

# Road to happiness

A guide to living life to the fullest



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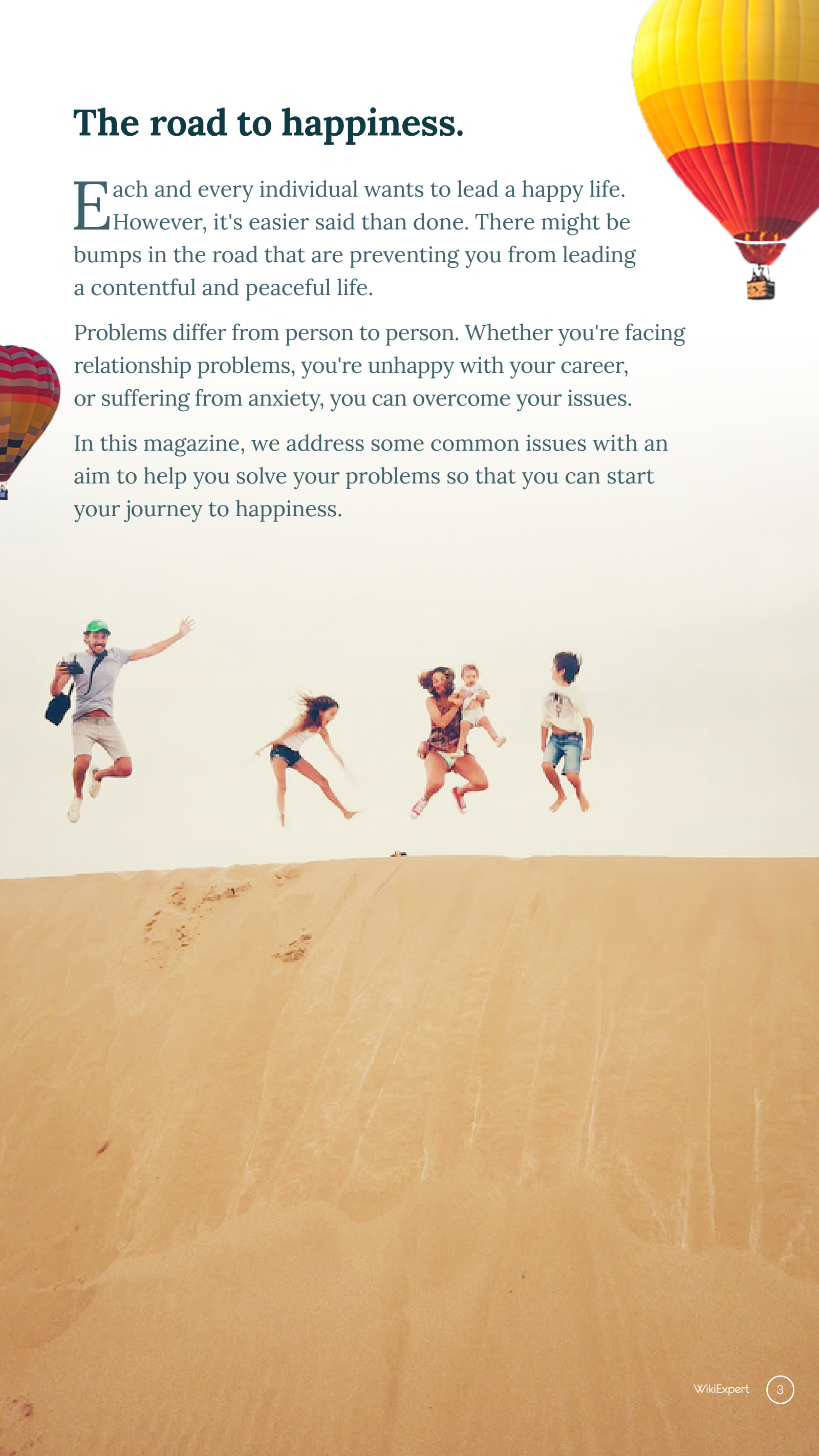
A video session can change your life.

# The road to happiness.

Each and every individual wants to lead a happy life. However, it's easier said than done. There might be bumps in the road that are preventing you from leading a contentful and peaceful life.

Problems differ from person to person. Whether you're facing relationship problems, you're unhappy with your career, or suffering from anxiety, you can overcome your issues.

In this magazine, we address some common issues with an aim to help you solve your problems so that you can start your journey to happiness.



# Discover online life coaching!

We are living in unprecedented times and even beyond that, each and every individual wants to get the most out of life and live to the fullest. There's no limit to the obstacles and trials that life sends our way, and it can be difficult to navigate the world's perils alone - that's where life coaching comes in.

## What is a Life Coach?

A Life Coach is an Expert who utilizes strategies from psychology, sociology and other disciplines in order to help to you to achieve your goals, overcome obstacles, find direction, work through marriage and relationship problems, provide you with career advice, relaxation techniques, health tips and show you how to lead a fulfilling life and much more!

## Working with a Life Coach via online sessions can help you to:

Get tips on how to lead a healthy lifestyle

Improve your relationship with those around you

Get clarity on what you want in life

Learn the best relaxation techniques

Set your goals and accomplish them

Beat anxiety, stress and depression

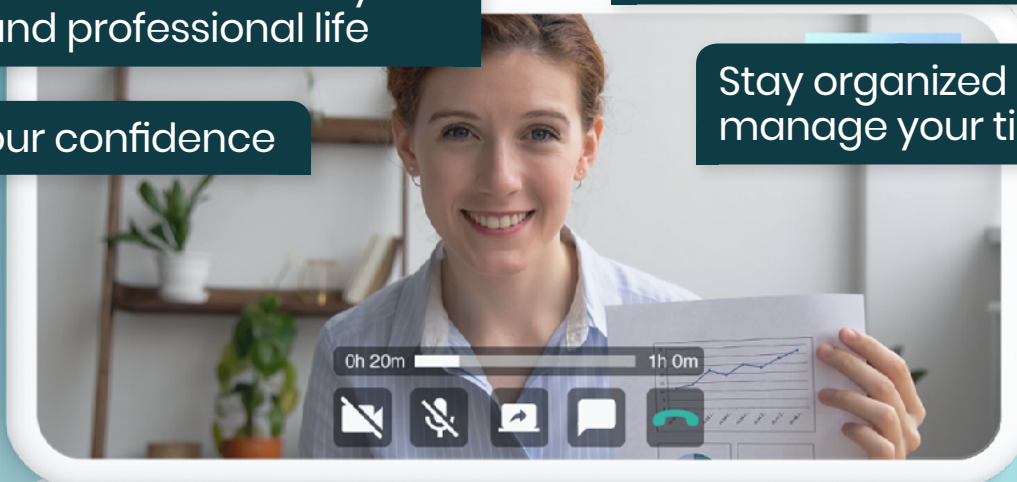
Overcome all obstacles and your fears

Achieve a balance between your personal and professional life

Improve your career or help you get the job of your dreams

Improve your confidence

Stay organized and manage your time better



## How to find a Life Coach.

If you're ready to speak to a Life Coach to learn how you can invest in yourself and take control of your life, you may be wondering how you can find an Expert with the skills and credentials necessary to move forward, WikiExpert can help you find the perfect match!

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# Having intimacy issues in your relationship?

While you might find it invasive to be asked about your sex life, it's nonetheless a topic that you and your partner should discuss openly, frankly, and transparently from time to time.



This is especially the case if you both have different expectations not only about what constitutes intimacy but also about how much intimacy is needed to achieve fulfillment.

According to Metz and McCarthy's (2010) study, couples who report minimal sexual satisfaction say that sex contributes between 50% and 70% of their satisfaction overall with their partner.

But couples who have a high level of sexual satisfaction report that it accounts for 15% to 20% of their relationship satisfaction overall. Another study shows that 1.3% of married men, as well as 2.6% of married women between 18 years old and 59 years old, had not engaged in sex within the last year.

In the event that you are facing intimacy issues and are having difficulty resolving them on your own, you should consider online life coaching to resolve your problems. Intimacy issues can have different root causes, and an Expert can help you to identify and fix them.

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# How to save your marriage.



Sometimes we reach a point where we know our marriage or relationship is in trouble. We feel like we are on the Titanic as it sinks. We are frustrated, hurt, sad, angry, or maybe experience a combination of these feelings. Yet, you can learn how to save your marriage.

Unfortunately, nobody told us that these relational difficulties are often part of the path of building a secure marriage. But they are also dangerous. Our marriages don't always survive the challenge.

What do we do? Is your partner willing to work on your relationship with you? Or not?

## **My partner is not willing to work on our marriage with me.**

Generally, it is best if our partners are willing to work on the relationship with you. But sometimes they are not. If they are not, you have a tougher road ahead. Similar to a person in Al-Anon, you will have to let go of needing that person to be different and focus on what you can do differently. This is not easy in a relationship. Your challenge will be to find other ways of nourishing yourself because your partner may not be the person you can lean on.

## **My partner is willing to work on our marriage with me.**

With this, you can breathe a sigh of relief. What lies ahead of you may not be easy, but having a willing partner means your chances of success are much higher.

First, get help. This is important, so I will repeat it. Get help. A relationship often operates as a closed system. Without bringing in new knowledge, new ways of communicating and being, (opening up the system), it will not easily change.

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## Message the author



### **Jennifer Lehr • Therapist**

MFT specializes in educating couples on the relationship skills they need to build a solid, connected, and loving partnership. She created WeConcile to help couples get free...

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# Benefits of online sessions.

## **Convenience.**

Sessions can be done in the comfort of your home or wherever you are.

## **Save, save, and save!**

Online sessions are more affordable and you also cut out transportation costs.

## **Save the planet!**

With transportation being cut out, you're helping to save the planet.

## **Flexibility.**

Feel you need more sessions a week or per month? Book as many as you need!

## **Tight schedule?**

Choose the days and times that suit you best.

## **Build a relationship with your Expert.**

Even though it's online sessions, you can still build a relationship with your Expert.

## **Privacy.**

All sessions are secure, private and confidential.

## **Variety of Experts!**

Select the one that suits your needs and pocket.



Our unique algorithm matches you with the best and most relevant Expert to meet your needs. It takes into consideration the Experts profile and articles to guarantee the best matches!

Once you have made your choice, chat with the Expert for free, pay easily and jump into video sessions all-in-one place.

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# How to overcome job rejection.

Job rejection happens to every job seeker. In every application process, not everyone gets the opportunity to get hired, let alone reach the final round of interviews.



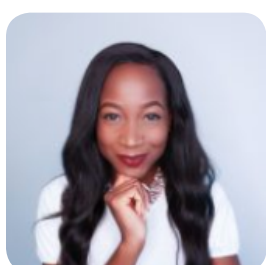
Many of us have experienced long and tiring job hunts, and from one application to another, we have dealt with rejection, failed hopes of getting returned calls, or not receiving the final offer.

We have all faced rejection even outside of job hunting. Getting rejected by the boy we really like, a client rejecting our proposal, an audition going bad, or a grant proposal getting denied. I have personally faced rejection multiple times in my life. I started modeling at the age of 13 and I would attend castings and auditions and hear so many no's until I finally got booked for a job. I have always been very ambitious, so I would apply for scholarships, I would apply to attend conferences and seminars, and I've heard the word NO more times than I can count! I've been rejected from job offers and from clients, and I learned very early in my life that rejection is part of the story.

If you've never been rejected, you might be living in a bubble or simply not taking enough risks. But from all the rejection that I've faced, I have learned some key strategies that have been so helpful in getting me up after the rejection and helping me move forward to other (often better) opportunities that are waiting for me. Let me share with you the strategies to overcome job rejection, or any rejection for that matter, using the four R's.

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## Message the author



### Cindy Makita • Life Coach

Career Strategist & Coach, LinkedIn Career Expert, and founder of Hired Institute. Passionate about helping people land their ideal jobs that fit their skills and passions...

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# Confidence is your birthright.

Many people struggle with a lack of confidence and find it difficult to lead their normal day to day lives.

Confidence - one of the biggest downfalls many of us face every single day. Sometimes we have it and sometimes we are crying out for it. But when this becomes a negative problem... This is when you feel like you are suffocating under the pressures of life and often feel like you can't cope.



Yes, this is how extreme it can feel.

Many who radiate confidence and have the ability to manage it to their advantage, don't know how extreme these feelings can be when lack of confidence is the number one ailment for an individual.

Trust me I have experienced it and lived like this for many years previously. You feel all alone in the world, even if you have others around you.

It's not something that can be snapped out of. It's something that has to be managed. And when managed, it can be overcome.

One of the false beliefs that many have, is that some have confidence and some don't. This is not true.

We all have the confidence gene within us. From the moment you were born, you knew how to cry to declare unto the world and those around, that you have arrived. And this didn't stop there.

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## Message the author



### Rita Hurry • Life Coach

A Life Coach for over 16 years and was awarded Best LOA Life Coach in 2015. She helped many across the globe to overcome anxiety and with boosting their confidence.

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# How to manage anxiety.

For thousands of years, anxiety has been an issue that society has needed to deal with. It's very difficult to get through each day if we lose our ability to think clearly and our minds are preoccupied with worry and stress.

Whether it's meeting an important deadline or dealing with other competitive lifestyles, anxiety is a debilitating concern for people because stress takes an enormous toll on our overall health and well-being.

In recent years, however, there have been a multitude of studies performed on anxiety and now there are a range of effective methods in dealing with this issue. The most challenging part though is having the discipline and patience to manage your time effectively to receive the desirable results. In today's article, we're going to offer our readers some useful tips in managing anxiety which will help you keep your stress levels as low as possible.

## Daily exercise.

In today's modern world, everyone leads busy lives and are time-poor. It might seem impossible to spend 15 minutes on something other than work and responsibilities, but what people don't realise is that regular exercise is vital to our health and well-being. Not only this, but exercise allows us to feel more energised and focused and it strengthens our bodies and increases our metabolism and immune system.

What's even better is that daily exercise is the best way of reducing your stress levels, and this is extremely important if you decide that you want to reduce the levels of anxiety and stress in your body.

## Message the author



### George Stack • Counselor

George's practice is designed to offer quality solutions tapered to each individual's needs. He has over 20 years of experience in international counseling.




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# A video session can change your life.

Get the help you need today. You can get matched with a suitable Expert that can solve your problems on WikiExpert. Our unique algorithm matches you with the most relevant Experts that meet your needs.

Click on the profiles below to get matched with the best professionals to solve your problems:

## Relationship & Love Coaching

	<p><b>Dr. Ven Eyarhono • Therapist</b></p> <p>ACCPH. Accredited Integrative Psychotherapist at a senior level. She provides a holistic approach. Her main areas of expertise include relationships, grief and bereavement.</p>	<a href="#">VIEW PROFILE</a>
	<p><b>Gail De Souza • Life Coach</b></p> <p>Online Love Coach who utilizes powerful techniques in her sessions. She strongly believes that love must flow through all areas of your life in order to be successful in everything you do.</p>	<a href="#">VIEW PROFILE</a>
	<p><b>Latisha Taylor Ellis • Therapist</b></p> <p>Latisha uses a variety of methods tailored to meet the needs of her Clients. Her goal is to help you to overcome your struggles. If you need to make your relationship work, she can help.</p>	<a href="#">VIEW PROFILE</a>

## Career Coaching

	<p><b>Christina Talarico • Business Coach</b></p> <p>Founder of Chris Talarico &amp; Assoc. Inc. Employment Services. She has helped thousands of job seekers since 1992 to secure their dream jobs and be more successful in their careers.</p>	<a href="#">VIEW PROFILE</a>
	<p><b>Sudeep Ghosh • Counselor</b></p> <p>Dedicated to helping people to develop personally and professionally. He can also help you to find the perfect career path and advise you on how to be successful in your career.</p>	<a href="#">VIEW PROFILE</a>
	<p><b>Mary Whitaker • Life Coach</b></p> <p>Employment Counselor since 2003. With her help, you can improve your resume and your job interview skills. Mary can also help you to identify your strengths, accomplishments...</p>	<a href="#">VIEW PROFILE</a>



## Depression, Anxiety & Stress



### Dr. Sepideh Shakeri • Life Coach

Help in solving your problems layer by layer so that you can lead a happy lifestyle. She provides applicable solutions and comes up with the best strategies to help you according to your needs.

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### Dr. Vasilios Silivistris • Counselor

Online Life Coach and Psychotherapist with over 20 years of experience. He provides a safe, empathetic and non-judgemental atmosphere so that you can feel comfortable...

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### Amelia Van Zyl • Therapist

She gained hands-on experience with depression and anxiety after the loss of her son. Now, she strives to help others who are suffering from this to overcome it and lead a happier life.

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## Mindfulness & Self Improvement



### Tony Fahkry • Life Coach

Tony strongly believes that each and every one of us has great potential. His goal is to help with unlocking this. He has helped many to lead remarkable and accomplished lives.

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### Vitin Landivar • Life Coach

Vitin can help to achieve success. He offers motivational and personal development coaching and his personal goal is to “leave the world a bit better.”

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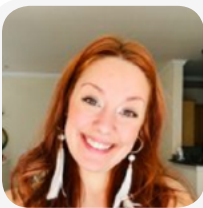


### James Tibbs • Life Coach

James has been a Personal and Self-Development Coach for over 3 decades. He is trained to help you create a path towards finding your purpose.

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## Meditation & Relaxation



### Megan McCarthy • Life Coach

Helps you to unlock inner peace and happiness in your life through her tools, tips, techniques and tricks. She also offers guided meditation sessions to help you to relax and unwind.

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### Shivani Patel • Life Coach

Shivani provides Clients with meditation services to improve their mental health. She also provides strategies on how to overcome your fears and unlock happiness in your life.

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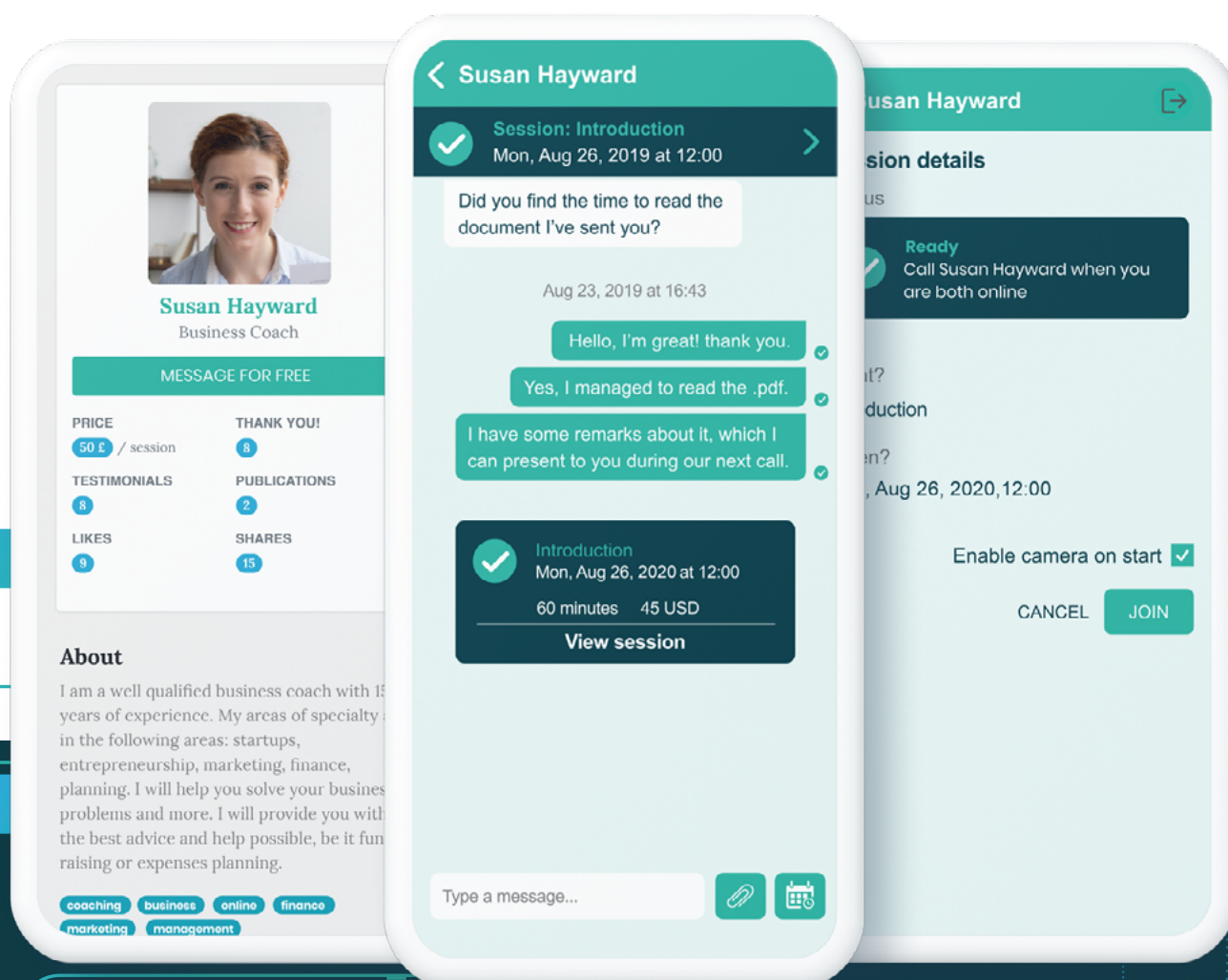
### Thomas Fenichel • Life Coach

Thomas has developed a working model of personality and a meditative practice that enables deep self-transformation which will provide you with the means to grow and change.

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# WikiExpert - how you can find help.

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## 2 Choose an Expert

Choose an Expert that suits your needs, one that's within your budget.

## 3 Enjoy our features

Chat, send files and ask for a session. The Expert will create it and if it is a paid session you can easily pay using your credit or debit card.

## 4 Join the session

Click **"JOIN"** and start the video session with your Expert.

Upcoming session