



LOW-CONTENT BOOKS THAT SELL

Module 1:

Module 1-Step 1: Identify Your Expertise

1. ****Passions and Purpose****: What aspects of wellness ignite a fire within you, both in your personal life and professional endeavors?
2. ****Reflective Experience****: When you reflect on your wellness journey, what standout moments or experiences have shaped your understanding and approach to wellness?

3. ****Unique Perspective****: In what ways does your background, training, or life experiences provide a distinct lens through which you view wellness? How does this perspective inform your practice?

4. ****Innovative Methodologies****: Consider the techniques, modalities, or approaches that you've found most effective in your work. How do these methodologies challenge conventional wisdom or offer fresh insights into wellness?

5. ****Passionate Pursuits****: Beyond your professional obligations, what wellness-related activities or pursuits do you find yourself gravitating towards in your free time? How do these personal passions influence your expertise and practice?

By pondering these questions, practitioners can gain clarity and insight into their unique expertise, enabling them to craft meaningful and impactful low-content books that resonate with their audience.