



JENNY MANNION

AUTHOR, INTUITIVE HEALER



Jenny Mannion
Author, Intuitive Healer
Oneonta, NY – United States

As a young mother, Jenny was faced with several health challenges that doctors told her she would have difficulty *ever* overcoming. With determination, she sought out ways to help herself heal. Using the natural healing techniques that she discovered, Jenny successfully eliminated her symptoms of multiple chronic diseases miraculously in under one month. She has since written over 200 articles on healing naturally. Most recently, she's been featured on PBS's "The Whitney Reynolds Show".

She currently works with both terminally & chronically ill clients as a mind/body mentor and energy healing practitioner using her newly created healing modality BE LIGHT Energy Healing. **Jenny is available for guest speaking and interviews including radio, print, television, podcast interviews, telesummits, book signings & workshops.**

CONTACT INFORMATION

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SHORT BIOGRAPHY

Jenny graduated from Penn State with a BA in psychology, always interested in how the mind worked and in helping others. Jenny found her passion for healing through her own journey and is now an intuitive healer, mind/body mentor, and an energetic catalyst who inspires people to connect with their inner power to create the life they desire. In her practice Jenny has seen clients heal from depression, cancer, MS and many other challenges. Jenny offers many free gifts to her subscribers including the first chapter of her book "A Short Path to Change: 30 Ways to Transform Your Life" and a free 9 minute guided meditation. Jenny conducts workshops, is a contributing blogger for The Huffington Post and was recently featured on PBS's "The Whitney Reynolds Show". Jenny is also the creator of the well received BE Light Energy Healing modality which can be used for self-healing and to help others.

MEDIA GRAPHICS AND RESOURCES

as featured on...



Media & Press Page (previous interviews & articles):

<http://www.jennymannion.com/media-press/>

Headshots of Jenny:

<http://www.jennymannion.com/wp-content/uploads/2018/02/jenny-newpic.png>

<http://www.jennymannion.com/wp-content/uploads/2016/03/JennyMannion-300dpi.jpg>

Personality photo of Jenny:

<http://www.jennymannion.com/wp-content/uploads/2016/03/jenny-with-book.jpg>

A Short Path - Book cover:

<http://www.jennymannion.com/wp-content/uploads/2015/06/Short-Path-to-Change-Cover-e1451943851373.jpg>

A Short Path - Press Release:

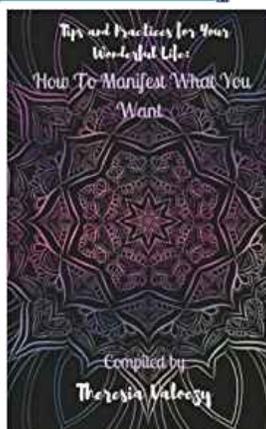
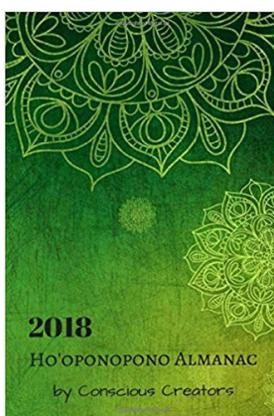
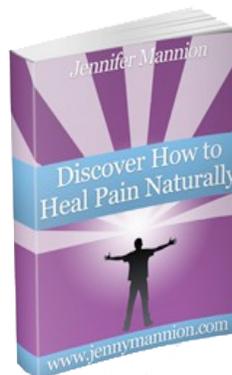
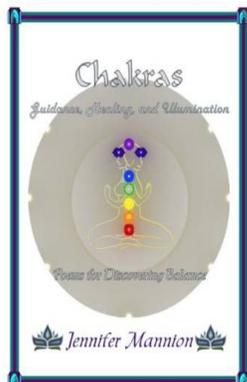
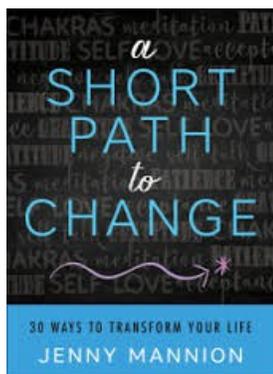
<http://www.jennymannion.com/wp-content/uploads/2016/03/JMannion-AShortPath-Press-release.docx>

A Short Path - Book Description & Reviews:

<http://www.jennymannion.com/book-a-short-path-to-change/>

Sample Chapter: <http://www.jennymannion.com/wp-content/uploads/2016/05/AShortPath-Section1.pdf>

BOOKS AUTHORED & CO-AUTHORED BY JENNY



INTERVIEW QUESTIONS FOR AUTHOR JENNY MANNION

1. What was your inspiration for this book?
2. This book is divided into 4 sections and you ask the readers to progress through them in order, can you describe each a bit and tell us why you feel this is the needed progression? The book includes 30 ways to transform your life. Can these be done in any order? Is it necessary to complete all 30 steps?
3. This book tells a lot about your own experiences in healing and in working with clients - was it comfortable to open up this way?
4. In the book you talk about the importance of getting rid of the old stuff first. What are some of the most helpful tools you have found in doing so and can anyone do this?
5. You describe that chakra system in the book and devote a whole Section to it - why do you feel it is so important for people who learn about the chakra system?
6. In the book you speak about meditation and energy work as tools to be present -in your experience are these tools everyone can access and is it the same for all people?
7. You talk about the importance of self-love in the book, how does self-love change our lives?

8. There are exercises at the end of each chapter. How can the reader best use these and do they need to do them just once?
9. If there was one message from this book what would it be?
10. Do you think everyone can heal and change aspects of their lives?
11. How exactly do you define a "short" path to change? Can we expect results immediately? What is the process like?

CLIENT PRAISE FOR JENNY

[Read more on her testimonials page](#)

"During my session, I think I saw you or someone like you. I saw a face with curly black hair. Lots of shapes with zig zags. I stayed in tune for the most part. Zoned out but brought myself back in. Even dozed a little because I was so comfortable but wouldn't let myself fall entirely asleep. The 40 min went by fast. It was pretty wild what I saw. I could have sworn that was you. Very cool. Again, after lunch immediately I felt great. All smiles and felt calm and happy. Today is the day after and I feel good. Feel focused and calmer. Not as stressed feeling." - M.M. / Kentucky

"Jenny Mannion is an extraordinarily gifted healer. Two sessions with her have renewed my faith in energetic healing. Immediately following both sessions I experienced a deep sense of well-being and relief. Since then, I have experienced more progress than ever before in recovering from a long-term chronic illness. Thank you, Jenny!" — Lynn F.

"THANK YOU for giving me the opportunity to experience Reconnective Healing. All I can say is that you are amazing!! I felt each and every part of my body being healed. I truly believe that EVERYONE should experience the healing once. As a result I am still experiencing the effects of our session. Yesterday, due to me overdoing it I was in so much pain but woke up as fit as a fiddle this morning. Usually, I have to spend the whole day in bed, taking painkillers and not being able to move (I had even cancelled appts). To say I was stunned is to put it mildly to have got of of bed with NO PAIN and NO ACHES..Amazing!! and I have only one person to thank...YOU!!"

— **A. Nashad / NJ**

"Hello Jenny, The session was a very pleasant experience. I did not make it through all the steps that you gave me to begin with before I clearly saw my brother 3 years older, that passed away a few years ago. Not only was he my brother, but he was my best friend. When I was a little guy he took care of me. I had a feeling of personal attachment and ardent affection towards my brother but it also expanded on and beyond during the session, which is difficult for me to explain. I woke up about an hour later, completely relaxed and felt great.

"My wife has not been feeling well lately, she told me she was so relaxed she slept through the whole experience, taking advantage of this opportunity. She thoroughly enjoyed the session because she awoke ready to tackle the world. By the way she was so full of energy she cooked me one hell of a good dinner, Hooray. Thank you Jenny. We are grateful for you help. God Bless you." - RR & SR / Kansas

*“Hi Jenny, The energy session you did resulted in miracles for me. Minutes after the session I walked into my kitchen and this thought entered “I don’t need to take my thyroid medication anymore.” It caught me off guard because I wasn’t even thinking about it. I had to determine if this was wishful thinking, random thoughts, or actual guidance letting me know it was ok, safe, and that my thyroid had healed to such an extent I didn’t even need to wean off the Rx. Ten years ago had I had a severe health crisis that resulted in hypothyroidism. The experience I had in very carefully and slowly weaning off other Rx drugs I KNEW I did not need to be taking, was traumatic due to withdrawals and the extreme loss of health I experienced. It was actually scary to entertain going off a thyroid Rx I had been on since 2007 just because I did not want to experience anything like I had before. I did some soul searching and I believed it was guidance I could trust. I stopped taking my thyroid Rx on 8/5. Not only did I have NO unwanted reactions, but my energy has been very consistent and most often abundant! I had internal fireworks of gratitude and joy about all this. So much so it inspired me to start giving energy sessions to people to get myself moving in the direction of being able to offer it as a service in the future. I just wanted to let you know and thank you with all my heart. Lots of gratitude and love! “ - **A.K. California***