



Driven by a powerful calling to serve Mother Earth and her people, **Danette May inspires people around the world to step up into the true and full expression of themselves and live in to their fullest potential..** Her teachings and programs have transformed the lives of millions of people, allowing them to live their happiest and healthiest lives.

**Co-founder and CCO of Mindful Health LLC**, Danette has built two thriving 8-figure businesses in Earth Echo Foods and FitRise. **Mindful Health LLC was recognized as No.48 on the 37th annual Inc. 5000.**

Danette published her first bestseller with Hay House in 2018, and The Rise has inspired thousands to transform their lives. Her newest book, Embrace Abundance launches September 14, 2021.

In addition to her signature programs and products, and best selling books, Danette shares her wisdom and simple life hacks through **national media interviews, keynote speeches and mastermind sessions, is a regular podcast guest, and has been featured in several documentary films-alongside Tony Robbins, the Dalai Lama, Richard Branson, and more.**

You can follow Danette on social media @thedanettemay

## Short Bio

Driven by passion and a powerful calling to serve Mother Earth and humanity Danette May inspires people around the world to step up into the true and full expression of themselves. Her coaching, products, and programs have transformed the lives of millions of people, allowing them to live their happiest and healthiest lives.

Danette is the Co-founder and CCO of Mindful Health LLC, best selling author of The Rise, founder of The Rise Movement, keynote speaker, fitness and nutrition expert, high level executive coach, entrepreneur, wife, and mother.

## The Brands



Her passion and commitment to healing foods, inspired Danette to create Earth Echo Foods, the brand behind the best-selling superfood blend, Cacao Bliss, formulated from some of the world's most nutritious superfoods. With 5 products available, 14 product bundles, and more being formulated and launching every year Earth Echo is committed to their mission --we believe we are made for more, because when you feel good, you do good.

All Earth Echo is committed to sustainable farming and eco-friendly packaging, they produce the highest quality, most bioavailable products on the market.

The Fit Rise brand focuses on the three pillars of healing: healing foods, healing movement, and a healing mindset, and have supported over 1 million people globally with our programs. Danette May was named #16 on Women's Fitness' list of fitness & health leaders for 2018. While the main focus of the brand is to offer a healthy lifestyle, it is broken down into three categories: recipes, exercise and meditations.



**FITRISE365**

The cornerstone of the brand is Fit Rise Tribe, a growing community of like-minded women who turn Fit Rise into a lifestyle and community. Fit Rise provides daily recipes, meditations, and workouts all within the membership website.

## Books



### [The Rise](#)

In her first Amazon best-seller, Danette May delves deep into your soul's calling to unlock the tools to help you manifest your heart's deepest desire.

With raw honesty and shocking vulnerability, Danette shares her own radical truth and insights of self-love and forgiveness to help you manifest the fullest expression of yourself. She distills the essence of sparking your own transformation and guides you through the small daily "hinges" that will open life's doors for you. Called "an in-spiring guide for all women who are ready to rise up and lead", The Rise has maintained a 5 Star rating since launch.

### [Embrace Abundance](#)

In her latest book "Embrace Abundance"-launching Sept 14th 2021., Danette pulls back the curtain to reveal how you can do it too. Chances are, you're already good at manifesting things in your life. They just happen to be the things you don't want! Now, finally, learn how to utilize your divine gift to manifest the things you truly deserve.

Releases: September 14, 2021



## Social Media Footprint

Facebook	<a href="https://www.facebook.com/TheDanetteMay">https://www.facebook.com/TheDanetteMay</a>	1.8MM Followers
Instagram	<a href="https://www.instagram.com/thedanettemay">https://www.instagram.com/thedanettemay</a>	133K+ Followers
YouTube	<a href="https://www.youtube.com/user/danettemay">https://www.youtube.com/user/danettemay</a>	100k Subscribers
Website	<a href="https://www.danettemay.com">https://www.danettemay.com</a>	