



We are Live & Lead, LLC. Our mission is to address the root causes of chronic diseases and poor health through personalized behavior change, enabling people to become the best version of themselves. We provide personal transformation courses that empower and equip people to transform their personal health and live their best life. Available courses below:

**Understanding weight management**  
A quick and easy course to help you understand weight management

Stephen Bowman FREE

**Understanding mental health and cognitive function**  
A quick and easy course to help you understand mental health and cognitive function

Stephen Bowman FREE

**Understanding Immunity**  
A quick and easy course to help you understand immunity

Stephen Bowman FREE

**Understanding high blood pressure**  
A quick and easy course to help you understand high blood pressure

Stephen Bowman FREE

**Maximize your lifestyle to reach and maintain a health...**  
A transformational how-to-guide that explores weight challenges, the root causes, and equips you to live your best..

Stephen Bowman \$49

**Transform your mental health and cognitive function**  
The ultimate guide to improve your lifestyle and optimize your mental and cognitive health

Stephen Bowman \$49

**Strengthen your immunity**  
A complete guide to improve and strengthen the way your body fights off illness and prevents disease

Stephen Bowman \$49

**Tackling high blood pressure**  
Your game plan to prevent or reverse high blood pressure

Stephen Bowman \$49

**Get Started Today at** [liveandleadtoday@gmail.com](mailto:liveandleadtoday@gmail.com) | 302-584-7531 | [liveandleadtoday@gmail.com](mailto:liveandleadtoday@gmail.com)

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