

# LORI LINDBERGH, PhD



**Dr. Lori Lindbergh** considers herself a disruptor, innovator, and nonconformist throughout her diverse career as a registered nurse, healthcare leader, performance consultant, industrial/organizational psychologist, and now as a **Wellness Investment Strategist**.

Lori was a self-proclaimed unwell-leader for over 30 years until she experienced her wake up call and cracked the wellness code. Her new book, inspired by her journey and that of her father, a decorated WWII veteran, transforms readers into savvy *Wellness Investors* who learn to treat their health as important as their wealth using the proprietary process in her book. Until now, there has been no evidence-based framework to do so.

Lori's hope is that by helping executives and leaders live well and lead well, they will walk-the-wellness-talk and empower their people at work and home to value wellness and embark on their own journeys. They have a duty to pay it forward and make a difference in the well-being of others.

Find out more at [well-leadermindest.com](http://well-leadermindest.com) or contact Lori at [lori@loriuslifestyle.com](mailto:lori@loriuslifestyle.com). Lori is available for speaking and onsite and virtual workshops.

*"Lori is always professional, creative, and is able to solve any problem with her clients at the forefront. This book will make a great impact on the health of our leaders and teams."*

--Kathleen (Kitty) Hass, Award winning author, speaker, and consultant, Kathleen Hass & Associates

*"Lori's ability to decode complex scenarios and provide practical observations to solve their problems provides tremendous benefit to her clients."*

--Angie Brainard, EVP, Right Management

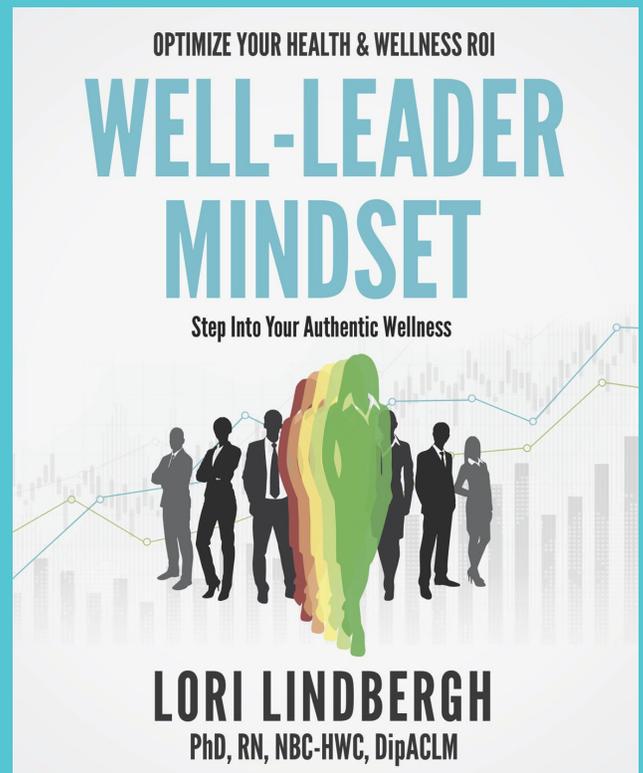
*"Lori brings the appropriate mix of expertise, direction and flexibility to her work and focuses on the Why behind the data."*

--Aaron Ellinger, VP, Organizational Development, RFSMART

*"Lori understand her client's needs and develops solutions that provide actionable results."*

--Sue Hart, SVP, Client Services, Right Management

**Change your mindset, change your life.  
Stop bankrupting your health and  
wellness! Build your health and wellness  
legacy and enhance the ripple effect to  
share your "Whealth."**



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## QUOTES & EXCERPTS

*"Experience the wealth of health and become the CEO of your authentic wellness, as I did."*

*"Stop wishing for or living someone else's health and wellness. Do wellness your way every day."*

*"Achieving authentic wellness takes consistent repetition and emotional connection; be patient so you don't become a patient."*

*"I am in the Wellness Repair Business. as with your wealth, you sometimes need a bit of wellness investment support to get back on track."*

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