

FOR IMMEDIATE RELEASE

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Gina Van Luven Releases New Book

"Nutrition for Success: How to Maximize Performance in All Areas of Your Life"

January 9, 2017, Salt Lake City, UT. International wellness speaker, author, and board-certified health coach Gina Van Luven releases her new book, "Nutrition for Success: How to Maximize Performance in All Areas of Your Life." A book launch event will be held Wednesday, Jan. 11 at The Gathering Place at Gardner Village (1100 W. 7800 S.) in West Jordan, Utah, beginning at 6:30 p.m.

Achieving life balance can be challenging, especially in today's fast-paced society. If you are tired of being exhausted, feeling like you're on the hamster wheel, or sacrificing your relationships and personal time, this powerful book will be a beacon of light. "Nutrition for Success" is an inspiring and practical book that will take you on a journey of self-discovery to maximize performance in all areas of your life.

Filled with anecdotes, tips, and exercises, Nutrition for Success shows you how to set achievable goals and break through obstacles that have held you back. Learn to overcome negative thought patterns, step outside the box to move forward in life, recharge and maximize mental performance. Develop awareness of performance killers, like chemicals and refined sugar, and take steps to banish them from your diet for good. Nurture your soul through relationships and build self-confidence. Get in touch with your spirituality.

"Nutrition for Success" will:

- Identify barriers that keep you from achieving success.
- Discover what food and lifestyle choices work best for you.
- Effectively manage obstacles in your life.
- Elevate your mind to have the mental strength to move forward.
- Build greater self-esteem to live with confidence and poise.
- Create patience and understanding to foster better relationships and feel more at peace.

Gina will give a presentation about the book and be available for a book signing following the presentation. Admission is free and registration information can be found at: <https://www.eventbrite.com/e/nutrition-for-success-salt-lake-city-tickets-30209271745>. The event is sponsored in part by Salt Lake Chiropractic and Free Bodied Massage. Part of the proceeds of book sales will benefit Utah Community Action.