonline.com for more information.

[Click to Tweet @DebraOakland](#)

February 7, 2014

DR. DAVID ALLEN

3pm pacific/6pm eastern

Topic: Integrative Well-Being

Dr. David Allen - Link to listen live, live chat or access free replays: <http://bit.ly/1fpX5sq>



Dr. David Allen, a graduate of UCLA Medical School, has been in practice for over 30 years. Dr. Allen wrote the foreword to actress, health activist and author Suzanne Somers' bestselling book "Slim and Sexy Forever". While a medical student, he became interested in alternative medicine, and began a lifelong investigation into meditation, diet and nutrition, Oriental health practices (including tai chi chuan and acupuncture), and the relationship between the mind, the body, and our emotional states.

Dr. Allen grew up in Southern California. His life-long passion for athletics began in earnest in high school, where he excelled in football and track. He was also involved in student government, as class president, for both his junior and senior years. After graduation, he attended Fullerton Community College for two years before transferring to the University of California at Berkeley, where he graduated with a Bachelor of Science in Zoology. He also was awarded a varsity letter for his excellence in track and field while at UC Berkeley.

After completing medical school at UCLA, Dr. Allen did his postgraduate training in internal medicine at the Wadsworth Veterans Hospital in Los Angeles, and also received his board certification in emergency medicine. During this time, his interest in non-traditional forms of healing continued to grow. He subsequently traveled to Oxford, England to study with the renowned acupuncture teacher Dr. J.R. Worsley at the Center for Traditional Acupuncture and Chinese Medicine, and received an advanced degree upon completion of an intensive course of study. Dr. Allen also received degrees from the Hahneman College of Homeopathy, the Hakomi Institute of Body-Centered Psychotherapy, the Institute of Contemporary Psychoanalysis, and has undertaken intensive studies in the various biological sciences. He is also a longtime practitioner of meditation and a student of various spiritual disciplines.

A pioneering figure in alternative/integrative medicine, Dr. Allen founded the La Jolla Clinic of Preventative Medicine, and was the Medical Director of the Center for Holistic Health in Solana Beach, California, one of the first alternative medical facilities in the United States. Currently he is in private practice in Los Angeles, and is a frequent lecturer throughout California, including at the prestigious Esalen Institute in Big Sur, and as a guest faculty member in Loyola Marymount University's pioneering program Yoga Therapy Rx, directed by leading yoga expert Larry Payne, Ph.D. For more information visit [David Allen](#)

February 7, 2014

GARY KOBAT AND ELIZABETH HAMILTON-GUARINO

8pm pacific/11pm eastern

Topic: Peace, Passion and Prosperity

Gary Kobat

Gary & Elizabeth - Link to listen live, live chat or access free replays: <http://bit.ly/1b96ymo>



World Class Athlete and Olympic "Mentalist," Gary Kobat, is quickly becoming the world's authority on mind, body, spirit, and sport. Gary is on a heart-felt mission to inspire millions of people to reveal their vibrational highest best self: mentally, physically, and spiritually. The author, international speaker, and Integrative Performance Coach mixes ancient wisdom with cutting-edge trends in human performance to focus his teachings and practice on the importance of self-love and self-worth. Gary's client list is a who's who in film, business, and sport. For the past decade he has quietly assisted the spiritually, health, wellness, and longevity of Jim Carrey, Mariska Hargitay, Will Ferrell, and countless others.

Visit <http://www.garykobat.com>

[Click to Tweet @GaryKobat](#)

Elizabeth Hamilton-Guarino



Hay House author, Elizabeth Hamilton-Guarino, mom of four boys and founder and CEO of the Best Ever You Network, understands firsthand the challenges life can bring and has worked with thousands across the globe to illuminate their light within and help them live their best life. She has a degree in communications and broadcasting; is a life coach, food-allergy expert, and anaphylaxis survivor; and is the host of The Best Ever You Show, which has over one million downloads. Elizabeth took a huge leap of faith in 2009 to leave a seventeen year career in the financial services industry to start The Best Ever You Network and become a talk show host and author. Elizabeth is the author of Percolate - Let Your Best Self Filter Through (Spring 2014, Hay House). Elizabeth lives in Maine with her husband Peter, their four boys, four cats and massive labradoodle. She is mentored by Gary Kobat.

Visit <http://www.elizabethhamiltonguarino.com> for more information

[Click to Tweet @BestEverYou](#)