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Self-Made Wellionaire Helps Time-Starved Professionals Take Ownership of Their Health

Self-Made Wellionaire: Get Off Your Ass(et), Reclaim Your Health, and Feel Like a Million Bucks is the first book from Seattle health coach and humorist Jill Ginsberg. Written for those who want to make changes but don't have time for typical self-help books, Ginsberg combines humor with fast, actionable, MBA-style business strategies to help people become the CEOs of their own wellness.

SEATTLE – June 7, 2016 – Seattle health coach, corporate wellness speaker and humorist [Jill Ginsberg](#) today announced the release of her first book, [Self-Made Wellionaire](#). The book is aimed at overworked business executives, stressed-out professionals and do-it-all working moms (Ginsberg counts herself a card-carrying member of all three groups) who don't have the time or inclination to read typical wellness self-help books. Drawing from her MBA, her health coach training and the humor genes she inherited from her parents, Ginsberg uses comedic insight to show people how common business strategies can help improve their health.

After years spent coaching busy professionals on health and wellness, Ginsberg decided to pen the book when she noticed that many other coaching techniques and corporate wellness programs don't deliver the sustainable results they aim for – a subject that has been explored in a spate of recent media articles.

“There is an opportunity with corporate wellness programs to allow employees to take ownership—to become the CEOs of their own wellness,” said Jill Ginsberg, MBA, health coach and former corporate brand manager. “My goal with this book is to help time-starved professionals make their health a priority, because nothing is more valuable than feeling good. Using strategies I learned as an MBA and entrepreneur, I teach people how to take charge of their health so they don't burnout like I did,” Ginsberg added. “And that's where the humor really helps the message hit home. It's a lot more fun to read a self-help book when it's entertaining too.”

Self-Made Wellionaire provides a series of simple exercises, delivered in a direct, irreverent style, that take the reader through solving the business problems of their own health: from a personal wellness SWOT analysis and setting SMART (specific, measurable, achievable, relevant and timely) goals, to strategies for managing personal time, mitigating risk, giving a pink slip to stress and diversifying the food portfolio. Peppered with witty and practical advice such as *Three Easy Exercises Even a Total Lazy Ass(et) Can Do* and the *Excuse/Strategy Matrix: Quit Your Whining!* Ginsberg entertains while offering a highly practical plan that helps readers focus on their goals and drive positive results.

The book has already received praise from business executives around the globe.

“I've read tons of self-help books that don't ever push me to action, but this one is brilliant,” said Sarina Godin, president, butter LONDON cosmetics. “Jill is a genius for taking basic business tools and translating them to everyday life to get healthy. And with a nice dose of humor!”

“I loved this book! As usual, Jill's writing manages to be inspiring, practical and often hilarious,” said Ben Relles, head of Comedy, YouTube. “The book is packed with ideas and action steps

that are invaluable to anyone interested in ways to live a healthy and happy life.”

Self-Made Wellionaire is now available at [Amazon.com](https://www.amazon.com) and other online retailers.

About Jill Ginsberg

Jill Ginsberg is a Seattle-based health and nutrition coach, author and sought-after speaker on health and corporate wellness. She has several three-letter certifications behind her name, including MBA and MOM, but the one she's most known for having is OCD. She relishes order, tends to think in lists and doesn't mind telling it like it is. After serving time in the trenches as a serial entrepreneur and former corporate manager, she now combines her offbeat humor with her wellness and business knowledge to teach busy people everywhere how to run their lives like a boss. Learn more at [jillginsberg.com](https://www.jillginsberg.com) or follow her on: [Twitter](https://twitter.com/jillginsberg), [Facebook](https://www.facebook.com/jillginsberg) and [LinkedIn](https://www.linkedin.com/in/jillginsberg).

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