



# Sheryl Turgeon

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## POPULAR TOPICS:

### Sensitivity is Your Strength

You may experience the world at a deeper level than most in terms of your five senses and emotions. Did you know this ability is a gift? Learn ways to care for yourself that make sense of sensitivity and create an environment in which you'll thrive.

### Cravings! Your Guide to Freedom from the Agonizing Urge to Splurge – Talk and Book Signing

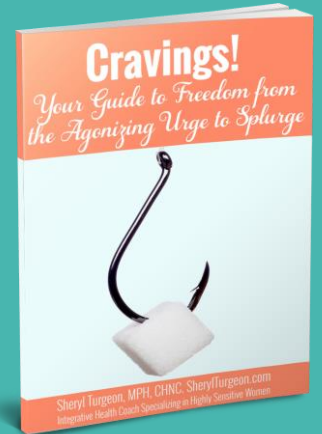
The house is quiet. You walk in to the kitchen and find a plate of freshly baked chocolate chip cookies on the stove. What do you do? Did you eat one or three or more? How many of you asked yourself if you were hungry? If not, maybe sugar is a problem in your life. We will discuss cravings, their physical, mental and emotional origins and some tips to keeping them from running your life.

Other topics are also available.

## BIO:

An Integrative Health Coach for Highly Sensitive Women, Sheryl Turgeon has been helping her clients create powerful health, nutrition and career transitions that inspire them to be healthier, more vibrant and passionate versions of themselves.

She earned her Advanced Certification at the Institute for Integrative Nutrition in NYC and is a member of the International Association of Health Coaches. Sheryl Turgeon began reaching out to others by hosting a Boston radio show and an international TV program called Living Healthy, as well as writing a monthly health column and her new book, *Cravings! Your Guide to Freedom from the Agonizing Urge to Splurge*.



*Cravings! Your Guide to Freedom from the Agonizing Urge to Splurge*

Many struggle with agonizing, uncontrollable cravings. Weaving stories and practical tips, tools and resources into this little book will help you find freedom from the urge to splurge. This book gives you everything you need to get you on the path to a freedom you may never have experienced before.

“I would highly recommend Sheryl as your next speaker, as her own ability to gracefully navigate the same experiences as her audience uniquely qualifies her to help others do the same.”

~Joanie Winberg, Divorce Mentor  
[FreshStartAfterDivorce.com](http://FreshStartAfterDivorce.com)