
ABOUT THE AUTHOR



Jeff Thibodeau, NTS, LMT, APP, CST, MLA, is a Natural Therapeutic Specialist, Licensed Massage Therapist, Associate Polarity Practitioner, Core Synchronism/Cranial Sacral Therapist, and Master of Landscape Architecture. He is also an avid martial artist, fitness trainer, musician, speaker, and writer. He received his education in holistic healthcare from the New Mexico School of Natural Therapeutics and a Bachelor of Science in General Studies (1989) as well as a Masters Degree in Landscape Architecture (1992) from Cornell University. He holds a Black Belt and Instructor Certification in Shaolin Kung Fu. He is certified in Sacred Space Design and Construction and has taught numerous classes to children and adults in topics including spiritual potential, martial arts, meditation and natural history. Jeff has produced numerous reports and drawings pertaining to environmental protection and management and has authored several works regarding human health, wellness and spiritual growth. This is his first book. He was raised and resides on Cape Cod, Massachusetts.

Jeff has been deeply influenced by his intimate experiences with mental illness, chronic pain and addiction in his family as well as a life threatening broken neck at the age of fourteen and several other severe physical injuries. Combined with very loving and supportive parents and a strongly spiritual upbringing in a beautiful natural environment, he has developed a deep passion for the relationships between spirituality, nature, creativity and healing. Jeff blends these passions into his work at *Helios Cape Cod, LLC*, a center for personal and planetary healing, which has two arms - *Helios Natural Therapeutics* and *Helios Land Design*. *Helios Natural Therapeutics* provides holistic healthcare specializing in complete wellness including therapeutic massage, core synchronism/cranial sacral therapy, polarity therapy, life coaching and natural remedies in the treatment of acute and chronic conditions. *Helios Land Design* provides landscape design and planning services including sacred space design, medicinal gardens, complete landscape and planting plans, urban and regional planning, open space and recreation planning, land management and more. Jeff also regularly teaches classes in a variety of related topics including those discussed in *Be Your Best*. To learn more about Jeff's work and/or to request a speaking engagement or consultation, write to PO Box 100, Brewster, MA 02631, call 508-237-9000 or visit his website at www.jeffthibodeau.com