

CF

Christine Forman

UNBOUND



Leaning into life with heart and humor every step of the way



ABOUT CHRISTINE FORMAN

"One morning, I woke up and didn't recognize the woman I had become. I felt like I was trapped in a bad sitcom: stuck in a job that didn't excite me, checked out of a marriage and buried under a mound of debt I had created. I was the queen of mediocrity."



Christine is a passionate **life enthusiast** and a firm believer in the boundless potential of the human spirit. With a journey marked by resilience, profound self-reflection, and constant rebuilding, Christine embodies the power of perseverance.

A **registered nurse** with a **Master's degree in nursing**, Christine initially entered the field out of necessity and survival, rather than mere career choice. Along the way, she became an **MS Warrior**, embracing the challenge of Multiple Sclerosis with strength and determination. With an unwavering mindset, Christine chose to define MS not as a limitation, but as "my something"—an opportunity to overcome and thrive.

As the founder of **Unbound Living**, Christine is also the creative force behind **The Unbound Kitchen**, a cooking series that explores the intersection of food, life, and everything in between. A dynamic **speaker and workshop leader**, she captivates audiences with humor, honesty, and heartfelt authenticity. Additionally, Christine has aspirations of becoming a **New York Times Bestselling Author**, firmly believing in the power of putting one's dreams into the universe.

"I've learned that life is about turning setbacks into comebacks. I'm here to help others do the same."





“Unbound is what happens when you stop settling in life... it’s the space between who you are and who you were meant to be.”

Unbound is about exploring the limitless possibilities of our own human potential. To truly understand who you are and why. You can’t rip out the pages, but you can take back the pen and become the author of your own story. Unbound promises to captivate audiences with its unique blend of storytelling, insight, and inspiration.

[Click here to listen](#)



UNBOUND KITCHEN

UNBOUND KITCHEN

Here's to food that heals you. Here's to a life that inspires you. Here's to being Unbound!

Unbound Kitchen blends Christine’s unique storytelling with knowledge of anti-inflammatory foods for recipes with a dash of sass, a pinch of humor, and food for your soul! In her videos, she walks you step by step through each recipe explaining the anti-inflammatory properties of each ingredient, all while creating delicious foods.

[Click here to watch](#)



MOST RECENTLY FEATURED IN...

[Click here to read the article](#)

NY WEEKLY MAGAZINE

[Home](#) [Entrepreneurship](#) [Business](#) [Marketing](#) [Investing](#) [Tech](#) 

Top 20 Inspirational Women To Look Out For In 2025

Christine Forman

For nearly 15 years, Christine Forman has dedicated her career to patient care – first as a nurse and later as a leader within a premier medical organization. A lifelong enthusiast for growth and transformation, she felt the pull towards a new chapter and answered by creating Unbound – a platform dedicated to helping individuals break free from limitations and embrace their full potential. “If Seinfeld was the show about nothing, Unbound is the conversation about everything.”

Christine blends the wisdom of lived experience with energy, heart, and humor. Through her podcast, coaching, and passion for anti-inflammatory cooking, she inspires others to understand not only who they are, but also why. “You can’t rip out the pages, but you can take back the pen and become the author of your own story.” From keynote stages to kitchen counters, Forman's on track to become the next powerhouse in personal transformation.



FEATURED IN..

Forbe's Entrepreneur of Impact



In 2025, Christine was named a quarterfinalist in the Forbes Entrepreneur of Impact competition, a nationwide contest recognizing innovators and changemakers who are making a powerful difference in the world. Selected from thousands of applicants, Christine's work with Unbound Living stood out for its mission to help people break free from limitations and rediscover who they were meant to be - through mindset, food, and meaningful work.

New York Weekly Magazine



Christine was honored by New York Weekly Magazine as one of the Top 20 Inspiring Women to Watch in 2025, recognized for her dynamic voice and empowering approach to personal transformation. Christine blends relatable storytelling, real-life reinvention, and anti-inflammatory living to help others step into their full potential. Her ability to connect and inspire earned her a spot among an elite group of women making waves in health, mindset, and modern leadership.

Sanctuary Magazine



Christine was a featured guest on Coffee and Conversation with Sanctuary Magazine, where she offered approachable insight into the foundations of anti-inflammatory living. The conversation explored a range of wellness topics -- from risks associated with alcohol consumption to the surprising health benefits of coffee, to the science behind intermittent fasting. With her signature mix of knowledge and down to earth persona, she helped demystify wellness and inspire sustainable change



UNBOUND

with
Christine Forman



**NAMED ONE OF NY
WEEKLY MAGAZINE'S
TOP 20 INSPIRATIONAL
WOMEN TO WATCH
FOR IN 2025**



Topics of Expertise

TOPICS OF EXPERTISE

- Midlife reinvention & second-act success
- The correlation between mindset and food
- From nurse to nationally recognized change maker
- Anti-inflammatory living that's real and relatable
- and so much more!

“Here’s to second acts, bold moves, and showing up Unbound”

-Christine Forman



ChristineForman.com



hello@christineforman.com



[Instagram: @christineforman](https://www.instagram.com/christineforman)



[Youtube: @FormanUnbound](https://www.youtube.com/@FormanUnbound)

