

# NICOLE KERR



A stylized, cursive signature of Nicole Angelique Kerr in a teal color. The signature is fluid and elegant, with a large 'N' and 'K' and a decorative flourish at the end.

NICOLE  
ANGELIQUE KERR

**Nicole Angelique Kerr, MPH, RDN, BTDT**

Eternality Advocate | National Bestselling Author | Speaker

# NICOLE KERR

## *About Nicole*

Award-winning health expert Nicole Kerr is the co-author of *Eating the Rainbow: Lifelong Nutritional Wellness—Without Lies, Hype, or Calculus*. She has appeared on CNN, PBS, CBS, ABC, the Food Channel, and a host of other TV and radio shows to share her unique perspective on wellness, lifestyle, and nutrition.



For the past 30 years, Nicole has worked in all sectors of society, including in government (the Centers for Disease Control and Prevention), non-profit (American Cancer Society), military (United States Air Force Medical Operations), academia (University of Hawaii), healthcare institutions/hospitals (Adventist Health Castle and Queens Medical Center), corporate settings (Sea Ties, LLC), and private consultation. Nicole's warm, engaging presentations have earned her a place in front of international audiences ranging from corporate food producers to health and medical associations. Throughout her career, she has focused on supporting people from every walk of life to make realistic, meaningful, happy choices for lifelong health and well-being.

When she was a 19-year-old cadet at the United States Air Force Academy, Nicole would be forced to learn how to live and love differently following a terrifying and transformative Near-Death Experience. Her memory of the crash came back 20 years later, and it has taken Nicole almost another two decades to align her soul, spirit, mind, and body, proving healing is certainly a non-linear process.

A disabled veteran, Nicole now maintains a private practice primarily using Neuro Emotional Technique (NET) targeting the often overlooked domains of emotional, energy, and spiritual well-being.

## *Why Book Nicole?*

As there are various topics with rich content that Nicole shares with audiences through a mix of her profound life experiences, fresh ideas, and humor, she merges energy and enthusiasm to embolden and empower any audience. While Nicole routinely delivers custom content, her most popular topics and questions are:

### *Suggested Discussion Topics*

- ♥ Why you shouldn't fear death. How to live your life to the fullest, by learning Nicole's death experience lessons.
- ♥ How an NDE (Near-Death Experience) can be actually an STE (A Spiritually Transformative Experience).
- ♥ The book - *You Are Deathless: A Near-Death Experience Taught Me How to Fully Live and Not Fear Death*.

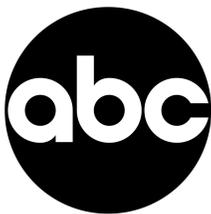
### *Suggested Discussion Questions*

- ♥ Usually, a 19-year-old girl is just starting her adult life. How was your life prior to the car accident? What were your hopes and dreams for the future?
- ♥ How did the day go prior to the accident? Where were you? With whom? What prompted you to get in that car?
- ♥ What did you feel when your body hit the ground? Did you feel you were dying? Can you describe it for us? Did you fear death?
- ♥ How was your experience between the moment that the accident happened until the point where you woke up at the hospital? Do you remember anything?

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- ♡ Why do you claim that we are all deathless?
- ♡ What were the years like after the accident? In your book you mention feeling guilty, being pointed to as responsible for what had happened by your parents. You describe yourself as anxious and depressed. Can you tell us about your healing process?
- ♡ Your story shows that we can put to death the punishing, angry God that man created. How was your relationship with God before and after the accident?
- ♡ When did you realize that your journey was about awakening to yourself and the transforming work of aligning your soul, spirit, mind, and body?
- ♡ Through your own death, you were forced to shed ascribed identities such as being a people-pleaser, to instead develop an authentic, loving relationship with yourself and God. Did something shift all at once or was it an incremental process?
- ♡ How did you decide it was the right time to write the book to tell your story? If you had to highlight one takeaway from the book, what would that be? OR What is your biggest wish with this book?

## *Featured On*



# NICOLE KERR

*A Few of Nicole's Client's She Has Spoken  
For in the Past 25 Years*

Nestlé

Dole Foods

Centers for Disease Control and Prevention (CDC)

United States Air Force (AFMOA)

Academy of Nutrition and Dietetics

American Academy of Pediatrics

American Association of Retired Persons (AARP) – Hawaii

Academy of Eating Disorders

American Cancer Society

Alberta Milk (Canada)

Ontario Dairy Council (Canada)

Universidad Autonoma de Yucatan (Mexico)

Adelaide Middle Schools (Australia)

Adventist Health – both corporate and local hospitals

Native Hawaiian Health Conference

Hawaii Association of Middle Schools

Hawaii Department of Education

Kuakini Health Systems

Nebraska Women's Health

University of Hawaii – Manoa and Community Colleges

Penn State University

Minnesota Department of Health

Oahu Family Community Leadership Forum

Job Corp-Hawaii

Alpha Phi Alumni-Hawaii chapter



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NicoleKerr.com

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## *Praise / Testimonials*

*"You are Deathless reaches far beyond those who have had NDEs to people who are having near-life experiences. Guilt, shame, what ifs, shoulds, and traumas all leave us barely living and disconnected to Source. Nicole creates lessons in her chapters that leave readers smoothly transitioning between her present voice, her memory of how her accident unfolded, and the invitations of each subsequent trauma that allowed her to develop another resource for survival. Her courageous disconnection from situations and people who caused repetitive emotional pain, her development of gratitude and peace that continues to grow, and her allowing of healing (instead of forcing) is a great example that fully living is possible after trauma."*

~ Dr. Megan Weigel

Author of *Monday Mantras with Megan* and Nurse Practitioner

*"Nicole Kerr changed my life. As a result of our work together I experienced such deep emotional healing and started seeing profound shifts in my life. Thanks to Nicole's mastery of NET I learned so much about myself and why I have been locked in a state of struggle in some areas of life, She provided a safe place for me to revisit some difficult memories and offered wise insight and perspective which proved to be instrumental in my healing. When you work with Nicole—a kind, gentle and caring soul—you'll benefit in many areas of your life. She will help you become the person you've dreamed about."*

- Christina P.

*"I really admire your fortitude. You write about very painful subjects – the accident, your parents, your upbringing – with grace and equanimity. This must have been very hard, but also very empowering and cathartic. Kudos to you for undertaking such a massive project with such grace and honesty. Your story will resonate with anyone who feels unseen, unheard or unloved in their family of origin. (And there are many!)"*

~ Karen Lefton

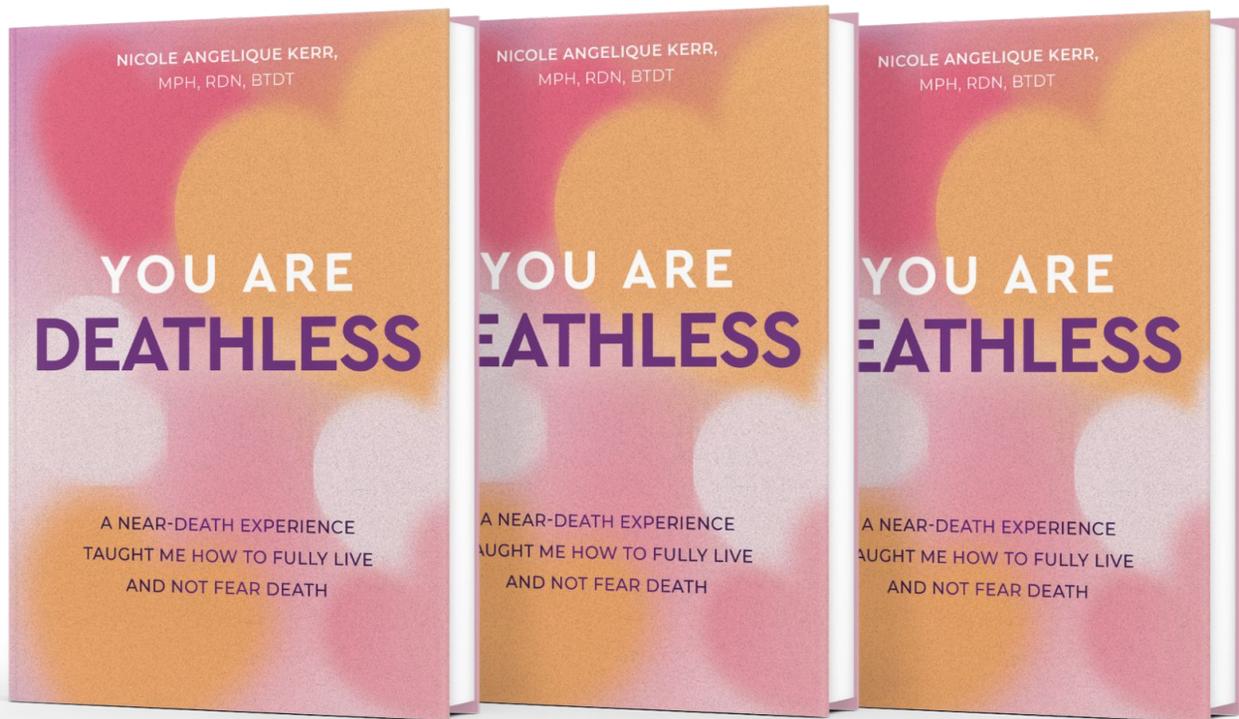
Attorney/Principal

The Lefton Group, LLC



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# YOU ARE DEATHLESS



## *The Book - #1 Bestseller*

**If death is an end, then I know for certain there is nothing final about it.**

*When Nicole Kerr hit the ground, she thought: I am going to die, yet death is not supposed to happen this way. I am just 19 years old. I still have things to do, places to go, deadlines to meet, so I cannot be dead. I don't have time to be dead. Still, I think I am. This must be death. Rays of brilliant white light flood me from all sides. Streams of light cocoon me, wrapping every part of my being in a chrysalis of soothing waves. Instead of the pain of impact, I feel rocked and held. This is bliss. No fear.*

All of us fear death. For most of us, that fear remains below the surface of conscious awareness most of the time. What is fear if not the body's reaction to the possibility of its own end? Eventually, you will die, so **why, then, does Nicole Kerr make the audacious claim that you are deathless?**

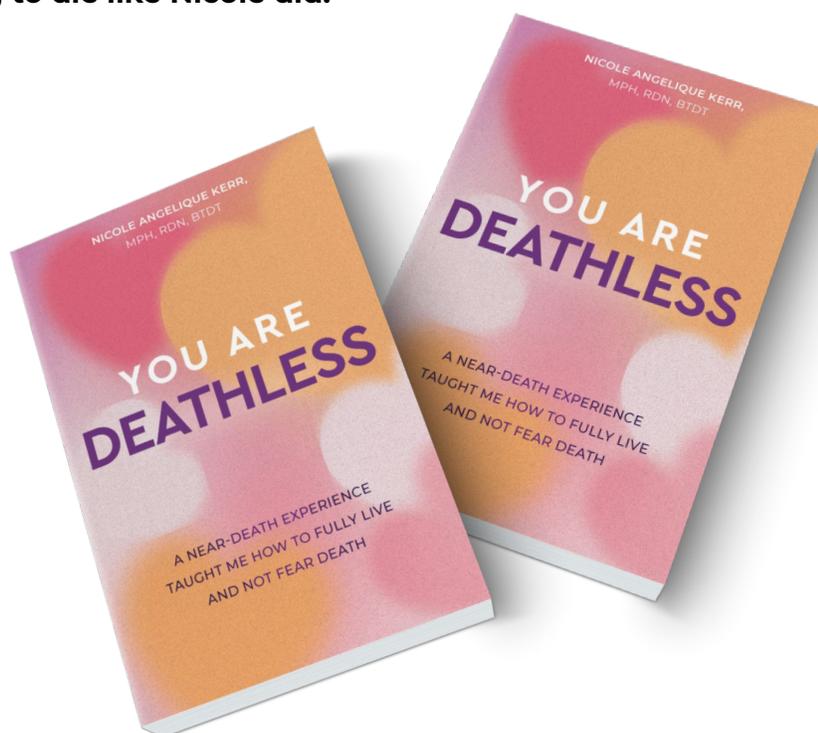
# YOU ARE DEATHLESS

In the book *You Are Deathless*, Nicole Kerr shares her journey about awakening to herself and the transforming work of aligning her soul, spirit, mind, and body. Through her own death, Nicole was forced to shed ascribed identities, such as being a people-pleaser, to instead develop an authentic, loving relationship with herself and God.

Her story proves that we can put to death the punishing, angry God that man created. This allows the beautiful God of love and acceptance whom she encountered in her own death to emerge and accompany us in day-to-day life.

Nicole beautifully presents how her NDE was actually an STE: A Spiritually Transformative Experience. This aligns with the ten most common NDE lessons (*Source: IANDS 2020 Annual Report*), the first of which is *We do not die*. Nicole has persevered through enormous suffering and pain to create the life she now loves.

Nicole has seen what awaits you at the end of this life because she's been there, and she can assure you that it's a new beginning more beautiful than you can now comprehend. A good death begins today, and with it, a great life. Through Nicole's death experience, you can learn how to live your life to the fullest. **You can engage in your own metamorphosis without having to die like Nicole did.**



# YOU ARE DEATHLESS

**TITLE** – You Are Deathless

**SUBTITLE** – A Near-Death Experience Taught Me How to Fully Live and Not Fear Death

**NATIONAL BESTSELLING AUTHOR** – Nicole Angelique Kerr, MPH, RDN, BTDT

**PUBLISHER** – With New Eyes Publishing

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**SUGGESTED RETAIL PRICE FOR PAPERBACK** – \$14.99 = \$18.99

**SUGGESTED RETAIL PRICE FOR ELECTRONIC** – \$7.99 - \$11.99

Available for purchase on [Amazon](https://www.amazon.com) globally. Retailers may purchase through Ingram globally.

**BOOK SIZE** – 6.14" x 9.21" (15.6 x 23.39 cm)

**WORD COUNT** – Approximately 63,000

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**AMAZON** – [You Are Deathless](https://www.amazon.com)

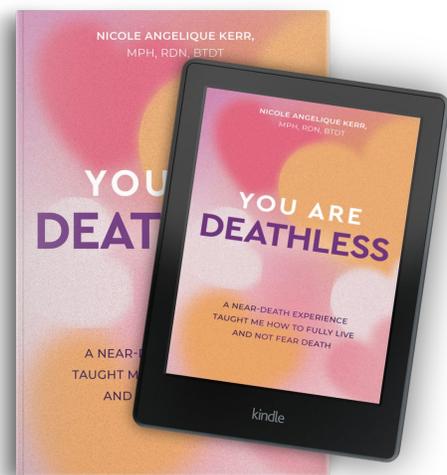
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**A Near-Death Experience Taught Me  
How to Fully Live and Not Fear Death**

## **Spiritually Transformative NDE Lessons That are Life-Changing**

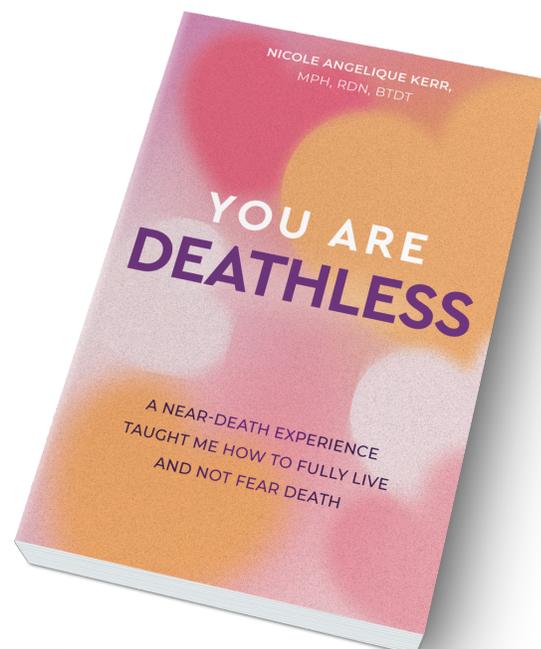
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Nicole Kerr is an award-winning health and wellness expert. Throughout her 30-year career, she has focused on supporting thousands of people from every walk of life to make realistic, meaningful choices for lifelong health. As a 19-year-old cadet at the US Air Force Academy, Nicole went through a transformative NDE. Her pursuit of improving her own health led her to inspire others to reach the overlooked domains of emotional, energetic, and spiritual well-being.

**To Learn More Visit:  
[www.NicoleKerr.com](http://www.NicoleKerr.com)**