



PROFNET WIRE: ENTERTAINMENT & LIVING: Valentine's Day Feb. 4, 2005

LIVING: LIFE COACHING PROMOTES POSITIVE MENTAL, SPIRITUAL HEALTH. AMY AHLERS, CPCC, co-founder of Electric Kites, a Los Angeles-based life-coaching company that gives disparate individuals access to life coaching as an alternative to psychotherapy: "The trade deficit is not necessarily the most accurate measurement of our nation's health. Individual happiness is a metric than can also be measured scientifically. Life coaching is one way to promote positive physical, mental and spiritual health, as opposed to simply treating disorders." News Contact: Eric Schwartzman, erics@theprcollective.com Phone: +1-310-789-2446 Web site: <http://www.getcoachednow.com/> (2/4/05)