



# Welcome!

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Award-winning Author

Podcaster

Board-Certified Coach

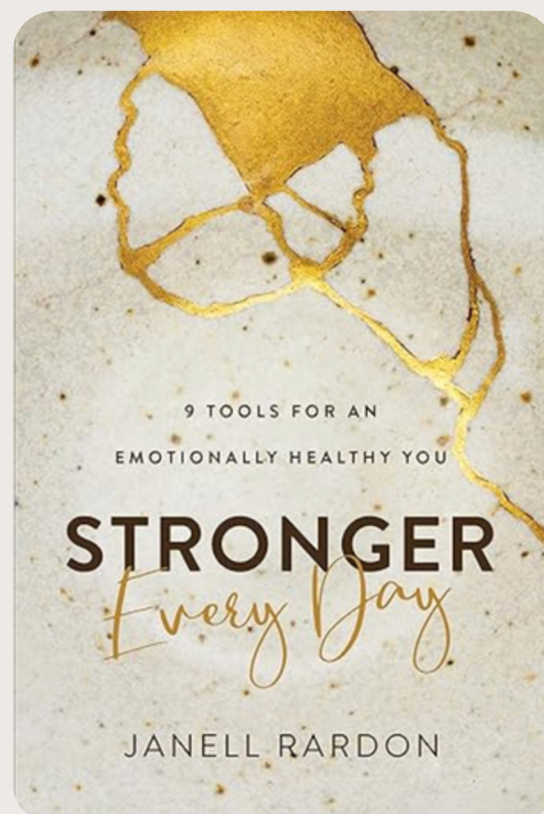
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## A Little About Me.

I'm an award-winning author, speaker, and host of the Today's Heartlift with Janell podcast, helping women like you overcome chronic pain, stress, and overwhelm through emotional resilience, spiritual depth, and somatic-based rhythms.

Through my work with Heartlift Wellness, I create safe spaces where healing and hope intersect, guiding women toward restoration, clarity, and a more integrated, flourishing life.

Most of all, I'm a wife of 42 years, mother to three, and grandmother to five + one on the way grands. They need me to be at my best!



Move from Survival to Flourishing

# Welcome to The Heartlifter Way.



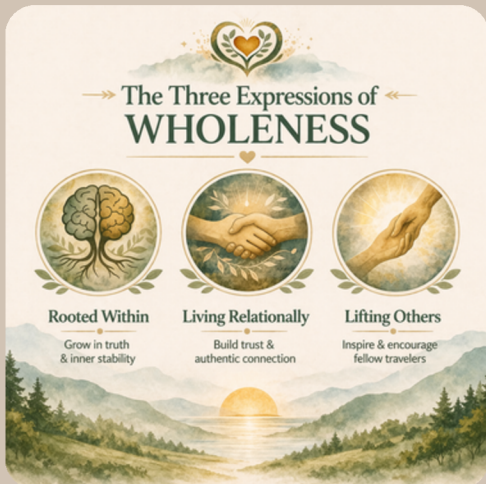
## From Survival to Flourishing >

Restore nervous system safety, nourish your nervous system, and rediscover trust in your body.



## Adopt a Beginner's Mind >

Be open, curious, and humble to see what God might be trying to show you, today.



## Begin Somatic Practices >

Using the GENTLE Method, begin the beautiful inner work of healing.



## Reclaim Your Joy >

Connect to your truest self, implement the practices and principles, and find your way to flourishing.



## Let's Journey Together.

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### The First Step.

1. Visit my website:  
[www.janellrardon.com](http://www.janellrardon.com) and learn more about "The Heartlifter Way."
2. Schedule a convenient time for your initial intake:  
[www.calendly.com/janellrardon](http://www.calendly.com/janellrardon).
3. Email me any questions:  
[janell@janellrardon.com](mailto:janell@janellrardon.com)
4. Visit [Heartlift Wellness](#) on [Substack](#) and read more inspiring thoughts on healing your heart and mind.

