



LIFESTYLE COACH **jam**

Unlock Your True Potential

JOHN ALLEN
MOLLENHAUER

John Allen Mollenhauer known as [Lifestyle Coach “JAM”](#) is a High-Performance Lifestyle® Coach and Founder of REGENUS CENTERSSM Phone: 973-535-8750 East Hanover/Florham Park NJ.

JAM works with professional men—entrepreneurs, business owners, executives at midlife, to resolve their hidden lifestyle challenges causing exhaustion and fatigue so they can restore, and manage their energy for high performance, achieve their goals and thrive.

The professional men he works with have relentless demands on their time and energy, have reasonable control over their time, are willing to be coached despite what they already know and are willing to take actions in real time to accomplish lifestyle objectives towards their goals.

He is the founder of Performance Lifestyle® Inc—a leading-edge training and coaching practice that inspires, educates, and supports men on how to recapture the zest and zeal they use to feel by develop High-Performance Lifestyle’s, so they achieve even their most ambitious goals without burning out or trading their health for success and living with an extraordinary quality of life.

Hundreds of clients have been inspired by JAM to optimize their lifestyles for energy, health, and better performance.

One of the first benefits clients experience is up to 4 more robust, high-performance hours each day.

JAM offers a [free ebook](#), Become a Healthy High Achiever Who Thrives. You can learn more about Lifestyle Coach JAM [Here](#).

