



Lissa Coffey

Lissa Coffey is a lifestyle, wellness, and relationship expert who serves up an inspiring blend of ancient wisdom and modern style. Her highly ranked website CoffeyTalk.com includes an advice column, blogs, articles, recipes and more. A bestselling author with 15+ books published. Lissa hosts the CoffeyTalk web series on YouTube. Often called the “Dosha Diva,” Lissa is world renowned as the authority on Ayurveda and relationships.

A sought-after guest expert, Lissa Coffey appears frequently on television and radio and contributes to many national publications with her insightful and compassionate approach to modern-day issues. Her e-mail newsletters are enjoyed around the world by a steadily growing subscriber base since 2004.

Social Media:

Lissa's social media influence includes more than 100,000 fans and followers.



Lissa has made several appearances on “The Today Show,” “Good Morning America,” “Inside Edition,” and other national and local TV shows. She has been featured in Glamour, Redbook and Woman’s Day magazines, among others. She’s hosted numerous Satellite Media Tours and has represented companies such as Mattel, Pier 1 Imports, Nintendo, Smuckers, A Jaron Fine Jewelry, The Better Sleep Council, and many more. She travels the world giving presentations on her “Ancient Wisdom, Modern Style” philosophy.



Lissa Coffey is affiliated with The Chopra Center, and Deepak Chopra is her mentor. Chopra says of Lissa: “Your heart will thank you for Lissa’s helpful and heartfelt vision.”



Books:

- The Perfect Balance Diet: 4 Weeks to a Lighter Body, Mind, Spirit & Space - www.PerfectBalanceDiet.com
- CLOSURE and the Law of Relationships: Endings as New Beginnings www.ClosureBook.com
- What's Your Dosha, Baby? Discover the Vedic Way for Compatibility in Life and Love www.WhatsYourDosha.com
- What's Your Dharma: Discover the Vedic Way to Your Life's Purpose
- Getting There: Simple Exercises for Experiencing Joy
- Getting There! 9 Ways to Help Your Kids Learn What Matters Most in Life
- The Healthy Family Handbook: Natural Remedies for Parents and Children
- Freddy Bear's Wakeful Winter
- Awakened Parenting: Family Life as a Spiritual Path
- Ananda: Discover the Vedic Way to Happiness and Bliss
- Bhakti: 108 Prayers of Devotion
- The Wisdom Collection: Quotes and Commentary to Cultivate Self-Knowledge
- The Four Pearls and The Four Squirrels: A Modern Fable About Happiness and Distraction
- Weight Loss and Wellness the SV Ayurveda Way: Step-Up Your Sugar and Fat Metabolism
- Song Divine: A New Lyrical Rendition of the Bhagavad Gita

Personal:

Lissa Coffey lives in Westlake Village with her husband Greg. Lissa is an Ayurvedic vegan who loves to cook. Many of her recipes are in her books and on her website. Lissa is a member of the Producer's Guild, Women in Film, SAG/AFTRA, ASCAP, and NARAS.

Full bio, resume, photos and reel:
CoffeyTalk.com/press-room



Song Divine is a double album. The songs are streaming everywhere!

All books available on Amazon.com

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