

Skip Stein

Freelance Writer

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I am Freelance Writer with an extensive background in Information Technology combined with experience in the field of Whole Foods for Health & Wellness with a focus on Corporate Wellness. As a polymath individual I am combining these skills allows me to provide a unique service focused on Total Company Health which encompasses both Employee Health & Productivity which in turn lead to Profits.

I have written professional articles for business. I have contributed to several Health & Wellness Journals and sites for the past decade. Most recently I published my first book about surviving cancer. I work with my wife publishing books and booklets on Whole Foods and we have a 3-book series entitled "Restoring America's Health". I also recently published a photo-travel book describing our 'First Road Trip'. I design, write content and maintain some 24 different web sites. I will put links to all at the bottom of this resume.

I address employee health & wellness with proposals for Business Improvement and Corporate Wellness Programs. Combining these two areas will enable dramatic savings by reducing expenses and increasing productivity. With a focus on enterprise-wide business analytics, process improvement and profit generation, I have been a leader in the organizational challenges and approach solutions that are inclusive and that work across the entire organization.

I am now involved with Whole Foods 4 Healthy Living, our health & wellness products and services company with a focus on Corporate Health, Wellness and Productivity. My business analytical services can provide you with functional process reviews, productivity analysis focused on individuals and small-medium businesses. This includes our self-publishing where we have written and published several books regarding Whole Food Plant Based Lifestyle, and recipe booklets for organic farm foods.

I have devoted much of my time to research and learning about how Whole Foods contribute to overall Health & Wellness. As a Nutritional Holistic Cancer Survivor, I understand how lifestyle changes can impact the progression/reversal of disease. This background has provided me with an understanding how to build a healthy and vital lifestyle to support the strenuous work demands of today's executive.

Citizenship: United States of America
Education: B. S. Business/Psychology
University of Houston, Houston Texas

Keywords: Writer, Author, Copywriter, Freelance, WFPBLS, Lifestylediet, Plant-Based, Health, Wellness, Longevity, Whole-Food, WF4HL, Wholistic, Cancer, Survivor, Corporate-Health, Business-Technologist, Web-Design, Web-Content
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Sample Work

https://wholefoods4healthyliving.com	https://publishing.wf4hl.com
https://hjs-enterprises.com	https://skipstein.com
https://lifestyle.wf4hl.com	https://roadtripping.wf4hl.com
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