

liza baker

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#lifegoals

Effecting positive change in personal, organizational, and community health and the healthcare fields using my coaching skill—in combination with extensive experience in culinary arts, curriculum creation, writing, publishing, grants, and administration in the education and nonprofit sectors.

experience

Integrative Nutrition® Health Coach

Simply: Health Coaching, April 2014 – present

Author

Flip Your Kitchen, published October 31, 2016.

Nonprofit Consultant

July 2018 – present

Freelance Writer + Editor

November 2012 – present

Kitchen Coach

Simply: Home Cooking, August 2009 – December 2016

Fair Food Network (Ann Arbor, MI)

Grants + Reports Manager; Executive Assistant to the President/CEO
November 2009 – January 31, 2019

Curry Girls Kitchen (Manhattan Beach, CA)

Book Proposal Writer/Manuscript Editor
November 2012 – May 2013

GrowingGreat (Manhattan Beach, CA)

Office Administrator
October 2008 – April 2009

USC Annenberg School for Communication (Los Angeles, CA)

Administrative Assistant, Knight Chair in Media and Religion
October 2005 – October 2008

Extensive experience in office administration, curriculum creation, and language instruction.

education

Institute for Integrative Nutrition, Integrative Nutrition® Health Coach Certification, 2014

Cooking & Hospitality Institute of Chicago, AAS in Culinary Arts, 1997

University of Colorado at Boulder, MA in Chinese Literature, 1992

Middlebury College, BA in Chinese, Concentration in Mathematics, 1987

skills + qualifications

- Advanced health coaching skills
- Strong background in development, grant writing, education, and curriculum development
- Excellent verbal and written communication skills, exceptional attention to detail
- Proven ability to prioritize, organize, and meet goals and deadlines
- Strong initiative and follow-through capabilities
- High degree of proficiency with numbers, extensive experience in Microsoft Word, Excel, Outlook, Publisher, and Access; working knowledge of content management systems for website maintenance, basic html, Quickbooks
- Fluent in Mandarin Chinese, reading knowledge of Spanish, French, Russian, Latin

awards + affiliations

- Finalist, Michigan Women Forward's Woman Up + Pitch competition (Detroit), November 19, 2019
- Member, Women's Exchange of Washtenaw, The WXW 100, 2019
- Member, Women Business Owners of Southeast Michigan, 2016 – 2018
 - Membership Coordinator, June 2017 – July 2018
- Member, International Association for Health Coaches, 2014 – present

service

- Meal prep volunteer for Women's Food + Beverage Entrepreneurs providing meals for children at Community Action Network's community centers, March–April 2020 (Covid-19)
- Women's Exchange of Washtenaw Board of Directors, December 2018–present
 - Secretary, December 2018 – present
- Mentor, Greenhills School, May – June 2017
 - Ana Taylor, Senior Project: *I Am Not a Cook*.
- Member, Women Business Owners of Southeast Michigan, 2016 – 2018
 - Membership Coordinator, June 2017 – July 2018
- Holy Faith Church, Mission Café volunteer, 2011 – 2013
- Fair Food Network Double Up Food Bucks volunteer, 2010
- GrowingGreat Peter Burnett Elementary nutrition education instructor, 2008 – 2009
- Torrance Elementary Gifted & Talented Education coordinator, spring 2009
- Torrance Elementary classroom volunteer, 2008 – 2009

references

Oran Hesterman, CEO

Fair Food Network
205 E. Washington St., Ste. B
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734-213-3999 x 201
ohesterman@fairfoodnetwork.org

Kate Krauss, COO

Fair Food Network
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Jean Chorazyczewski, Program Director

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Cara Cummings, Consulting Colleague

805-453-0964
carapcummings@gmail.com

Peggy Curry, President and Co-founder,

GrowingGreat and Curry Girls Kitchen
477 33rd St.
Manhattan Beach, CA 90266
310-463-3784
peggy@currygirlskitchen.com

Additional references provided upon request.

presentations + workshops

Fl!p Your K!tchen Book Talks + Appearances

- Argus Farm Stop, Ann Arbor, MI | January 16, 2018
- Grow Your Business, Detroit, MI | September 23, 2017
- St. Nicholas Greek Orthodox Church Women's Expo | May 6, 2017
- All Things Food Co-op, Bryan, OH | April 24, 2017
- Northwestern Ohio Community Action Commission Health Expo | April 24, 2017
- Forsythe Middle School Staff Health Fair | March 24, 2017
- Chelsea Community Kitchen, Chelsea, MI | November 10, 2016
- Stamatopoulos + Sons, Ann Arbor, MI | November 7, 2016

Panelist. *Wellness for Women* series with Dr. Suman Tewari, MD. "Beyond Covid-19." May 9, 2020.

https://drive.google.com/file/d/136HY2Kq5mHNPq2Lu70xHEHuKHiXSSAhD/view?ck_subscriber_id=832241187

Weekly Virtual Workshops | May, June, July 2020.

- What's the best way to eat?
- Label Reading 101
- Maybe I should give up ____

MI Women Food + Beverage Authors, Panelist

Ann Arbor, MI | February 1, 2020

Kitchen Coaching Series

Sweetwaters Coffee + Tea of Meijer on Ann Arbor Saline Rd., Ann Arbor, MI | January 5/12/19/26, 2020

- What's the Best Way to Nourish Yourself?
- Label Reading 101
- Going (More) Plant-based
- Thriving Without Certain Foods

Kale + Kryptonite: What's the best way to nourish yourself?

NEW Center, Ann Arbor, MI | June 10, 2019.

SOLE Food | SOUL Food—Nutrition for Busy Women. Panel moderator for WXW Panel.

Ann Arbor, MI | November 15, 2018

PIVOT! Panelist on American Cancer Society panel about career shifts

Ann Arbor, MI | November 13, 2018

Fl!p Your K!tchen

Invited speaker. Michigan's 2017 Best and Brightest in Wellness®, October 20, 2017.

Basic Knife Skills + Safety

UM School of Public Health, Ann Arbor, MI | September 20, 2017

Kale or Kryptonite?

Align Chiropractic, Ann Arbor, MI | June 29, 2017

Feeling hot Hot HOT

McKinley Properties, Ann Arbor, MI | June 20, 2017

Distress | De-stress

VCA Hartland Animal Hospital | May 16, 2017

Flip Your Kitchen Workshop

Northwest Ohio Community Action Council, Archbold, OH | April 24, 2017

Flip Your Kitchen Workshop 2

MB Financial, Ann Arbor, MI | April 11, 2017

The Rooms in Your Life

Forsythe Middle School Staff Health Fair, Ann Arbor, MI | March 24, 2017

Flip Your Kitchen Workshops 1+2

MB Financial, Wilmington, OH | March 21, 2017

Fermented Foods

Creating Space for Wellness, UM, Ann Arbor, MI | March 16, 2017

Flip Your Kitchen Workshop 1

MB Financial, Ann Arbor, MI | March 15, 2017

Month of Margin: Creating Space in Our Homes and Our Lives

Collaboration with Holly Southerland, Traveling Organizer, Ann Arbor, MI | March 5/12/19, 2017

Show + Tell | Simply: Health Coaching

Women Business Owners of Southeast Michigan | February 7, 2017

Distress | De-stress

Eastern Michigan University Children's Institute | November 15, 2016

Invited Presenter, *Ladies Night | Beauty from the Inside Out*

Everfit Training Studio, Brighton, MI | October 19, 2016

Invited Speaker, Culinary Careers course

Kalamazoo Valley Community College, Kalamazoo, MI | September 22, 2016

Basic Knife Skills + Safety | UM School of Public Health

Ann Arbor, MI | September 21, 2016

Nourish: Spring into Healthy Eating + Positive Energy

Ann Arbor, MI | April 3, 2016

Breakout Session Presenter, *Local Food Summit 2016 | Flip Your Kitchen*

Ann Arbor, MI | February 15, 2016

Take Good Care: Mapping Your Way to Wellness

Ann Arbor, MI | November 8, 2015

Invited Speaker, Culinary Careers course

Kalamazoo Valley Community College, Kalamazoo, MI | October 19, 2015

Your Harvest of Health retreat
Montague, MI | September 25-27, 2015

Guest on *Ask Dr. Nandi* talk show
Detroit, MI | taped September 21, 2015

Flip Your Garden
Better Health Store, Novi, MI | August 12, 2015

Beat the Sugar Blues
Synergy Chiropractic, Ann Arbor, MI | June 25, 2015

Eating for Energy
Great Lakes Family Wellness Expo, Farmington Hills, MI | June 13, 2015

Nourish: Spring into Healthy Eating + Positive Energy
Ann Arbor, MI | May 3, 2015

Beat the Sugar Blues
A2 Martial Arts, Ann Arbor, MI | April 21, 2015

Eating for Energy
A2 Martial Arts, Ann Arbor, MI | February 9, 2015

Savory Snacks
Curves, Ann Arbor, MI | June 14, 2014

Sweet Treats / No Guilt
Curves, Ann Arbor, MI | March 15, 2014

Find Your Balance: How Round is Your Circle?
Curves, Ann Arbor, MI | September 20, 2014

Flip Your Kitchen Lunch Workshop
Michigan Holistic Nurses Association Annual Retreat | Howell, MI | September 27, 2014

webinars + teleseminars + radio + podcast appearances

The Simply: Health Coaching podcast. Weekly episodes since March 11, 2020. <https://anchor.fm/liza-baker>

Food Experience Unplugged with Michelle Seidling. "Confidently Conquering Unique Health Challenges in the Non-profit Sector." August 26, 2020.
<https://foodexperienceunplugged.com/2020/08/26/healthchallenges-non-profit/>

Guilt-Free Healthy Living with Kacee Leigh. "Nutrition + Quarantine with Liza Baker." May 18, 2020.
<https://www.kaceefitness.com/podcast/ep-29>

Let's Purify! with Michael Spencer. May 13 + 20, 2020. "Food + Our Kitchen Energy" (2 episodes).
Episode 71: <https://letspurify.energy/71/>, Episode 72: <https://letspurify.energy/72/>

Are Those Rose-Colored Glasses You're Wearing? with Audrey Acton. "You Are the Sum of the Food You Eat." May 6, 2020. <https://womenarethejourney.blubrry.net/2020/05/06/you-are-the-sum-of-the-food-you-eat-the-energy-of-food-liza-baker/>

The Ultimate Journey of Self-Care Podcast with Alison Katschkowsky. April 28, 2020. "Self-care IS Mental Hygiene." <https://shows.acast.com/the-ultimate-journey-of-self-care/episodes/self-care-is-mental-hygiene>

All Things Considered with Lisa Barry. WEMU. April 8, 2020. "Information From An Ann Arbor Health Coach To Boost Your Overall Health." <https://www.wemu.org/post/information-ann-arbor-health-coach-boost-your-overall-health>

Communicate Influence Podcast with Sheelagh Caygill. March 25, 2020. "Self-care and Communicating with Yourself During Covid-19." <https://communicateinfluence.com/self-care-communicating-with-yourself-during-covid-19/>

Fit Fun Father Podcast with Michael Sobkiw. March 16, 2020. "One on One with Health Coach Liza Baker." <https://anchor.fm/michael-sobkiw/episodes/One-on-One-with-health-coach-Liza-Baker-Episode-47-ebiujq>

The Ethical Evolution Podcast with Bindi Heit. March 6, 2020. "Ethical Health for 40+ Women." <https://www.theethicalrevolutionpodcast.com/episode/ethical-health-for-40-women-with-liza-baker-from-simply-health-coaching>

Heal Your Life with Meena Puri. "Ayurveda, Food, and Women's Health." February 24, 2020. <https://www.ayurvedichealingcenter.com/with-liza-baker-ayurveda-food-and-womens-health/>

Communicate Influence with Sheelagh Caygill. February 9, 2020. "Listeners' Recommended Podcasts." <https://communicateinfluence.com/listeners-recommended-podcasts/>

Women over 50—A Life Redesigned with Shelly Drymon. February 4, 2020. "The Sanity Whisperer—You Are Not Alone." <https://www.youtube.com/watch?v=8Vu6QKwEgGQ&t=14s>

Master Your Mindset + Metabolism with Kelly Dunlap. January 27, 2020. "Finding Your Flavor Formula." <https://www.stitcher.com/podcast/master-your-mindset-and-metabolism/e/66879090>

Menopause Natural Solutions with Dr. Jennifer Harrington, ND. January 22, 2020. "Flip Your Kitchen—Liza Baker." <https://www.stitcher.com/podcast/menopause-natural-solutions/e/66777594>

Nonprofit Lowdown with Rhea Wong. January 2, 2020. <https://anchor.fm/nonprofitlowdown/episodes/66-Taking-care-of-YOU-in-2020-with-Liza-Baker-e9u5uc>

Self Love Symposium with Kathy Kelly. November 23, 2019. <http://bit.ly/LizaBak>

FitLife Formula with Brian Sipotz. "Keeping (Good) Food on the Table with Liza Baker." October 29, 2019. <https://www.listennotes.com/podcasts/the-fitlife/keeping-good-food-on-the-fgAKx74OM0w/>

We are not broken! on Kuel Chiefs, Episode #4. <https://kuellife.com/we-are-not-broken-kuel-chiefs-episode-4/>. May 30, 2019.

Women's Holistic Health Symposium on Beautiful Earth show, Body Mind Spirit Radio. April 30, 2019.

Ann Arbor Wellness Coalition Podcast

March 10, 2019. <https://directory.libsyn.com/episode/index/show/a2wcpodcast/id/8950763>

PIVOT!

December 5, 2018. <https://app.ruzuku.com/courses/25869/about>

Kitchen Formulas

November 7, 2018. <https://app.ruzuku.com/courses/25869/about>

Meal Planning 101

October 3, 2018. <https://app.ruzuku.com/courses/25869/about>

Stop Singing the Sugar Blues

September 5, 2018. <https://app.ruzuku.com/courses/25869/about>

Reclaim Your Flame

August 1, 2018. <https://app.ruzuku.com/courses/25869/about>

The Substitute

July 4, 2018. <https://app.ruzuku.com/courses/25869/about>

Courage to Conquer: A Wonder Woman Interview Series to Living Your Most Bad Ass Life | What Nobody's Telling You About Thriving in Your 40s and Beyond. June 26, 2018. Available upon request.

I can still get 3 hours...

June 6, 2018. <https://app.ruzuku.com/courses/25869/about>

Nutrition Facts Label Reading 101

May 2, 2018. <https://app.ruzuku.com/courses/25869/about>

Hope, Healing, and Happiness

April 9, 2018. https://www.youtube.com/watch?v=mO4W_gEMoRc

DR/EAM

April 4, 2018. <https://app.ruzuku.com/courses/25869/about>

Constant Craving

March 7, 2018. <https://app.ruzuku.com/courses/25869/about>

Kale + Kryptonite

February 7, 2018. <https://app.ruzuku.com/courses/25869/about>

Women Are the Journey Podcast Season 1, Episode 16. January 2018

Interview of Dr. Fiona Lovely

January 15, 2018. <https://simply-healthcoaching.com/why-should-i-clear-my-virtual-plate/>

Interview on Healthy View Radio

January 4, 2018. <https://www.voiceamerica.com/episode/104457/using-ancient-healing-medicine-for-our-modern-health-care-crisis>

Declutter Your Daytimer

January 3, 2018. <https://app.ruzuku.com/courses/25869/about>

Fearless Self-love Podcast. Season 1, Episode 6. December 28, 2017

Behind the Curtain | Health coaches share their strategies for success

“Updating the Menu | How to evolve when your business changes.” July 19, 2016

Eating 4 Energy

March 22, 2015

Find Your Balance: How Round is Your Circle?

November 23, 2014

published

BOOKS

Flip Your Kitchen: How to Create 21 Meals from Scratch a Week (and not spend your life in the kitchen).

Ann Arbor, MI: Elizabeth A. Baker, LLC. October 31, 2016.

HEALTHY CHOICES COLUMN, WE LOVE ANN ARBOR

“What’s in my control?” September 24, 2020. <https://www.weloveannarbor.com/2020/09/24/healthy-choices-with-health-coach-liza-baker-whats-in-my-control/>

“Knock, knock...” August 17, 2020. <https://www.weloveannarbor.com/2020/08/17/healthy-choices-with-liza-baker-knock-knock/>

“Grow your cooking practice.” July 16, 2020. <https://www.weloveannarbor.com/2020/07/16/healthy-choices-with-liza-baker-grow-your-cooking-practice/>

“Here comes summer produce.” June 30, 2020.

<https://www.weloveannarbor.com/2020/06/30/healthy-choices-with-liza-baker-here-comes-summer-produce/>

“Green light, speed bump, stop sign.” May 1, 2020.

<https://www.weloveannarbor.com/2020/05/01/healthy-choices-with-liza-baker-green-light-speed-bump-stop-sign/>

“How’s your immune system faring?” April 16, 2020.

<https://www.weloveannarbor.com/2020/04/16/healthy-choices-with-liza-baker-hows-your-immune-system-faring/>

“Accountability.” March 26, 2020. <https://www.weloveannarbor.com/2020/03/26/healthy-choices-with-liza-baker-accountability/>

“Goal Tending.” February 4, 2020. <https://www.weloveannarbor.com/2020/02/04/healthy-choices-with-liza-baker-goal-tending/>

- “On going plant-based.” December 10, 2019. <https://www.weloveannarbor.com/2019/12/10/healthy-choices-with-liza-baker-on-going-plant-based-options/>
- “You-nique-orns Are Real.” October 8, 2019.
<https://www.weloveannarbor.com/2019/10/08/healthy-choices-with-liza-baker-you-nique-orns-are-real/>
- “Moving on to SOUL Primary Foods.” September 13, 2019.
<https://www.weloveannarbor.com/2019/09/13/healthy-choices-with-liza-baker-moving-on-to-soul-primary-foods/>
- “Getting Your Nickel’s Worth.” September 3, 2019.
<https://www.weloveannarbor.com/2019/09/03/healthy-choices-with-liza-baker-sole-food-getting-your-nickels-worth/>
- “Cooking Up Some Primary Foods.” September 1, 2019.
<https://www.weloveannarbor.com/2019/09/01/healthy-choices-with-liza-baker-cooking-up-some-primary-foods/>
- “Getting Our SOLE Food On.” March 20, 2019.
<https://weloveannarbor.com/2019/03/20/healthy-choices-with-liza-baker-getting-our-sole-food-on/> (Link has not been updated since website change.)
- “Hit the pause button; just breathe.” February 6, 2019.
<https://weloveannarbor.com/2019/02/06/healthy-choices-with-liza-baker-hit-the-pause-button-just-breathe/> (Link has not been updated since website change.)
- “To Die(t) or Not to Die(t).” January 15, 2019. <https://weloveannarbor.com/2019/01/15/healthy-choices-with-liza-baker-to-diet-or-not-to-diet/> (Link has not been updated since website change.)
- “An Intro to Kitchen Formulas.” December 11, 2018. <https://weloveannarbor.com/2018/11/07/healthy-choices-with-liza-baker-meal-planning-101/> (Link has not been updated since website change.)
- “Meal Planning 101.” November 7, 2018. <https://weloveannarbor.com/2018/11/07/healthy-choices-with-liza-baker-meal-planning-101/> (Link has not been updated since website change.)
- “Why Cook from Scratch and Eat Family Meals at Home?” October 24, 2018.
<https://weloveannarbor.com/2018/10/24/healthy-choices-with-liza-baker-why-cook-from-scratch-and-eat-family-meals-at-home/> (Link has not been updated since website change.)
- “On Going Dairy Free.” September 24, 2018. <https://weloveannarbor.com/2018/09/24/healthy-choices-with-liza-baker-on-going-dairy-free/> (Link has not been updated since website change.)
- “On Going Gluten Free.” August 21, 2018. <https://weloveannarbor.com/2018/08/21/healthy-choices-with-liza-baker-on-going-gluten-free/> (Link has not been updated since website change.)
- “Are ‘Substitutions’ a Healthier Option?” July 6, 2018.
<http://weloveannarbor.com/2018/07/06/healthy-choices-with-liza-baker-are-substitutions-a-healthier-option/> (Link has not been updated since website change.)

“Demystifying Food Labels, Part 2.” June 4, 2018.

<http://weloveannarbor.com/2018/06/04/healthy-choices-with-liza-baker-demystifying-food-labels-part-2/> (Link has not been updated since website change.)

“Demystifying Food Labels, Part 1.” May 10, 2018.

<http://weloveannarbor.com/2018/05/10/healthy-choices-with-liza-baker-demystifying-food-labels-part-1/> (Link has not been updated since website change.)

ARTICLES

“DISTRESS/De-stress.” Kule Life. July 10, 2020. <https://kuellife.com/distress-de-stress/>

“Burnout + the Pandemic.” Kuel Life. April 9, 2020. <https://kuellife.com/burnout-the-pandemic/>

“Women, Burnout, and the Nonprofit World.” Kuel Life. January 18, 2020. <https://kuellife.com/women-burn-out-the-nonprofit-world/>

“Flip Your Kitchen Basic Pesto.” Integrative Nutrition Recipes. March 28, 2019.

<https://integrativenutritionrecipes.com/2019/03/28/flip-your-kitchen-basic-pesto/>

“How to create a 5 year plan that actually means something.” Everyday Power Blog. July 17, 2018.

<https://everydaypowerblog.com/five-year-plan/>

“SOLE food to SOUL food – Nutrition for the body, mind, and spirit.” We Love Ann Arbor. April 15, 2018.

<http://weloveannarbor.com/2018/04/15/aawc-sole-food-to-soul-food-nutrition-for-the-body-mind-and-spirit/>

“7 Ways to organize your day for success.” Everyday Power Blog. February 23, 2018.

<https://everydaypowerblog.com/organize-your-day/>

“Cooking as a Spiritual Practice.” *Crazy Wisdom Journal*. January 2018. Issue 68.

“How Your Life Changes When You Focus on Being Positive Regardless of the Situation.” Everyday Power Blog. March 20, 2017. <https://everydaypowerblog.com/2017/03/20/focus-on-the-positive-regardless-of-situation/>

“Recipe of the Month: Marinara Sauce.” Ann Arbor Family. January 2, 2017.

<http://annarborfamily.com/food/recipe-of-the-month-marinara-sauce/>

“How a Writer Self-Published a High Quality Book that Now Generates a Passive Income.” Chad R. Allen Blog. December 20, 2016. <http://www.chadrallen.com/2016/12/20/writer-self-published-high-quality-book-now-generates-passive-income/>

“Loneliness From a Nutrition Coach’s Point of View.” LoveAgainBlog. November 15, 2016.

<https://www.loveagain.com/dating-blog/loneliness/loneliness-nutrition-coachs-point-view/>

“10 Tips on How to Become a Better Cook – Even When Busy.” Everyday Power Blog. October 4, 2016.

<http://www.everydaypowerblog.com/2016/10/04/how-to-become-a-better-cook/>

“Self-care and ‘Happy Stockholders.’” Caerusnet Blog. October 3, 2016.

“15 Ways to Make Life Simple Again.” Everyday Power Blog. May 7, 2016.

<http://everydaypowerblog.com/2016/05/07/15-ways-make-life-simple/>

- “How I learned to meditate.” Everyday Power Blog. March 25, 2016.
<http://everydaypowerblog.com/2016/03/24/how-i-learned-to-meditate/>
- “Five things to NOT do first thing in the morning.” Everyday Power Blog. March 2, 2016.
<http://everydaypowerblog.com/2016/03/01/five-things-not-to-do-first-thing-in-the-morning/>
- “How’s your reality testing?” Everyday Power Blog. February 1, 2016.
<http://everydaypowerblog.com/2016/02/01/hows-your-reality-testing/>
- “How do you show up in the kitchen?” Crazy Wisdom Community Journal Blog. January 29, 2016.
<http://www.crazywisdomjournal.com/blog/2016/1/18/how-do-you-show-up-in-the-kitchen.>
- “Intentional Leftovers: Always Cook for More than One Meal.” *Crazy Wisdom Community Journal*. Issue 62. January 2016. http://issuu.com/cwcommunityjournal/docs/issue_62.
- Contributor. “50 Real Working Mum Survival Tips to Help You Stay Sane.” Mums that Work.
<http://mumsthatwork.com/50-real-working-mum-survival-tips-to-help-you-stay-sane/>.
- “Flip Your Kitchen: Deconstructing Soup.” Health Coach Home Digital Magazine. Issue 10. February 2015.

quoted + press about

- “Not going back to normal.” Sermon given at All Saints Episcopal Church. Brookline, MA. May 3, 2020.
<https://allsaintsbrookline.org/not-going-back-to-normal/>
- “Tapping into Your IIN Community for Resources and Support, Part II.” IIN Blog. April 13, 2020.
<https://www.integrativenutrition.com/blog/2020/04/tapping-into-your-iin-community-for-resources-and-support-part-ii>
- “6 Smart Ways to Improve Self-Discipline.” Melissa Rudy for SparkPeople. February 28, 2020.
https://www.sparkpeople.com/resource/motivation_articles.asp?ID=2600
- “50 Habits Healthy Families Always Have.” Charlotte Hilton Anderson for The Healthy. February 24, 2020. <https://www.thehealthy.com/habits/healthy-habits-family/>
- “14 Simple Ways to Clean Up Your Diet.” Melissa Rudy for SparkPeople. February 21, 2020.
https://www.sparkpeople.com/resource/nutrition_articles.asp?id=2598
- “8 Ways to Lead a More Purposeful Life.” Melissa Rudy for SparkPeople. January 3, 2020.
https://www.sparkpeople.com/resource/motivation_articles.asp?ID=2566
- “7 Ways to Motivate Yourself to Cook More Meals at Home.” Melissa Rudy for SparkPeople. January 29, 2020. https://www.sparkpeople.com/resource/nutrition_articles.asp?id=2582
- “17 Ways to Prioritize Wellness When You Have No Time.” Melissa Rudy for SparkPeople. December 23, 2019. https://www.sparkpeople.com/resource/wellness_articles.asp?id=2563
- “Menopause Now: 51 Women and Their Menopause Journeys.” Mara Santilli for The Plum Online.
<https://theplumononline.com/wellness/menopause-now>
- “Why It’s Hard (But Not Impossible) to Resist Free Food.” Melissa Rudy for SparkPeople. September 12, 2019. https://www.sparkpeople.com/resource/nutrition_articles.asp?id=2518

- “Why Breakfast for Dinner Is Always a Good Idea.” Melissa Rudy for SparkPeople. August 19, 2019.
https://www.sparkpeople.com/blog/blog.asp?post=have_breakfast_for_dinner_this_week
- “Include These Ingredients in Your Lunch to Stay Energized.” Melissa Rudy for SparkPeople. August 13, 2019. https://www.sparkpeople.com/resource/nutrition_articles.asp?id=2504
- “Illuminating Books That Teach How to Develop Mindfulness.” James Jackson for Boove. May 2019.
<https://boove.co.uk/illuminating-books-that-teach-how-to-develop-mindfulness/>
- “9 Mistakes Costing You Money at the Grocery Store.” Melissa Rudy for SparkPeople. May 13, 2019.
https://www.sparkpeople.com/resource/nutrition_articles.asp?id=2480
- Body Mind Spirit Guide. April 2019.
https://issuu.com/bodymindspiritguide/docs/bmsg_2019_04_digital_issue, 31
- “9 Ways to Beat the Afternoon Slump That Have Nothing to Do with Coffee.” Melissa Rudy for SparkPeople. March 26, 2019.
https://www.sparkpeople.com/blog/blog.asp?post=beat_the_afternoon_slump
- “9 Practical Ways to Stay on Track Every Weekend.” Melissa Rudy for SparkPeople. January 2019.
https://www.sparkpeople.com/resource/motivation_articles.asp?ID=1856
- “6 Tips for Keeping Your Resolutions on Track.” Melissa Rudy for SparkPeople. January 7, 2019.
https://www.sparkpeople.com/blog/blog.asp?post=5_ways_to_keep_those_new_years_resolutions_on_track
- “9 Holiday Pitfalls and How to Avoid Them.” Melissa Rudy for SparkPeople. December 10, 2018.
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