

Thank you for the opportunity to write copy in the form of product descriptions for your business.

In today's online web of shopping, comparing, reading reviews, and making choices on the best possible products and services, it can be difficult to call people's attention to your products and services. My hope is that these product descriptions will help assist you in growing your audience, targeting your perfect customer, educating them, making sales, and further building your business.

I believe your mark in this world has value and many people can (and will) benefit from what you are doing.

Below you will find your product descriptions, along with some suggestions to help increase SEO for this webpage. If you have any questions, or would like to request revision, please email me at ...

Keywords: Mom guilt, holistic, motherhood, being a mom

Possible Meta Descriptions:

- Make wellness a priority...Realign mind-body connection...nutritional, mindset, and lifestyle shifts...Ditch the mom guilt...holistically...
- Mom Guilt Survival Kit...shift nutritional...dietary habits...holistic approach...accomplish goals...Reduce stress...mind-body connection...

Possible Slugs:

- mom-guilt-survival-kit
- mom-guilt-survival-course
- Mom-guilt-survival

Additional Suggestions for Overall Copy:

- Adding at least one internal link (such as a link to another course) will increase SEO rankings.
- Adding at least one image, and even better, 2-3 with Alt Text will increase SEO rankings. You can add an image to the heading of the product page. Depending on your theme, you may be able to add relevant images for each of the modules that are on the sidebar. This will make the product and each of the course module more enticing.
- In speaking about the modules, you have listed in the sidebar, I suggest writing brief (one sentence) descriptions of each of them. And as you do this, consider using your keywords in the sentence descriptions. If you want, I can help you through this too, but I will need more detail on what info you cover for each course.
- Using at minimum an 18 pt font size will make this copy easier to read and skim through

Additional Notes Regarding the Copy:

- The copy highlighted in gray should be a button on the description page where prospects can click to add the button to their cart.

Where's My Copy? See below

\$199.99

The Mom Guilt Survival Kit

Dear Overwhelmed and Over-Burdened Mothers,

Are you ready to make a change?

Make your wellness a priority...Realign your mind-body connection...Make the nutritional, mindset, and lifestyle shifts necessary...Ditch the mom guilt and discover how to holistically balance your relational responsibilities as a wife, mother, and friend so you can show up and be your best self without compromising your health and wellness.

Give me the Mom Guilt Survival Kit

- Discover how to effectively shift your nutritional and dietary habits.
- Start eating healthier with a holistic approach to diet and nutrition.
- Breakthrough roadblocks that hinder your growth.
- Set and accomplish goals that keep you motivated and hopeful.
- Reduce your stress and increase your joy.
- Gain the mental strength to show up as the best version of yourself.
- Find the balance to be more present with your family and loved ones.

The Mom Guilt Survival Kit is complete with 8 modules:

Work at your own pace from start to finish. Finish with lifestyle habits that foster holistic health and wellness.

1. Start with a **Welcome Video**
2. A brief explanation of balances vs. imbalances, or **Primary Foods vs. Secondary Foods**
3. Let's talk for a minute about **Limiting Beliefs**
4. Everything you need to know about **EFT Tapping** and how to implement it
5. Discover and practice **Guided Meditations**

6. **Plant Based Recipes** you will love
7. A **31-Day Journal for Moms**
8. Finally, your **Small Steps to Health Guide**

Yes! I want the Mom Guilt Survival Kit