



Media Kit

Aneta Mildiani

Relationship coach, author of over 12 books, founder of The HEART Formula® and Mildiani Training Center™.



- [!\[\]\(31b03e46ee8a80a1f1467b8c03bd76e8_img.jpg\) AT A GLANCE](#)
- [!\[\]\(7d9665ff04f9d2270c38081c6215a724_img.jpg\) BIO & VISION](#)
- [!\[\]\(7cea648fec4dfc1e99934873e9173b69_img.jpg\) PRESENCE & EXPERTISE](#)
- [!\[\]\(48ceb66414885cacc3f139b4fa359213_img.jpg\) THE HEART FORMULA®](#)
- [!\[\]\(01a1fc700f38e6e09ee62e6a9c54d804_img.jpg\) MILDIANI TRAINING CENTER™](#)
- [!\[\]\(833c1865792a2399365d8193854ceab7_img.jpg\) CONTACT](#)
- [!\[\]\(5b4802b5ab32e2afe0a3214e088c55e2_img.jpg\) DOWNLOADABLE ASSETS](#)

Updated: 12.2025



At a Glance

A globally recognized relationship coach, bestselling author, creator of The HEART Formula® and a leading voice in redefining modern relationships through timeless values and science-based psychology.



12 published books on love, attraction and relationship psychology

Creator of the internationally recognized coaching method
The HEART Formula®

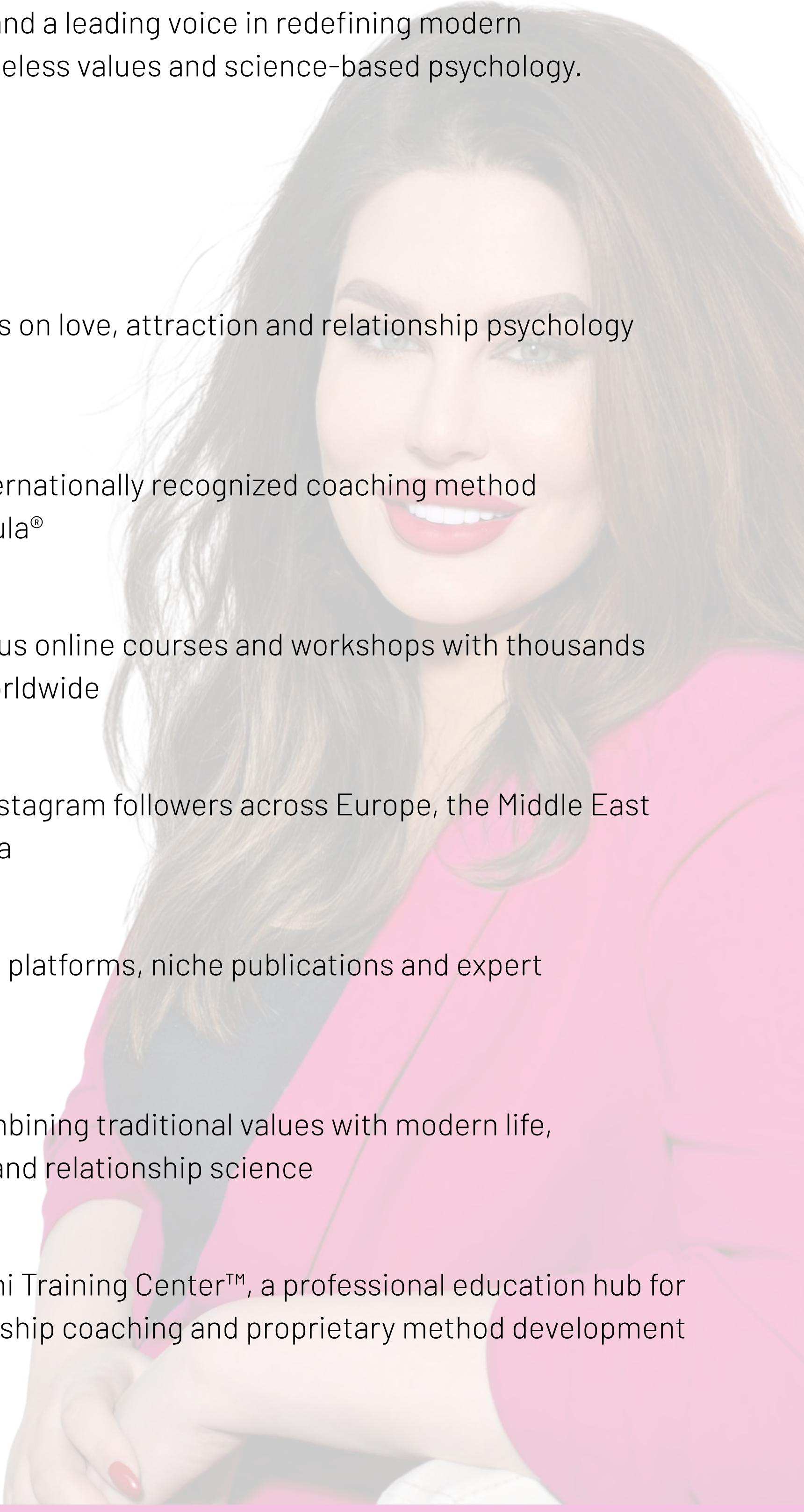
Author of numerous online courses and workshops with thousands
of participants worldwide

Nearly 900,000 Instagram followers across Europe, the Middle East
and North America

Featured in online platforms, niche publications and expert
collaborations

Specializes in combining traditional values with modern life,
feminine energy, and relationship science

Founder of Mildiani Training Center™, a professional education hub for
advanced relationship coaching and proprietary method development



Bio & Vision

Aneta Mildiani is one of the most distinctive and influential voices in modern relationship coaching. Author of 12 published books, creator of the internationally recognized The HEART Formula® method, founder of Mildiani Training Center™ and a mentor to women across Europe, the Middle East and North America, she combines timeless values with advanced psychology to help women rebuild feminine energy, identity and ability to love in a healthy way again.

With a global following of almost 900,000 on Instagram, her voice reaches an audience that craves unfiltered truth over popular trends.

Aneta Mildiani is an internationally recognized relationship and feminine energy strategist, author and educator. Over the past years, she has written 12 books and created a portfolio of numerous online courses and workshops that have impacted the lives of thousands of women worldwide. Her programs merge classical relationship frameworks with scientific insights from psychology and neuroscience, offering a direct, results-driven approach to love and personal growth.

Her flagship method, The HEART Formula®, is a base to books, courses and 15-week intensive coaching experience designed to transform emotional dynamics, restore harmony and reignite authentic attraction.

Aneta's work reflects years of immersion in advanced studies of relationship psychology, human behavior and communication, combined with her professional background as the founder of successful medical aesthetic clinics - businesses built for women and with women. Her unique perspective attracts private clients, media interest and collaborations with industry leaders.

Today, with an Instagram community approaching 900,000 followers, her reach extends to audiences on multiple continents. She is increasingly sought after for expert commentary, in-depth interviews and exclusive coaching for women who refuse to settle for less than exceptional relationships.

Presence & Expertise

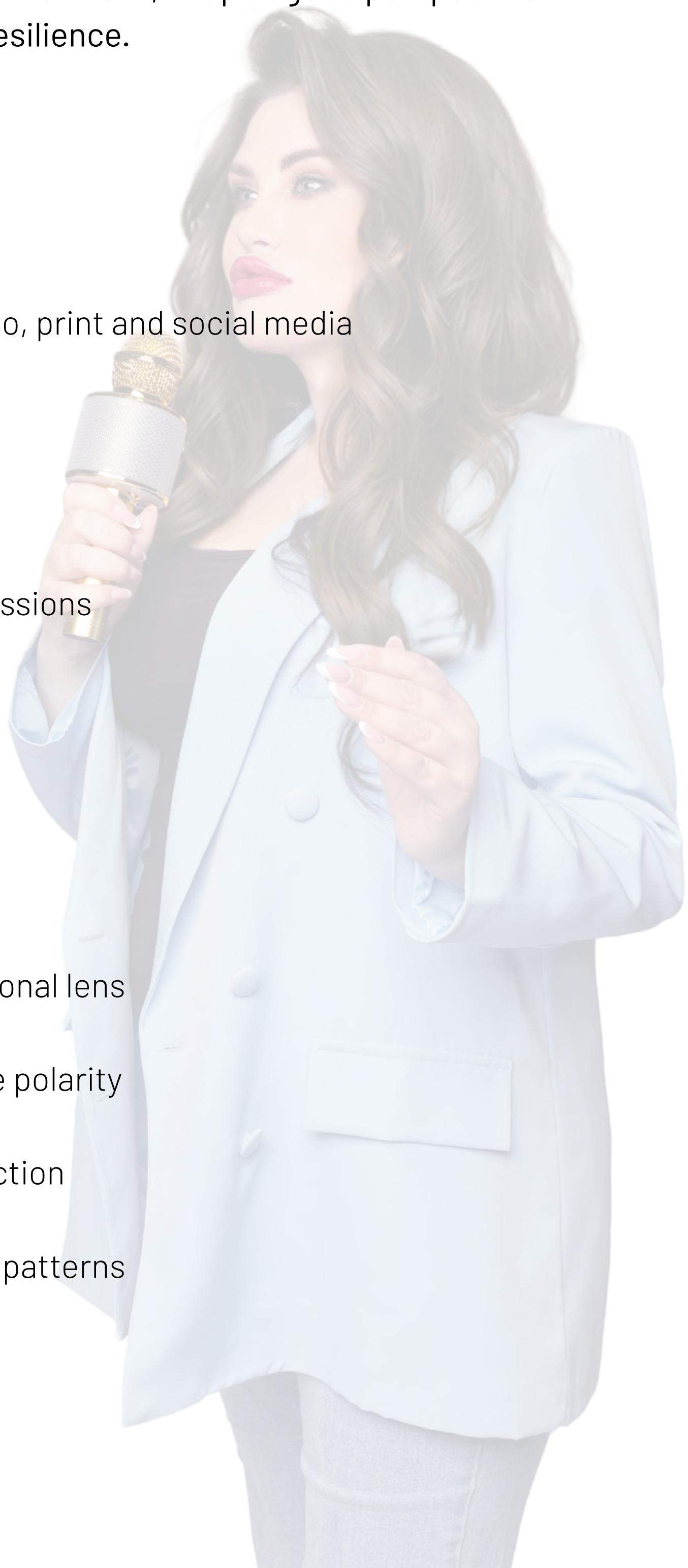
Aneta's insights have been highlighted across online platforms, niche publications, and collaborative events. She regularly partners with content creators, coaches and brands to deliver fresh, unapologetic perspectives on love, attraction and emotional resilience.

Available for

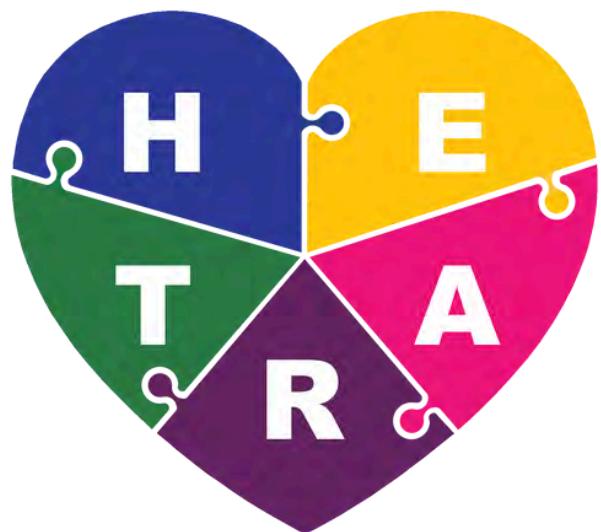
- Expert commentary for TV, radio, print and social media
- Interviews (live or recorded)
- Podcast guest appearances
- Panel discussions & keynote sessions
- Guest articles & op-eds

Core topics

- Modern dating through a traditional lens
- Feminine energy and masculine polarity
- The science of long-term attraction
- Breaking free from destructive patterns
- Love in the digital world



The HEART Formula®



- ♥ HARMONY
- ♥ EMPATHY
- ♥ AFFECTION
- ♥ RESPECT
- ♥ TRUST

Created by Aneta Mildiani, **The HEART Formula®** is a comprehensive relationship framework refined over years of research, advanced psychological study and hands-on work with clients across the globe. It distills the most consistent patterns behind relationship breakdowns into five essential pillars: Harmony, Empathy, Affection, Respect and Trust.

Rather than addressing surface-level conflicts, **The HEART Formula®** targets the underlying dynamics that erode connection – unspoken needs, unresolved wounds and emotional misalignment. Its structure blends evidence-based strategies with a deep understanding of human behavior, providing clear, actionable tools to restore balance, rebuild trust and create enduring emotional bonds.

Far more than a single coaching program, **The HEART Formula®** underpins Aneta's entire body of work – from her books and professional training for other coaches, to her workshops, online courses and private consulting.

This methodology has been applied successfully with individuals and couples worldwide, earning recognition for its measurable results and long-term impact.

By combining classical relationship principles with modern psychological insights, **The HEART Formula®** has become a respected reference point in contemporary relationship coaching and is a proven system for transforming fragile connections into resilient, fulfilling partnerships.

Mildiani Training Center™



Created by Aneta Mildiani, **Mildiani Training Center™** is a professional education center focused on raising the standards of modern coaching through rigorous training, proprietary methodology development and advanced practitioner preparation for coaches who require precision in their professional practice.

Mildiani Training Center™ teaches an evolving range of methodologies developed by Aneta Mildiani, including **The Soma Code™**, **The Marital Compatibility Assessment™** and the primary program **The HEART Formula®**. Additional systems are introduced as the curriculum expands, ensuring that the center remains aligned with contemporary research and coaching needs.

The center also offers business development programs for coaches building or scaling their practices, providing strategic models for long term stability and ethical service delivery. These programs integrate brand positioning, client acquisition systems and sustainable practice design.

Mildiani Training Center™ serves as the foundation of Aneta Mildiani's professional work. It unifies her research, methodologies and educational activity with the aim of advancing coaching as a discipline defined by precision, responsibility and evidence informed methods that create meaningful and lasting outcomes.

Contact

Aneta Mildiani is available for select media appearances, including in-depth interviews, expert commentary and thought-leadership contributions for TV, radio, print and digital outlets. Her commentary brings a distinctive voice on modern relationships, feminine energy and the psychology of attraction.



For all media-related inquiries, including interview requests, expert commentary, and access to high-resolution images or official press materials, please use the contact information below:



info@anetamildiani.com



For speaking engagements – from keynote sessions and high-profile conference panels to exclusive private events – all invitations must be submitted via the official request form. This ensures every event is aligned with Aneta's expertise and maintains the high standards of her brand. Only approved requests will proceed to booking confirmation.



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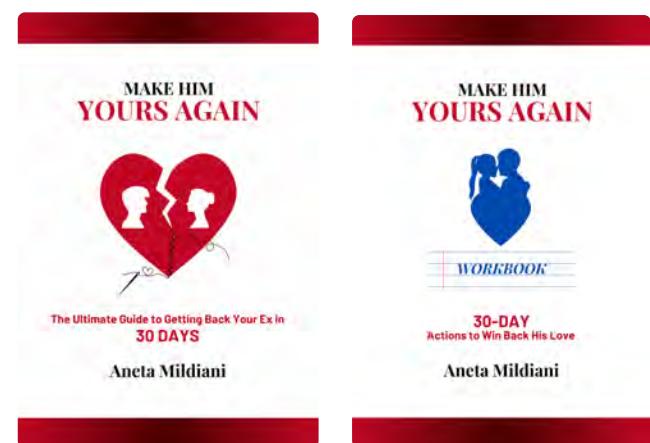


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Books & Workbooks Covers & Captions

MAKE HIM YOURS AGAIN: THE ULTIMATE GUIDE TO GETTING BACK YOUR EX IN 30 DAYS



Are you heartbroken and yearning for your ex to come back into your life? You're not alone and I'm here to help you! In this book, I'll share with you my personal insights and proven strategies that have helped countless women like you regain the love they thought they lost. This isn't just a guide; it's your roadmap to reclaiming happiness, love and the relationship you deserve.

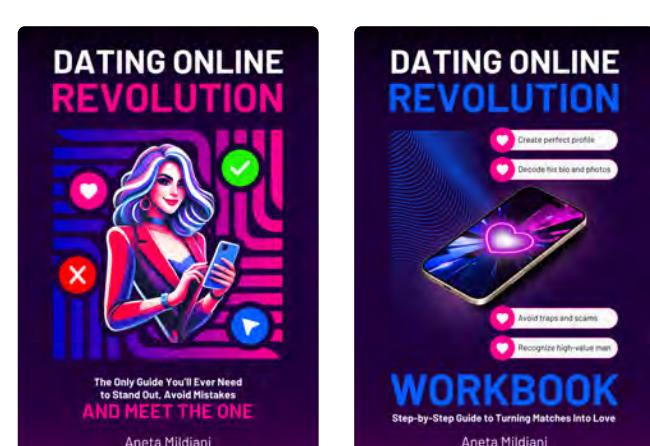
EBOOK COVER



WORKBOOK COVER



DATING ONLINE REVOLUTION: THE ONLY GUIDE YOU'LL EVER NEED TO STAND OUT, AVOID MISTAKES AND MEET THE ONE



Unlock the secrets to online dating that no one else will tell you. This groundbreaking step-by-step guide hands you the tools to turn swipes into genuine connections and matches into lasting love. Discover the hidden strategies to stand out, avoid the traps that keep most women single and finally attract the man who's truly worthy of you. Don't let another opportunity pass you by - this is your moment!

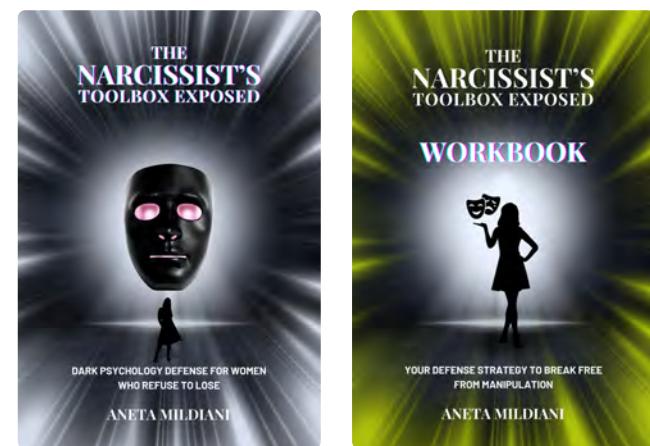
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THE NARCISSIST'S TOOLBOX EXPOSED: DARK PSYCHOLOGY DEFENSE FOR WOMEN WHO REFUSE TO LOSE



This is your no-fluff survival guide to emotional manipulation, dark psychology and narcissistic control for women who are done playing nice. You'll uncover 32 brutal techniques used by toxic partners to keep you hooked, helpless and doubting your own reality. You'll learn to spot manipulation before it starts, protect your sanity, rebuild your confidence and hit back with calm, calculated strategy.

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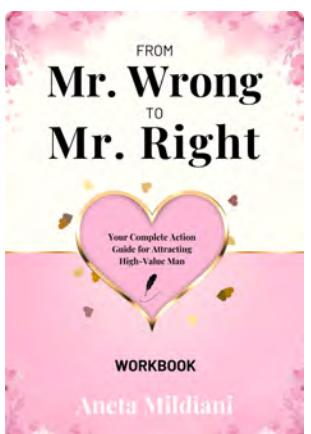
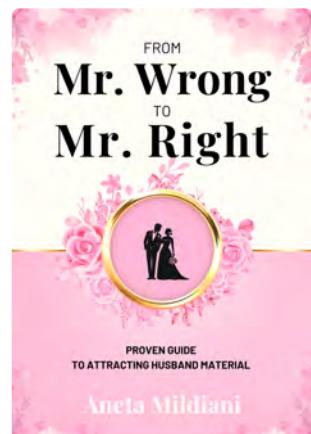


WORKBOOK COVER



Books & Workbooks Covers & Captions

FROM MR. WRONG TO MR. RIGHT: THE PROVEN GUIDE TO ATTRACTING HUSBAND MATERIAL



If you've ever found yourself choosing men who aren't ready, available or serious, this book will end that cycle. It reveals the patterns that keep women stuck with the wrong partners and teaches the psychology behind attracting the one who's emotionally mature, committed and truly husband material. Structured and deeply strategic, this guide is a roadmap to the kind of relationship that turns into a lifelong commitment.

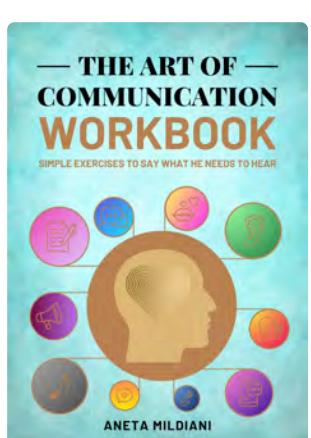
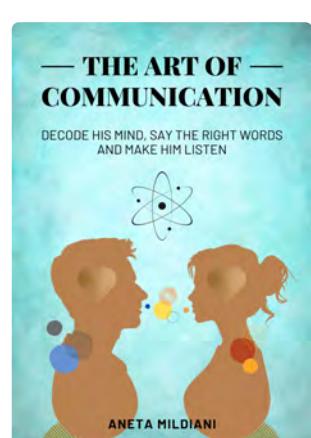
EBOOK COVER



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THE ART OF COMMUNICATION: DECODE HIS MIND, SAY THE RIGHT WORDS AND MAKE HIM LISTEN



This powerful guide shows you how to speak so your man truly hears you. It teaches you exactly what to say and how to say it, so he opens up, stops shutting down and starts responding with love, focus and emotional presence. Whether he pulls away, avoids conflict or just doesn't listen, this book gives you the words and strategies to shift the entire dynamic in your favor.

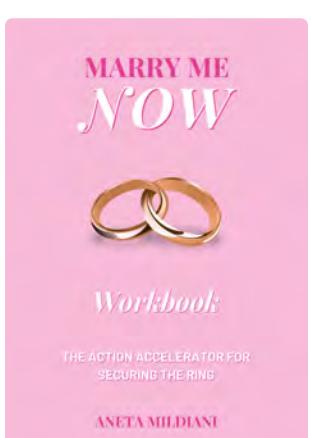
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WORKBOOK COVER



MARRY ME NOW: SKIP THE GAMES AND MAKE HIM POP THE QUESTION IN RECORD TIME



Stop wasting your time wondering if he'll ever propose. This book holds the secrets to unlocking a man's commitment, making him take action faster than you ever thought possible. Packed with strategies that work on any man, it's your ultimate guide to turning hesitation into a proposal. Secure the love, stability and future you deserve. This is your fast-track to the ring.

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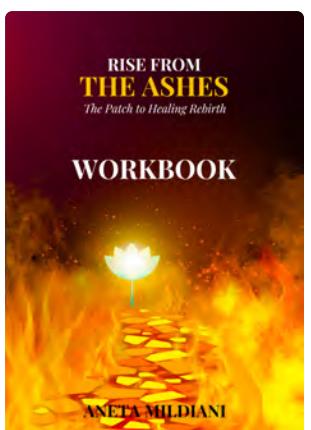
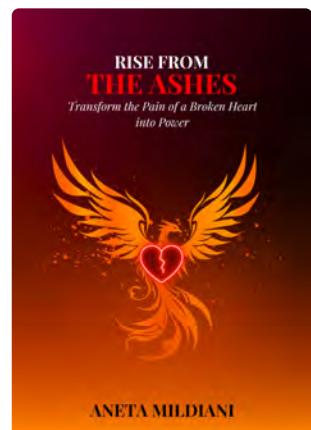


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RISE FROM THE ASHES: TRANSFORM THE PAIN OF A BROKEN HEART INTO POWER



What if your heartbreak is the wake-up call you never knew you needed? It's your key to reclaiming your life, breaking free from toxic patterns, rebuilding confidence and transforming heartbreak into greatest strength. This is your chance to turn devastation into power, pain into clarity and confusion into the life you were meant to live. But act now, because every day without any action is another day stuck in the past.

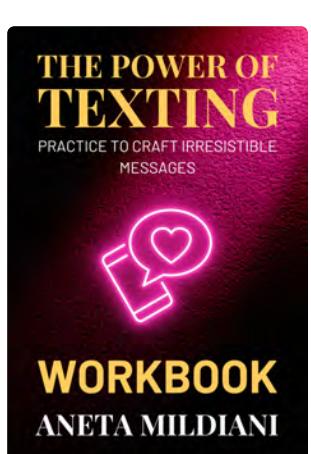
EBOOK COVER



WORKBOOK COVER



THE POWER OF TEXTING: TURN YOUR WORDS INTO HIS OBSESSION



This is your guide to making texting feel magical. Whether you're starting something new or trying to bring life back into your relationship, the way you text can change everything. Inside, you'll find simple yet powerful techniques that turn ordinary messages into something a man can't forget. No more guessing what to say or feeling invisible. You'll learn exactly how to spark desire and keep him genuinely engaged.

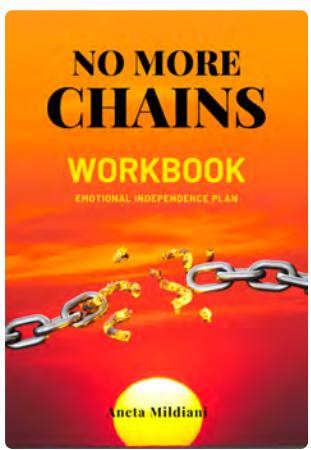
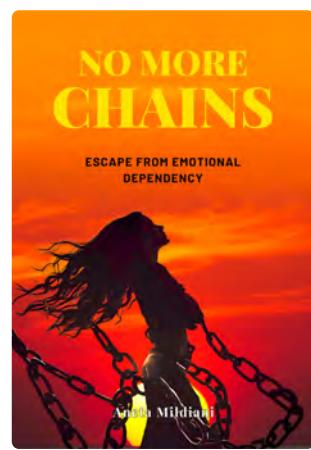
EBOOK COVER



WORKBOOK COVER



NO MORE CHAINS: ESCAPE FROM EMOTIONAL DEPENDENCY



If a man can control how you feel, he controls your life. This book tears down the invisible grip emotional dependency has had on you for years. It shows you why you've been stuck, why you couldn't walk away and how to cut the cord for good without guilt or waiting. You'll never beg for love again. You'll never lose sleep over a man who didn't deserve you. And once you read this, going back won't even be an option.

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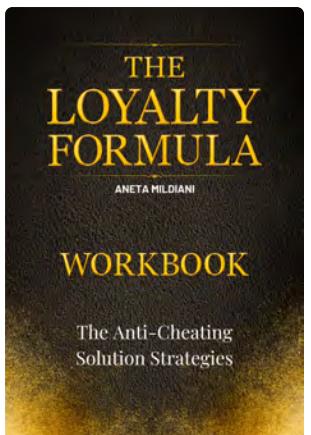
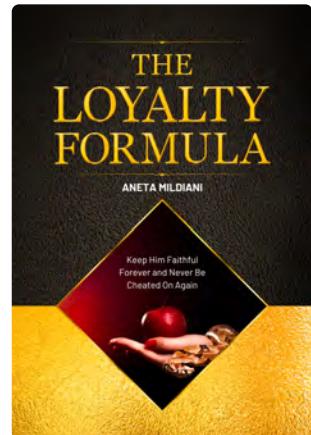


WORKBOOK COVER



Books & Workbooks Covers & Captions

THE LOYALTY FORMULA: KEEP HIM FAITHFUL FOREVER AND NEVER BE CHEATED ON AGAIN



Stop wondering if your men will ever stay loyal. This book reveals the psychological triggers that make cheating not only unlikely, but unthinkable. With strategies designed to make you unforgettable, irreplaceable and emotionally untouchable, this guide arms you with the tools to keep him obsessed, devoted and terrified of losing you. Make him choose you every time, no matter what!

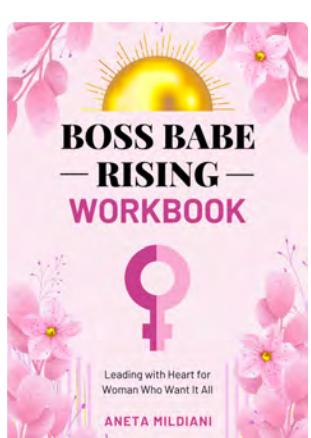
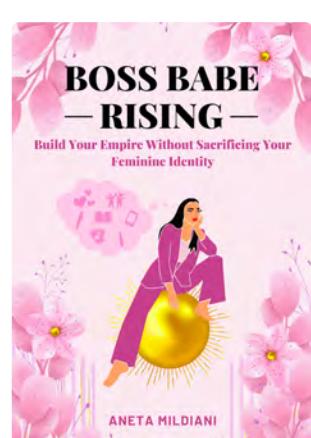
EBOOK COVER



WORKBOOK COVER



BOSS BABE RISING: BUILD YOUR EMPIRE WITHOUT SACRIFICING YOUR FEMININE IDENTITY



You don't have to choose between building a successful business and staying deeply feminine. This book gives you practical strategies to grow your career without sacrificing your softness, elegance or emotional intelligence. Learn how to organize your day, manage your image, navigate male dominated spaces and maintain meaningful relationships. All while feeling confident and attractive.

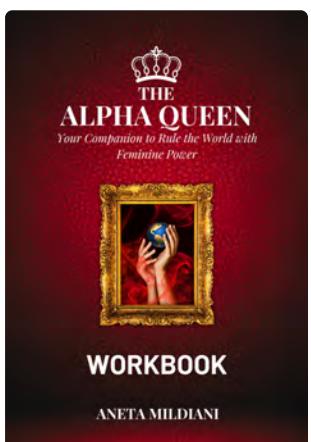
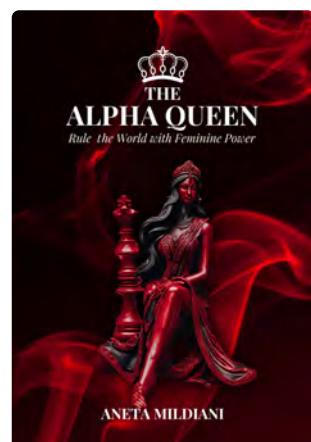
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THE ALPHA QUEEN: RULE THE WORLD WITH FEMININE POWER



Do you ever feel like you're on the sidelines, watching others effortlessly shine? It's time to change that. This transformative guide is your key to becoming the woman everyone notices - the one men can't stop thinking about and women admire endlessly. Unlock the secrets to radiating confidence, captivating effortlessly and creating the life you've always dreamed of. If you're ready to become unforgettable, this is where it begins.

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