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**Rachel Swanson is a dental hygienist turned author, speaker and accredited life coach.**

She's a columnist for *QARA*, providing articles on Christian Living, Faith, and Leadership for millennials. With published video and print articles by *Family Share (100+ million followers)*, *Crosswalk*, *(In)Courage*, *MICI Magazine*, *Relevant Entrepreneur*, and more, her writing has reached millions worldwide. Her bestselling book, *Big and Little Coloring Devotional* released October 1<sup>st</sup>, 2017 and was birthed by her own struggle to keep it together as a busy mama of three children under two years old. She's also contributing author of *A Moment to Breathe* a 365-day devotional book released October 3<sup>rd</sup>, 2017 by *(In)courage*.

Rachel created a customized high-level online coaching program for faith-based women—specifically mom's—who are interested in pursuing their dream to create a business or ministry. Incorporating spiritual growth principles, scientifically-based mindset practices, stress-management principles, and basic business building tips, this program will give women the confidence they need to walk out their God-given purpose and dreams without sacrificing family and friendships. The goal with this program is to generate the next wave of faith-based mompreneurs, while encouraging lifestyle and family balance.

Rachel is a rising inspirational and motivational speaker on the following popular topics: pursuing your God-given purpose, modern motherhood, faith-based mompreneurship, and overcoming anxiety.

She obtained a bachelor's degree in pre-medicine and pursued additional schooling for a career in dental hygiene. However, after many years of scraping teeth and oral education, she journeyed on a side path of writing and speaking, which she soon realized was her greater passion. Graduate of **BLAST** (Building Leaders, Authors, Speakers and Teachers) through *New York Times* best-selling author and international speaker Shannon Ethridge, and a member of **Hope\*Writers**, Rachel has developed the tools to become successful in writing, speaking, and leadership.

Married to her husband for eleven years, they rear their tribe of three children whom they lovingly call, "Twin 1, Twin 2 and Wannabe Twin 3," in an aspiring country town just outside Los Angeles, CA. You can learn more about Rachel by visiting her website at [www.RachelCSwanson.com](http://www.RachelCSwanson.com).

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