

W E L C O M E T O

L H M





CATHERINE B. ROY
AUTHOR, CEO & FOUNDER



W E L C O M E T O

LIVE FROM YOUR HEART AND MIND

It is my pleasure to introduce you to the “Live from Your Heart and Mind” (LHM) System for Emotional and Intellectual Development. LHM represents a completely dynamic new way of increasing emotional and intellectual capacity and sets those inseparable entities in balance.

The LHM system consists of two major components: emotional and intellectual. The emotional part is based on unique and verified LHM formulas and LHM algorithms in the most important life fields. The intellectual component successfully raises one’s mind and mental capacity through the application of associative memory techniques and LHM IQ training questions. It especially creates the foundation for activating long-term associative and functional learning. Reconfiguring emotions to embrace peace and harmony and raising mental capacity and creating balance between these two sides will allow every human being to recognize the extraordinary life they can live. And which each of us can actualize and achieve with the LHM system.

The most beautiful thing that separates LHM from other systems is the fact that it is created as a personal guide. There are no two same persons on this planet, and there will be no same solution. That is why LHM solutions are created to be suitable for anyone in a wide variety of situations and is based on individual answers.

LHM is designed with the goal to help people, to do good and to bring happiness, joy, satisfaction, success, harmony and balance to people’s lives.

IT TAKES A LOT OF TIME AND CARE TO
BUILD SOMETHING VALUABLE.

“ROME WASN'T BUILT IN A DAY.”

LHM is based on over 10 years of research and even more learning, working, love and in-depth life experiences in the fields of leadership, empirical knowledge, EQ, IQ, emotional behavior, assertive communication, positive psychology, psycho-linguistics, positive energy transfer and the healing, diplomacy, peacemaking, development of emotional and mental capacity as well as expert and business IT systems development. LHM will positively change the lives of millions of people, I passionately and confidently believe.

WHY?



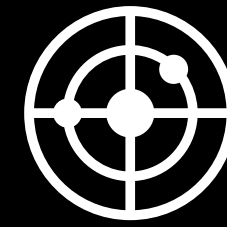
IDENTIFIED PROBLEMS – STATISTICAL DATA (USA)



DOMESTIC VIOLENCE

- 35% of women worldwide have experienced either physical and/or sexual intimate partner violence or non-partner sexual violence, according to the United Nations.*
- Each year in the U.S. over 10 million women and men are victims of intimate partner violence, according to the Centers for Disease Control and Prevention.*

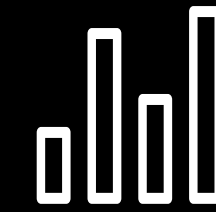
*Source: CNN



BULLYING

- 83% of girls and 79% of boys report experiencing harassment.
- It is estimated that 160,000 children miss school every day due to fear of attack or intimidation by other students. *
- 40% of boys identified as bullies in grades 6 through 9 had three or more arrests by age 30.*
- Students who are targets experience extreme stress that can lead to symptoms of physical illness and a diminished ability to learn, according to the National Education Association.*

*Source: Business Insider

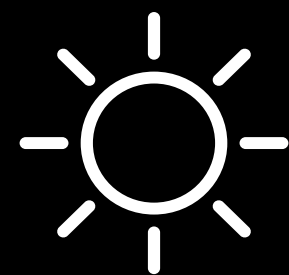


ANXIETY AND DEPRESSION

- More than 450 million people around the world live with mental illnesses.*
- Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults.*
- In 2015, around 16.1 million adults in the U.S. had experienced at least one major depressive episode in the last year.**

*Source: Source: World Health Organization

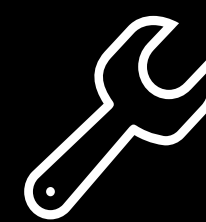
**Source: Source: ADDA – Anxiety and Depression Association in America



HAPPINESS INDEX

- Results from polling conducted during May and June of 2016, and done by the Harris Poll, reveal the American Happiness Index Number to be 31 (out of 100).*
- This means that more than 2/3 of American people are actually not happy.
- The U.S. population at this moment is around 327 million people.
 - $2/3 \times 327 \text{ million} = 218 \text{ million people who are not happy.}$

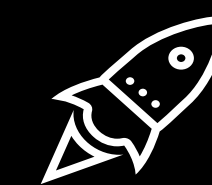
*Source: Time



SATISFACTION AT WORK

- According to a new report by the Conference Board, the New York-based nonprofit research group, a majority of Americans—52.3%—are unhappy at work. *
- Number of employees in 2017 (in the U.S.) was close to 126 million.
 - More than 60 million people are unhappy at work.
- “Interest in work,” which 59% said satisfied them and “people at work,” which 60.6% said they liked.*

*Source: Forbes



PISA TEST RESULTS

USA PISA score in 2016:

Science : 25th place of 70 countries

Reading: 24th place of 70 countries

Mathematics: 40th place of 70 countries.

The best results:

01 Singapore; 02 Japan; 03 Estonia; 04 Taiwan; 05 Finland; 06 China: Macao; 07 Canada; 08 Vietnam; 09 China: Hong Kong; 10 China: Beijing, Shanghai, Jiangsu and Guangdong.*

*Source: BBC

IT IS ALL CONNECTED

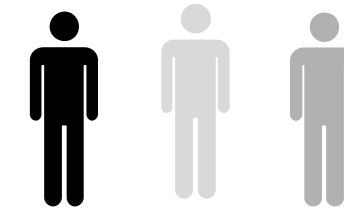


LIVE FROM YOUR HEART AND MIND



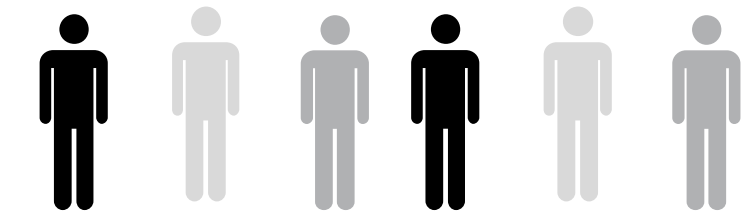
PERSONAL LEVEL

- LHM is created to reprogram emotions. It decreases stress, anxiety, fears, depression, self-doubt, anger, disappointment and any other negative emotion by increasing positive emotions and establishing balance and peacefulness;
- It increases positive attitude, self-confidence, healthy self-love, satisfaction, success and one's happiness and joy, in their own, authentic way;
- It makes healthy relationships based on soul-self love, gratitude, respect and kindness, and decreases pain caused by ego-self love;
- It makes it possible for everyone to discover and envision the finish line of their desired achievements and reach their goals;
- LHM is created to increase mind potential so every individual can think faster, remember longer and solve problems and overcome obstacles much more efficiently and better.



SOCIAL LEVEL

- LHM decreases levels of frustrations which are usually the cause of conflicts and this directly can affect people's lives by decreasing levels of conflicts in everyday life, love relationships and/or in families (and can even diminish domestic violence and bullying at schools);
- LHM creates a satisfied person, who loves life, become a creator and supporter or even a leader, and not someone who is violent and creates conflicts;
- LHM can have a positive impact on future generations and give children a chance to grow up and have love and support and not pain;
- LHM affects business relationships which directly and positively affect the productivity and efficiency of companies;
- LHM is designed to be a safe place, filled with positive vibes, motivation and support.



GLOBAL LEVEL

- LHM can increase the level of functional knowledge, and it has been shown that a nation's GDP level depends greatly on the functional knowledge of its people;
- If we go even further, it can promote a general level of peace when we increase the general level of satisfaction and show people that they can create their lives or at least they can have the opportunity to try; thus, there will be no need for conflicts despite them being an aspect of human nature; for we can try to make a difference by focusing on "the better angels of our nature" and what can work .



REPROGRAMMED EMOTIONS AND INCREASED MIND POTENTIAL GUARANTEE A MORE FULFILLED LIFE FOR EVERY USER!

M E E T T H E A U T H O R

CATHERINE B. ROY

Bestselling Author, CEO and Founder of Live from Your Heart and Mind (LHM), Heart and Mind Coach, Human Potential Thought Leader and MENSA Member



Catherine B. Roy is a Bestselling Author, CEO and Founder of “Live from Your Heart and Mind” (LHM), Heart and Mind Coach, Human Potential Thought Leader, MENSA member and Award Winning Artist and Scientist whose stimulating, upbeat and inspirational writings have helped countless people in the world.

Catherine enjoys the distinction of receiving the 30 Under 30 Young Leaders award and is also an experienced IT System Architect as well as a linguistics researcher with published scientific works in the fields of pragmatism, communication and psycho-linguistics. Catherine is certified in the fields of positive psychology, assertive behavior, emotional behavior, emotional intelligence (EQ) and intelligence (IQ).

Catherine’s writings are published on The Huffington Post, Simple Reminders, SRN, GoMcGill Media, Positive People Linking, Shining Mentor Magazine, The Wellness Universe, Guided Mind, The Spirituality Post and many others. Catherine was featured as a guest expert on Master Your Emotions Summit , Wholehearted Parenting Summit, Intimate Conversations: Start Living Instead of Merely Existing, Midlife Mastery Summit, Moms Creating Miracles Summit and many more. Catherine also has been a participant of many international conferences in the fields of leadership, peacemaking, diplomacy and international cooperation.

As the author and founder of “Live from Your Heart and Mind” and its vast community, Catherine is the guiding force behind the LHM team and the system for increasing a person’s emotional and intellectual capacity, and inspiring them to positive change and accomplishment.



"WHAT THEY'RE SAYING"



Bryant McGill

New York Times, Wall Street
Journal and USA Today
Bestselling Author
United Nations appointed
Global Champion and a Nobel
Peace Prize Nominee



Roxana Jones

Best-selling, Award Winning
Author and Spiritual Healer

"Catherine B. Roy's Live from Your Heart and Mind is a simple, fun and practical presentation, of many powerful techniques seldom made so accessible. It is an exceptionally researched step-by-step guide for improving your life through cultivating balance in your intellectual and emotional states. Catherine's own personal journey, passion and unique blend of science and spirituality as an integration thinker will help you discover that when your heart and mind work together, you can live a fuller and more empowered life than you ever imagined!"



"As I read one by one the pages of this book, I was able to feel the love behind the words, the feelings behind the thoughts and the heart behind the mind that created it. It is my wish that you take full advantage of all the innovative, effective yet entertaining keys and formulas Catherine shares here with you. There has never been a better time and greater opportunity than right now to become a creative force in this world and achieve true success and happiness in your life. Use this book as a reliable guide that will enrich your life in all ways. Turn the page. Begin using your mind and your heart to create only the best. The world counts on YOU..."



"WHAT THEY'RE SAYING"



Patrick P. Stafford

Professional writer, editor, poet
& journalist; published *Chicken
Soup for the Soul* author,
screenplay writer and English
tutor and writing coach



Ronald Proulx

Author of *Gratitude and a
Smile*

"Catherine has written a phenomenal book and created an inimitable self-improvement system with *Live from Your Heart and Mind*. And it's been my honor and privilege to work with her on this seminal project. A balance of superior intellect and genuine humility and compassion, Catherine is the real deal and sets an example for everyone to emulate and be inspired by. She is a professional colleague, fellow poet, deep thinker and philosopher, and a dear, true friend. And for this, I consider myself most fortunate and extremely blessed!"



"I don't recall when, but at one point, my dear friend Catherine B. Roy contacted me and told me that she thought I could help her make *Live from Your Heart and Mind* better, to accomplish what LHM set out to do, to use our hearts and our minds to expand our love and our awareness of the divine beings that we are! I could sense Catherine's essence and the conviction of her efforts, and the one and true answer to give her was Yes!"

LHM is a force for good, for love, to be a beacon, to help others, to expand love, spread kindness, to make our world a better place each and every day. I believe in Catherine B. Roy, her goals and aspirations and so I do with every fiber of my being, with all my heart and soul, pledge to do all that I can with my talents and abilities to help make her dream a reality! LHM has only just begun. The sky is the limit! Let us grow this Universe to a greater good. All done with LOVE! "



"WHAT THEY'RE SAYING"



Estelle Bonaceto

Coach, Counselor, Thai
Boxing Instructor, Energy
Healer and Author of Guided
Transitions Healing and Box
Your Way Fit

"It has been an absolute pleasure to get to know Catherine and become acquainted with her writings and her work. She is a true example of what it means to be living in your light. From my very first contact with her it was clear to me that she embodies the messages she shares.

Her compassion and sincere love of all beings are an almost tangible force. Masterful and deeply insightful, her formula for love and happiness are critical messages not just for an individual's success but for bringing forth a greater good on this planet. I am inspired by her work and believe that her continued growth will be benefiting all those who seek her service and beyond."



Sheri S. Bessi

Author of Dear Human –
Letters to Humanity,
Professional Therapist, Life
Transformation Specialist
and Inspirational Public
Speaker

"Catherine B. Roy is an amazing human being helping others to understand the beauty of their existence and how to best find success in everyday living. She openly and authentically shares her wisdom, kindness and compassion with humanity. Catherine, without question, inspires and empowers all those who are blessed to be a part of her tribe. It's my greatest honor to be her colleague and fellow champion for world wellbeing."



A N D M A N Y M O R E

"WHAT THEY'RE SAYING"



Shari Alyse,
USA

Founder of The Wellness Universe, Author of Sharing With Shari, Motivational Speaker, Life Inspirer and Vlogger



Uchenna Ilo,
UK

Doctoral Researcher, Thought Leader, Philosopher, Motivational Speaker, Social Entrepreneur, Blogger, Author



Sara Tartaglione,
IT



Anna Pereira,
USA

Owner/CEO at Soul Ventures Corp, Founder of The Wellness Universe and Author of Circles of Inspiration by Anna Pereira



Tony Curl,
AUS

Think and Grow Business Coach | Coaching and Empowering Leaders | Thought Leader | Writer | Speaker | Life Mentor



Amy Camie,
AUS

Spiritual Harpist and Author of Amy Camie Harpist



Renae Sauter,
USA

College Professor, Lifecoach, Writing appears in USA Today and The Wall Street Journal Bestseller: Simple Reminders



Alexandra Màiri,
UK

Author of Singing from Your Heart



Elygean Carolino,
SA



Please visit: <https://catherinebroy.com/testimonials/> for more details.

A N D M A N Y M O R E

"WHAT THEY'RE SAYING"



Sheila Willis,
USA

Certified Life Coach,
Transformation Speaker, and
Writer



Julia Hardy,
UK

Human Potential Thought
Leader, Author of Holistic
Pathfinders. With Julia.



Leanne Olstad,
CA

CEO/Owner and Founder at
Leanne Olstad – Transcending
Phoenix



Janice Wayne,
USA

Human Potential Thought
Leader, Author of Yours Mine
and Ours Memory Box



Marian Juskiw,
CA

Author of Light and Love
Inspirations



Jacqueline Conroy,
USA

Counselling Psychological
Therapy and Recovery Coach,
Author of Jacqueline Conroy
Talking Therapies, Founder of
Jacqueline Conroy Academy



Rebecca Daniels,
MY

Thought Leader and Writer at
SRN, Author of Rebecca
Helen Official



Heather Corinne
Lang, USA

Reiki Master & Teacher, Yoga
Instructor and Intuitive Life
Guide. Author of Namaste
Rays™ Reiki, Yoga & Intuitive
Guidance



MARIE FAY,
IRL

Global Thought Leader,
Published Author at SRN.NET
(Simple Reminders Network),
Life Mentor/Speaker
Marie Fay Inspiration



Please visit: <https://catherinebroy.com/testimonials/> for more details.

AND MANY MORE

"WHAT THEY'RE SAYING"



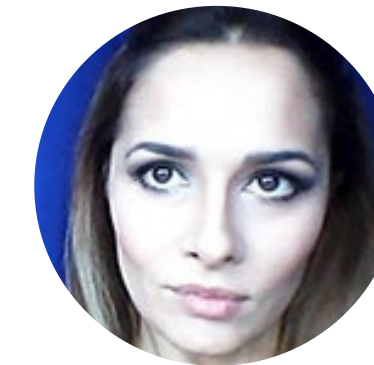
Yokas Boslarelli,
USA

International Recording
Artist, Sound Engineer, Song
Writer & Public Figure



Jennifer Maki,
CA

Author of The Mad Hero's
Manifesto, Founder of The
Phone Booth Project and
Owner of Project YES!



Majda Balic,
B&H



Dean A. Banks,
USA

Owner of The Spirituality Post



Mat Veni,
SLO

Author of Joy Reminder



Ofir Engel,
USA

Performer/Songwriter/Actres
s & Founder/CEO of Passion
Show Records




Susan Berkel,
NLD



Billy Chambers,
UK



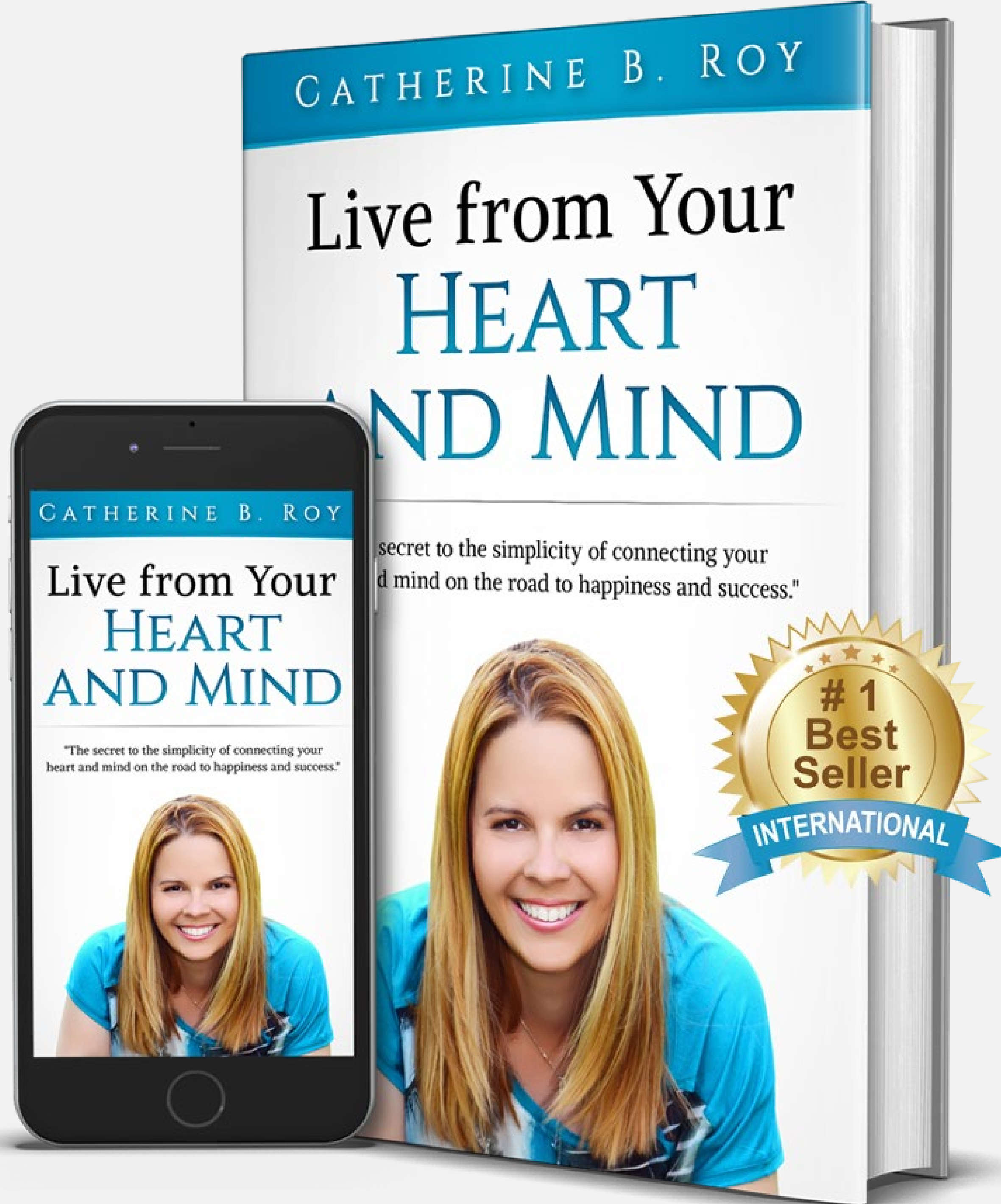
Please visit: <https://catherinebroy.com/testimonials/> for more details.

A person in a pink shirt and black pants stands on a rocky outcrop, looking out over a vast, serene landscape. The scene features a large, calm lake nestled between steep, forested mountains. The sun is low in the sky, casting a warm, golden glow over the entire scene. The person's small figure emphasizes the vastness of the natural world.

**“The entire universe is in your heart.
To expand the universe, expand your
heart.”**

-- Catherine B. Roy

LHM | LIVE FROM
YOUR HEART
AND MIND
by Catherine B. Roy



UNTIL NOW

L I V E F R O M Y O U R H E A R T A N D M I N D

BECAME A BESTSELLER ON ITS RELEASE DAY

"Live from Your Heart and Mind" reached No.1 on a KOBO
bestseller list on its release day!

1

BECAME A BESTSELLER IN 8 AMAZON CATEGORIES

LHM also achieved the same accomplishment in six "Hot New
Releases" and two "Personal Growth" categories on Amazon Kindle in
just three days, even in front of "Eat, Pray, Love" by Elizabeth Gilbert!

1

REACHED 1.2M PEOPLE IN 7 HOURS

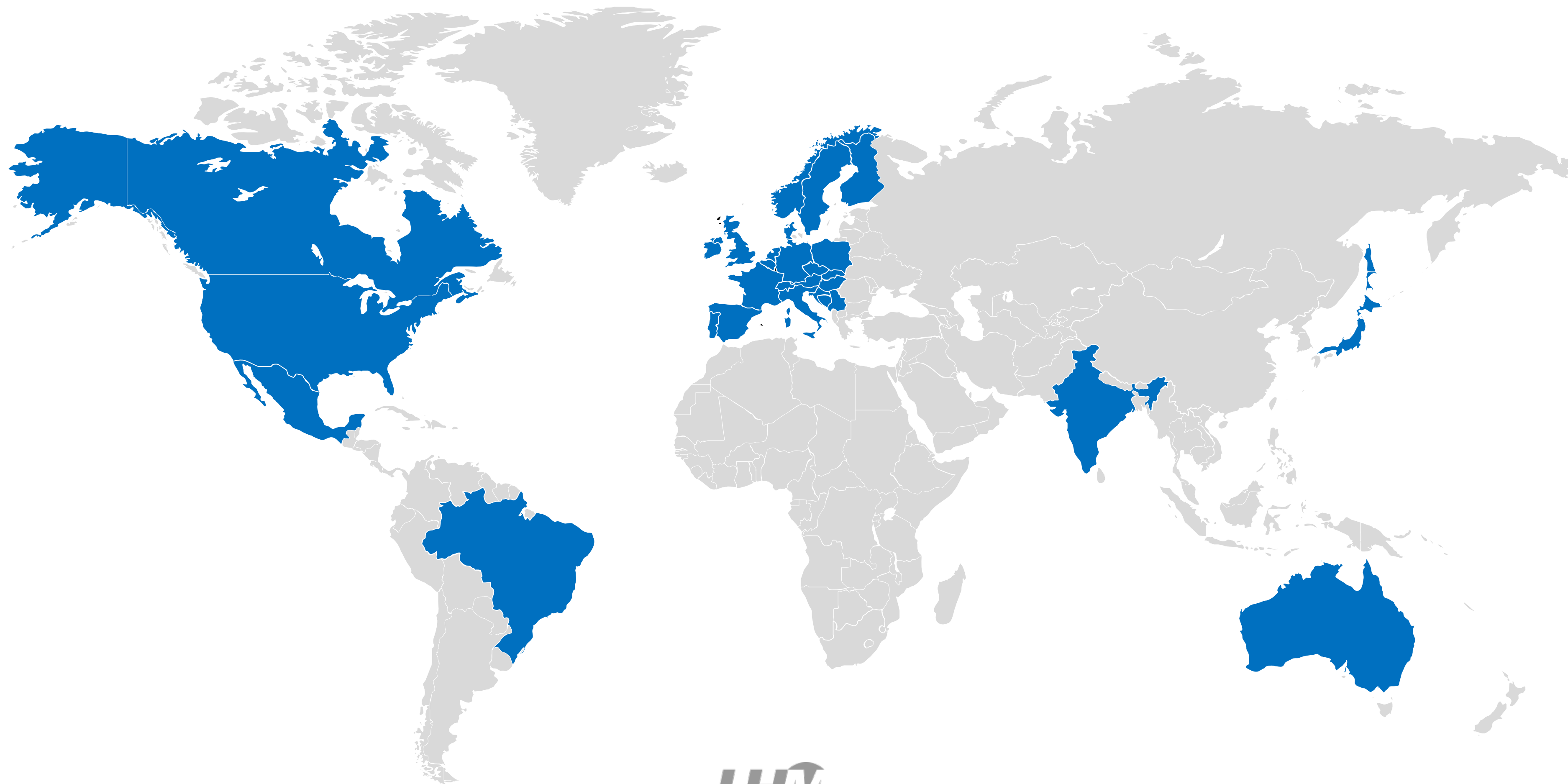
LHM post "Love Yourself First" which predates the book, went
viral and reached over 1.2 million people in just seven hours!

1.2 M



LIVE FROM YOUR HEART AND MIND BOOK

IS AVAILABLE ON:



AND WORLD WIDE OVER AMAZON SERVICES

Posts Success

Your Mindset is the Key

Words define your mindset. Your mindset defines your life.

Catherine B. Roy 113 6,419 2 minutes read



Posts Relationships Simple Steps

A Love Formula In 10 Easy Steps

You choose to be in love the same way you choose to be happy...

Catherine B. Roy 20 3,297 2 minutes read



Simple Steps Success Wealth

A Success Formula in 10 Easy Steps

Set your own goals and act to accomplish them or someone else will hire you to accomplish theirs!

Catherine B. Roy 10 430 2 minutes read



Growth Posts Simple Steps

A Happiness Formula in 10 Easy Steps

Catherine B. Roy 5 1,443 2 minutes read



PRESS

LHM has been featured on dozens of blogs & media outlets around the world. Here's just a small sampling of the excitement:



Catherine B. Roy, Contributor
CEO, Bestselling Author and Founder of Live from Your Heart and Mind (LHM), Awarded Top 30 Under 30 Young Leaders

A Key Thing Is Missing In Most Self Help Advice And It's Simple

Catherine B. Roy, Contributor
CEO, Bestselling Author and Founder of Live from Your Heart and Mind (LHM), Awarded Top 30 Under 30 Young Leaders

A Love Formula in 10 Easy Steps

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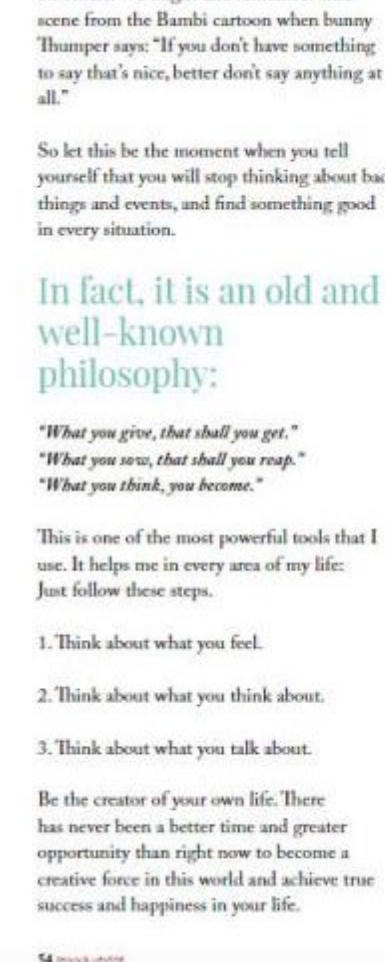
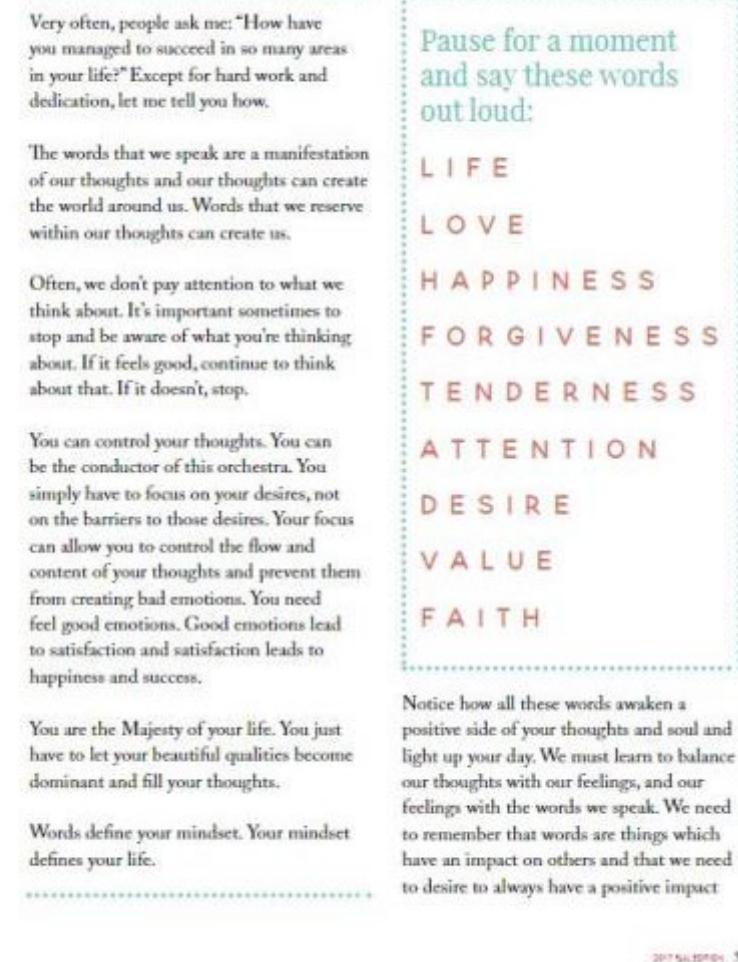
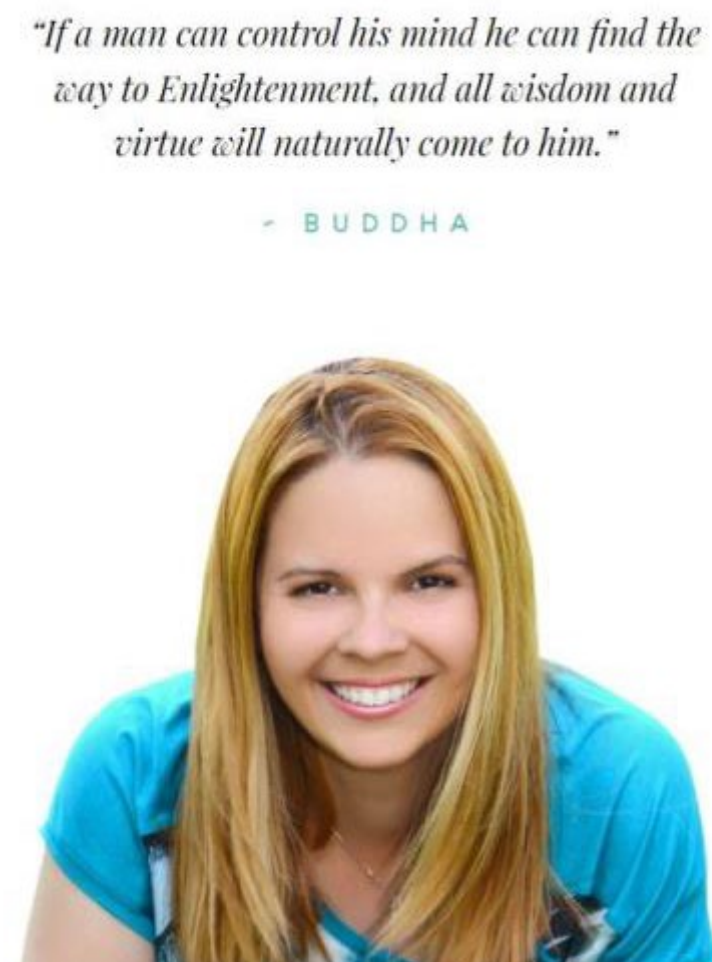
A Happiness Formula in 10 Easy Steps

Catherine B. Roy, Contributor
CEO, Bestselling Author and Founder of Live from Your Heart and Mind (LHM), Awarded Top 30 Under 30 Young Leaders

Energy Goes Where Your Focus Goes

Catherine B. Roy, Contributor
CEO, Bestselling Author and Founder of Live from Your Heart and Mind (LHM), Awarded Top 30 Under 30 Young Leaders

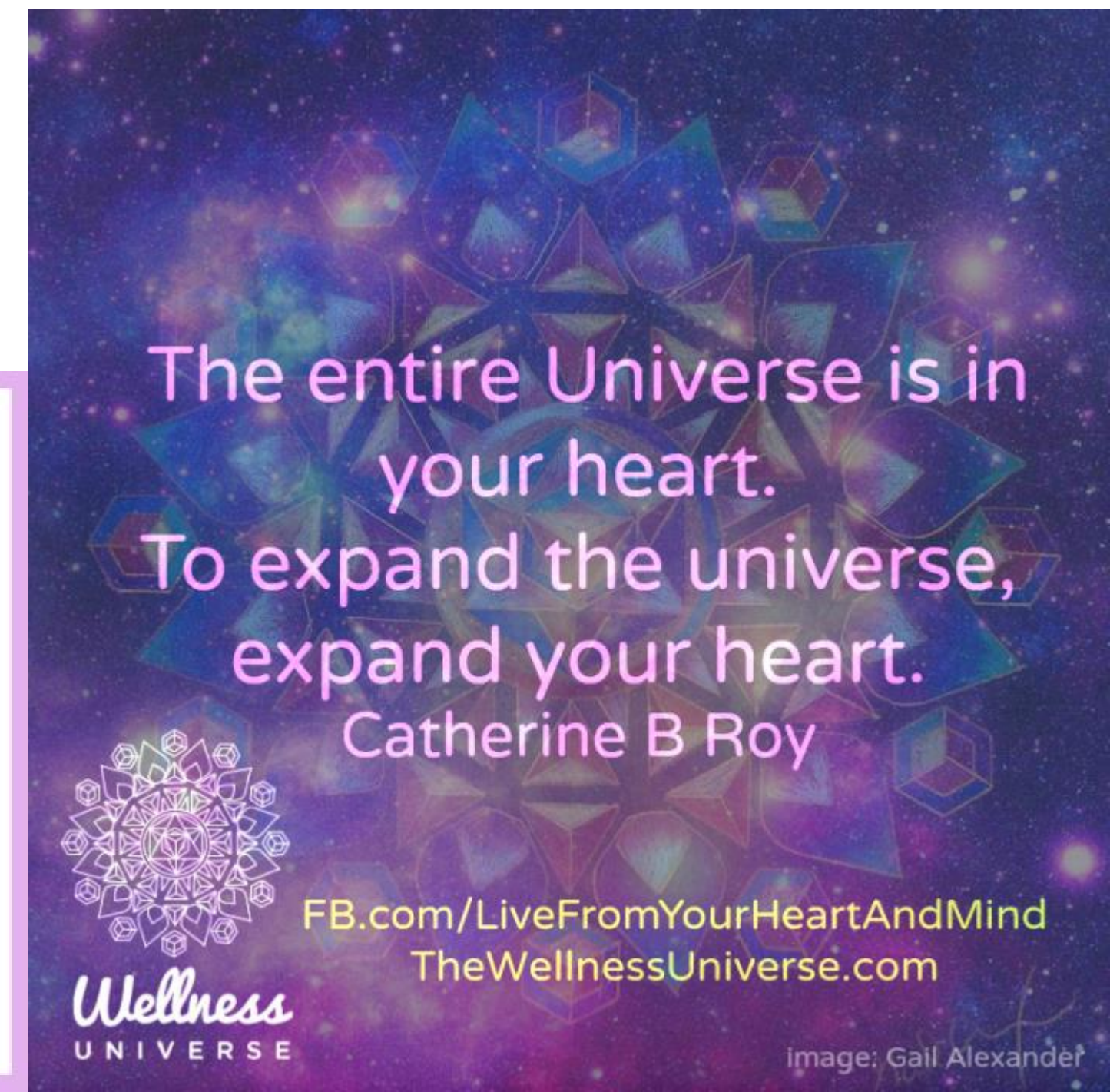
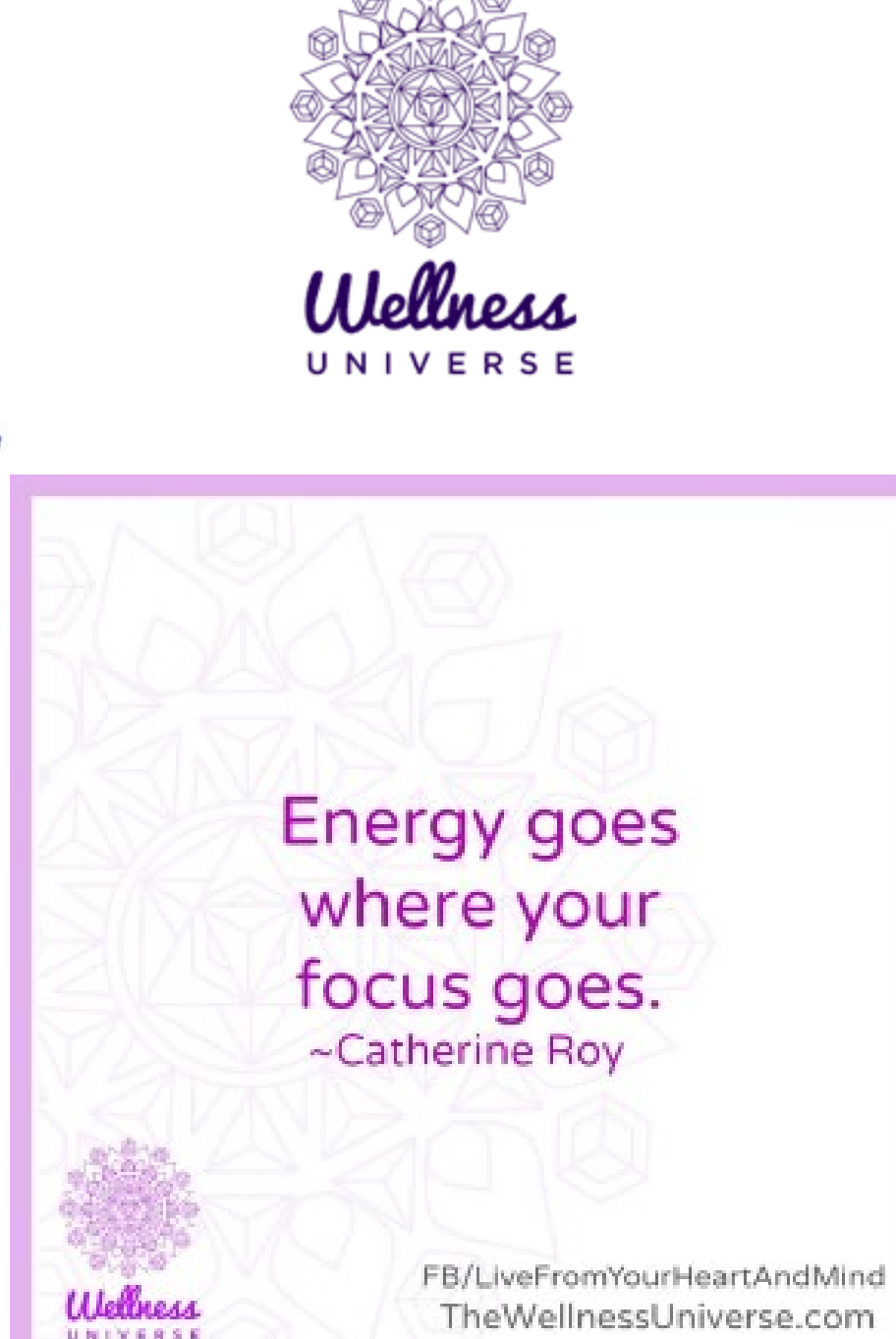
Keep a Balance in Your Life



Shining
MENTOR
MAGAZINE

PRESS

LHM has been featured on dozens of blogs & media outlets around the world. Here's just a small sampling of the excitement:





Genius Entrepreneurship Advice From MENSA Member Catherine B. Roy

By Henry McIntosh Posted January 10, 2015 In Ri Web

Catherine B. Roy is considered a genius. I don't use the word lightly, but aside from being recognised with a *Top 30 Under 30 Young Leaders in the World Award* she's also an award winning artist and scientist, as well as a published author, member of MENSA and The Wellness Universe.

The founder of the "Live from Your Heart and Mind" community, Catherine's 'uplifting' work has assisted countless individuals across the world, helping to solve problems and infuse their lives with hope, energy and success. She's an inspiring entrepreneur, so let her interview be your motivation:



Catherine B. Roy



ri web

Medium



Steffi Black

Life/Career Coach & Kindness Advocate for Schools and Corporations

PRESS

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A Success Formula in 10 Easy Steps

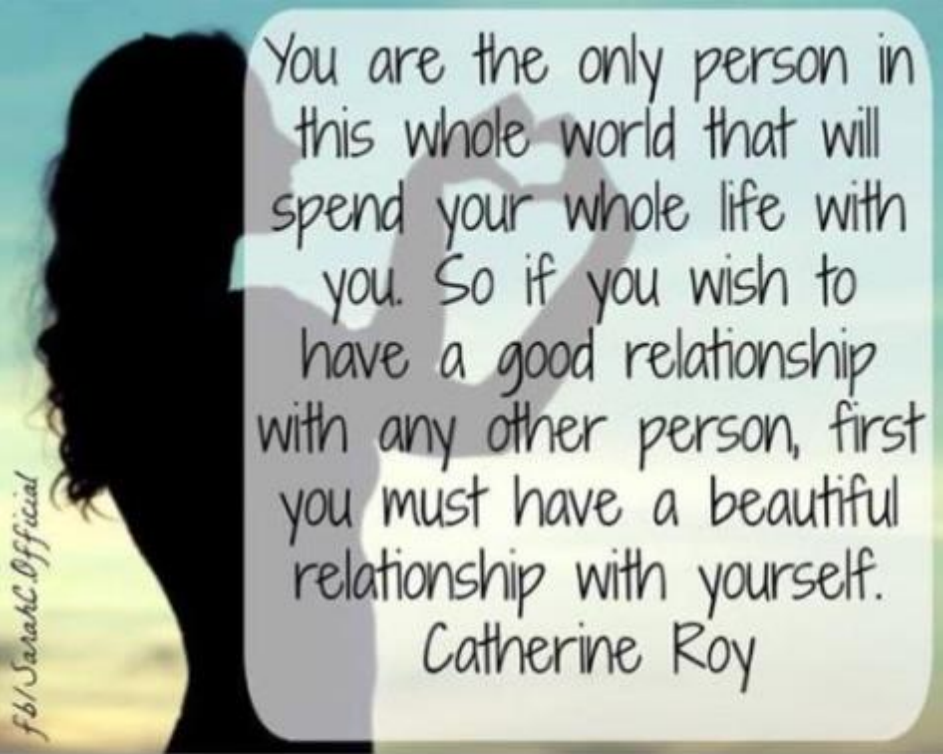
By Catherine B. Roy | Submitted On October 07, 2015



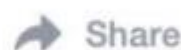
"Success is not final, failure is not fatal: it is the courage to continue that counts." - Winston Churchill

We are the consequence of our past and at the same time the cause of our future. This means that right now we are creating our future with our every thought and with our every action. Let's see how.

We all accomplish goals in our personal life, in school and on the job. So I have a question for you: "Whose goals are you accomplishing?" Are these really your goals or are they imposed upon you?



2.5K Likes 43 Comments



1,167,833 people reached

Boost Post

Interview by Steffi Black of Catherine B. Roy

Life & Career Corner: How to Create the Life You Want

Have you considered the power of a more purpose-driven life? In Life and Career coaching update, renowned interviewer Steffi Black spoke at length with Catherine B. Roy, Founder of Live from Your Heart and Mind, who shares the power of connecting your heart and mind to achieve true satisfaction and success in life.



Catherine B. Roy

Follow

#LHM #WUVIP | Awarded 30 Top Under 30 Young World Leaders | Author of Live from Your Heart and Mind #Motivate #Inspire #Love #Happiness #Success | #MENSA
Oct 4, 2015 · 4 min read

A Key Thing is Missing in Most Self Help Advice, and it's Simple

LHM Success Formula in 10 Easy Steps by Catherine B. Roy

PREMIUM AUTHOR'S PROFILE



CEO



Catherine B. Roy

Los Angeles, USA

Memorable Quotes:

The entire Universe is in your heart. To expand the universe, expand your heart.

Employer:

[Live from Your Heart and Mind](#)

Personal Web site:

[Live from Your Heart and Mind](#)

Brief biography:

Catherine B. Roy is an author and Founder of "Live from Your Heart and Mind" (LHM) community, Awarded Top 30 Under 30 Young Leaders in the World, Member of The Wellness Universe, Award Winning Artist and Scientist, Poet, Philosopher and Published Author whose stimulating, upbeat and inspirational writings have helped countless people in the world. It has helped them solve personal problems, infuse their lives with hope, energy and success, and remarkably improve people's relationships at work and at home.

As the author and founder of the "Live from Your Heart and Mind", Catherine is the guiding force behind the "LHM" system for increasing a person's emotional and intellectual capacity, and inspiring them to positive change and accomplishment.

MASTER YOUR EMOTIONS



Catherine B. Roy



Sarah Hanna

HOW TO RESPOND POWERFULLY TO ANY SITUATION SO THAT YOU GET WHAT YOU WANT FROM YOUR LIFE AND RELATIONSHIPS.

A FREE Online Summit starting April 24, 2017

MIDLIFE MASTERY SUMMIT

Discover the Secrets to Igniting Deep Transformation, Turn Challenges Into Growth, & Re-Align Yourself With Purpose, Passion and Power



Hosted by
Mike Picone



Guest Expert
Catherine B Roy

FREE ONLINE EVENT

www.mike-picone.com/midlife-mastery

MOMS CREATING MIRACLES SUMMIT



Catherine B. Roy



Carrie Anne Killen

HOW TO TRANSFORM YOUR EVERYDAY MOM STRESS INTO YOUR POWER AND CREATE THE LIFE OF YOUR DREAMS!

Online Event
Hosted By Carrie Anne Killen

SUMMITS

Catherine B. Roy has been featured as an expert on a lot of summits around the world. Here's just a small sampling of the excitement:

Midlife Mastery Summit

It's YOUR Turn!



Hosted by:
Anne K. Ross



Guest Expert:
Catherine B. Roy

Why Making Yourself the Priority is the KEY to Living Outrageously, Abundantly and on FIRE!

FREE Online Series with FREE Gifts Daily!

WHOLEHEARTED PARENTING SUMMIT



Guest Expert
Catherine B. Roy



Hosted by
Deanne Barrett

SUPPORTING CONFIDENT, RESILIENT, AND PURPOSE-DRIVEN TEENS

November 25-30, 2017
www.gratitudework.com



Every Sunday at 8AM ET - bit.ly/intimateconversations2017



SPECIAL GUEST

Catherine Roy

NOVEMBER 5, 2017

TOPIC: ZERO TO HERO

CLIENT ATTRACTION SUMMIT 2018



Guest Expert
Catherine B. Roy



Hosted by
Ahana Lara & Daniel Nilo

How to Build Your Business Exponentially & Magnetize an Abundance of Ideal Clients This Year

THANK YOU

With great excitement I look forward to
hearing from you at your earliest opportunity!

With passion,
Catherine

