

# Cheryl Herbst

Author, Podcaster, Heart Mender



## Empowering YOU to feel safe opening to love again

After suffering heartache so severe it almost took her life, Cheryl focused her pain into solving the most critical problem in most people's lives: how to secure a long term, loving relationship. After a 30-year career as a Senior Vice President of Finance, she went on to earn certifications in Counseling, Energy Healing, Hypnotherapy and NLP Mastery. She is now an author, podcaster, and relationship strategist.

Her revolutionary XO solution nurtures the very soil that relationship woes grow in, thus simplifying anyone's path to success. She continues to help hundreds of people avoid relationship failure and also to feel safe and secure opening up to love again. Her new book, *How To Keep Your X's & O's From Becoming Exes & Woes* will be released early in 2020.



## TOPICS

### Keeping Your X's & O's From Becoming Exes & Woes

How to keep that new relationship sizzle with just 3 daily practices.

Creates a desire in your partner to come home to YOU every day, year after year.

### Getting Your Needs Met With A Smile

A win-win strategy for asking in such a way that you inspire an unreserved YES.

Keeps small resentments from building up and driving a wedge into your love bond.

### Mending Vs Defending

How to understand what is behind the curtain when your partner is triggered.

Melts fighting into curiosity and compassion.

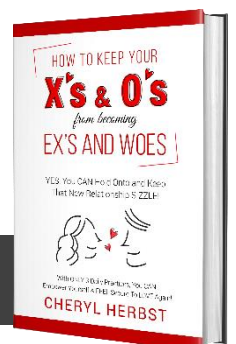
## PRAISE FOR CHERYL HERBST

*"Outstanding work. Engaging and simple to understand, highly practical and effective."*

**Mike Begala, Master NLP Trainer**

*"Very inspiring. Uses minimal words with great meaning. Has great examples and practical, effective action steps. She holds my hand through it and hones in on results."*

**George Phillip, President Phillip Solutions**



## CONTACT INFO

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