

one little thing BOOK series

Helping you find the “heal” in health so you can get stuff done and have more fun.

StaciJoy, RN BSN CHN-BC



Volume 1 – *one little thing: how to make big leaps with tiny steps.*

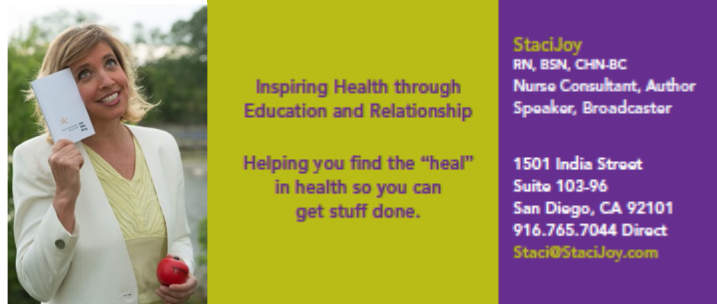
This 4" X 6" starter is the “one little thing” system in its most basic form. Set your internal GPS by determining your destination, fuel up with a WHY, and begin adding “one little thing” at a time to your life. Learn how to RECALCULATE ROUTE when you fall off course. This starter is perfect for the corporate environment, schools, places of worship, clubs, health organizations and change agents around the world.



Volume 2 – *one little thing: health transformation for the tortoise and the hare.*

This complex little pocketbook teaches the same “one little thing” system as Volume 1, plus more. The Tortoise changes slowly and the Hare jumps quickly into fast transformation. No matter what pace you travel, learn how to overhaul your engine (gut repair) and change your filter (detox) to keep your “check engine light” from illuminating. This book was written for change agents, organizations, the sick and tired population, the overweight and frustrated, and those who are looking for other options as they travel down Hopeful Highway.

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Staci Joy, RN, BSN, HNC, international public speaker, broadcaster and author, is an independent holistic nurse specializing in natural health and disease prevention for the family.

I am a holistic nurse in private practice with over 25 years of experience in helping others find simple ways to manage their health challenges. My nursing practice has been evolving over the years, but my gifts and strengths seem to be in the area of helping others find simple, easy and affordable ways to improve their health. It's as simple as that.

While working in the emergency room for over eight years, I recognized that most people could avoid extreme health crises if they understood how their daily choices helped or hurt their overall health. For the past two decades I have been teaching families, special interest groups, individuals, corporations, and private medical patients how to reduce their risk of disease by changing their health patterns.

If you suffer with heart disease, arthritis, cancer, autoimmune disorders, low energy, obesity or ADD, there is hope for you. It's my job to help you through the process of feeling better so you can fulfill your potential as a human being living in our modern world.

movement.

Take a tiny step
toward more
energy and less
disease.

attitude.

Think one little
thought to have
more peace and
less stress.

nutrition.

Add **one little**
thing to your
diet to get more
satisfaction and
to weigh less.