Ashleigh Geurin

Availability not set yet.

Appearances on record

- 130 How Nutrition Supports — or Undermines — Everything You're trying to Manifest, Stacked Intent: Your Guide to Authentic, Intentional Living, Nov 19, 2026 (Feed-stated)
- Bonus: Inspiration Is Not the Goal: How to Make a Talk, Workshop, or Retreat Actually Change You, Stacked Intent: Your Guide to Authentic, Intentional Living, Oct 26, 2026 (Feed-stated)
- 125 Food and Self-Love: How to Break Up with Diet Culture and Build A Peaceful Relationship with Eating, Stacked Intent: Your Guide to Authentic, Intentional Living, Oct 15, 2026 (Feed-stated)
- 120 Nutrition as Self-Care: How the Way you Feed Yourself Reflects How you Value Yourself, Stacked Intent: Your Guide to Authentic, Intentional Living, Sep 10, 2026 (Feed-stated)
- How to Use Nutrition Knowledge to Fuel Your Daily Energy, Focus, and Personal Progress, Stacked Intent: Your Guide to Authentic, Intentional Living, Feb 28, 2026 (Feed-stated)
- How to Nourish Your Mind, Body, and Spirit for Better Wellbeing and Personal Growth, Stacked Intent: Your Guide to Authentic, Intentional Living, Dec 18, 2025 (Feed-stated)
- Mindful Eating: How Slowing Down With Food Helps You Connect With Your Body and Yourself, Stacked Intent: Your Guide to Authentic, Intentional Living, Oct 23, 2025 (Feed-stated)
- How to Get Enough Protein in Your Diet and Why It's Essential for Muscles, Bones, and Health, Stacked Intent: Your Guide to Authentic, Intentional Living, Aug 7, 2025 (Feed-stated)
- How to Reduce Food Waste at Home and Why It Benefits Your Health, Budget, and Community, Stacked Intent: Your Guide to Authentic, Intentional Living, Jun 26, 2025 (Feed-stated)
- Rediscover Your Intentional Self: Women's Wellness Retreat in Georgia — What to Expect, Stacked Intent: Your Guide to Authentic, Intentional Living, Jun 10, 2025 (Feed-stated)
- How Too Much Sugar and Salt Affects Your Health and Practical Ways to Reduce Your Intake, Stacked Intent: Your Guide to Authentic, Intentional Living, May 30, 2025 (Feed-stated)
- The Nutritional Non-Negotiables Every Body Needs: Water, Protein, Fruits, and Vegetables, Stacked Intent: Your Guide to Authentic, Intentional Living, Mar 27, 2025 (Feed-stated)
- Simple Health Micro Habits for Hydration, Nutrition, and Daily Movement That Actually Work, Stacked Intent: Your Guide to Authentic, Intentional Living, Feb 27, 2025 (Feed-stated)
- Tax Season Prep: Essential Tips to Organize Your Finances Before April 15, Stacked Intent: Your Guide to Authentic, Intentional Living, Feb 20, 2025 (Feed-stated)
- How to Get Back on Track With Your Health and Finances After the Holidays — No Guilt Needed, Stacked Intent: Your Guide to Authentic, Intentional Living, Jan 24, 2025 (Feed-stated)

And 24 more on the page.

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Book or pitch

Book on PodSubs: https://podsubs.com/in/ashleigh-geurin/one-sheet