# MARTINE COHEN

Executive & Life Strategies Coach and Inspirational Speaker

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**Author of *No More Layers***

Martine has been an attorney for over 25 years with a love for everything strategy. A pivotal turning point in her life catapulted her onto an extraordinary journey of profound awareness, self-discovery, and freedom. In the process, she gained a unique understanding of the inner workings of the brain, which ultimately led her to successfully heal herself energetically – from the inside out.

## ABOUT MARTINE

Martine holds two law degrees and is a Certified Life Coach (CCF), Reiki Master, ThetaHealing Practitioner, Energy Codes® Facilitator, and an inspirational speaker. She is also the bestselling author of *"No More Layers - Discover your Inner Power and Reclaim True Freedom from the Inside Out"*

Martine guides individuals, professionals, and executives to become the leaders of their lives and experience success from the inside out. When she is not writing or speaking about reclaiming your personal power, you'll find Martine enjoying time with her family, volunteering, practicing yoga, meditating, and enjoying cappuccinos from around the world.

## TOPICS

### CONSCIOUS COMMUNICATION

Reframe your inner dialogue, show up to the person rather than the topic of conversation, and engage through active listening, negotiation, and compassion.

### FREEDOM OF CHOICE

Reclaim your voice and your right to choose. Discover how to be confident, set boundaries, and align your decisions with your true self.

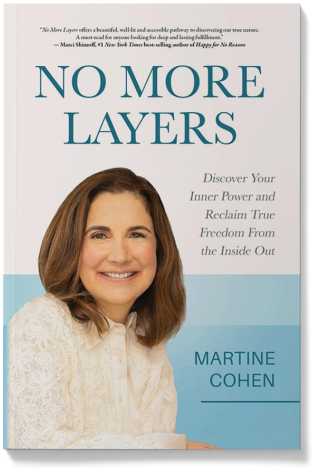
### WINNING FROM THE INSIDE OUT

Changing your inner landscape will shift your external outcome. While we cannot single-handedly change the entire world, we can absolutely change our world by changing how we show up to it.

## INTERVIEWS

- How to Transform Your Life From Within with Martine Cohen - Listen here
- Unlocking Your Inner Power with Martine Cohen: Conscious Communication and Healing - Listen Here

# NO MORE LAYERS BOOK




Bestselling Book Available Now!

**If I Am Not My Brain, Who Am I?**
**And, if You Are Not Your Brain, Who Are You?**

As an attorney and strategist, Martine Cohen loved her brain. It was where her brilliance resided— that is until her world came crashing down after a car accident left her with a severe concussion. Unable to process the world around her, she feared that she had lost her identity and was forced to ask herself: "If I am not my brain, who am I?"

During her difficult recovery, Martine was catapulted into an extraordinary journey of discovery, awareness and clarity. In this book, Martine explores the inner workings of the mind, its fears and limitations, to reveal that we are so much more than our brain and personality.

Using the metaphor of "layers" to illustrate the limiting beliefs, fears, and conditioning that accumulate throughout our lives, **Martine masterfully guides us** through a transformational process to bridge the gap between who we believe we are and who we know we can be.

**When we shift our thinking, regain control over our brain, and tap into our innate power,** we can finally experience the wholeness of who we truly are and become what we were meant to be.

*"Martine was masterful at guiding me through the thoughts, beliefs, and energies that were holding me back. I felt an exquisite release as these blocks dissolved effortlessly. I felt a release mentally, physically, and emotionally. Martine is clearly doing what she is on the planet to do as a powerful guide to help us remove the layers of limitation so that we can experience the real truth—the essence-- of who we are. I highly recommend and encourage you to experience the transformation for yourself."*

**Marci Shimoff,**
**#1 New York Times Best Selling Author**

*"Martine Cohen's No More Layers is a deeply personal exploration of what it means to be human. The book reads like the best kind of adventure story, and I encourage you to go on that adventure of transformation for yourself."*

**Gay Hendricks, PHD**
**New York Times Best Selling author and Author of The Big Leap**

*"A thought-provoking examination of the true nature of the Self. This is a great book for anyone who is ready to emerge from beneath their 'layers' and embody who they came here to be."*

**Dr. Sue Morter**
**Best-selling author of The Energy Codes: The 7 Step System to Awaken Your Spirit, Heal Your Body, and Live Your Best Life**

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A 7-day transformative journey towards inner calm and mastery over your thoughts.

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