



MARTINE COHEN

Transformational Life Strategist, Leadership Coach, Bestselling Author, and Speaker

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MartineCohen.com



**Author of
No More Layers**

Martine Cohen is a transformational life strategist, award-winning and bestselling author, and corporate attorney who helps high achievers break free from burnout, fear, and perfectionism.

Through her No More Layers framework, she guides professionals to reclaim their clarity, power, and purpose so they can lead with authenticity and fulfillment 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 **award-winning author** of *"No More Layers - Discover your Inner Power and Reclaim True Freedom from the Inside Out"*

Real transformation isn't just mindset work, it's alignment work, and soul work. Martine guides high-achieving individuals, professionals, executives and coaches 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.

SPEAKING TOPICS

The Fear Loop: Breaking Through Internal Barriers to Bold Leadership

Self-Leadership in a Demanding World: Reclaiming the Power to Choose

Leadership Without Layers: Exploring self-awareness, emotional strength, and inner alignment as the real foundation of confident, purpose-driven leadership

You Are Not Your Thoughts: Train your brain for inner calm and quiet

Strategic Soulwork: The Intersection of Strategy, Healing, and Leadership

INTERVIEWS

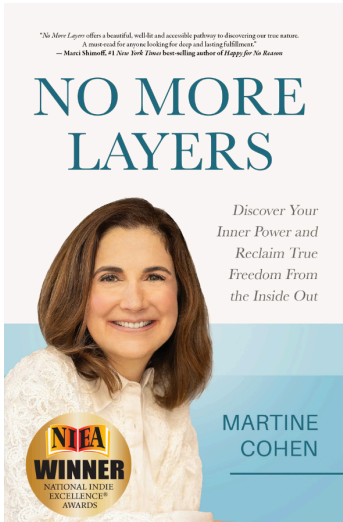
Overcoming Fear: How to Rewire Your Brain for Success with Martine Cohen - Unbreakable Mompreneurs - [Listen Here](#)

Unlocking Your Inner Power with Martine Cohen: Conscious Communication and Healing - Financial Freedom - [Listen Here](#)

Finding Freedom from Perfectionism with Martine Cohen - Own Your Own Choices Own Your Own Life - [Listen Here](#)

Embracing a Life of No More Layers with Martine Cohen - [Listen Here](#)

NO MORE LAYERS BOOK



Award-Winning Book
Available Now!
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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

Join this free 2-day reset and discover a simple, 4-minute tool to stop the mental chaos in its tracks.
YOU ARE NOT YOUR THOUGHTS - Your 4-Minute Reset to Inner Calm and mastery over your thoughts.

FREE GIFT
FOR YOUR AUDIENCE

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