



Praise for Kelly's book:

Stallings' does a wonderful job of presenting a unique approach to long term weight management. The book is brilliantly organized and each concept is reinforced throughout. I think more physicians should recommend this book to their patients seeking a healthier lifestyle.

-Ricardo Salinas, MD (Harvard Medical School trained physician)

Awesome Book! This is a great book. I have referred friends to it. Simple ideas, but put into action. Great for all ages and especially if you and a group of friends want to do it together... great for group motivation!

-K McGrady

Great Book! I absolutely loved this book!! Kelly does a great job of getting the readers involved and motivated to lose weight. After reading her book I have applied the practical weight loss techniques to my everyday life.

-Angela Stephens

Practical advice and customizable plan! I've been on many diets and programs to lose weight but after losing weight on each one, the pounds kept coming back. This book was fun to read and offers practical solutions and ways to get the weight off and to keep it off for good. I recommend this to anyone looking to lose some weight or to maintain the weight that they've already lost.

-B Huddleston

Think Thing To Live Thin - What A Valuable And Practical Resource For Anyone That Has Struggled With Healthy Lifestyle Issues! Although this book offers information that anyone that has struggled with healthy lifestyle issues (weight, activity, etc...) has probably heard before, it is presented in a way that makes it easy to adapt "tiny little changes" that can have a major impact. Plus, it addresses another key to addressing these issues for good - your MINDSET! I highly recommend this book as a great tool to 1) get started 2) stay motivated 3) keep motivated 4) put "slips" into the proper perspective and get back on track with a healthy life!

-Anonymous Barnes & Noble customer rating

Kelly's book offers an easy to follow step-by-step program that has you feeling more positive and motivated in no time! One step builds on the other so you do not feel overwhelmed and you start to finally realize "I can do this!" Many people can lose weight, but staying motivated to keep it off tends to be the real challenge. The key is changing the way you think and Kelly's book can teach everyone how to take the right steps!

-Cherie Burch, Area Manager, Curves - SW Group



Testimonials

Praise for Kelly speaking

Kelly spoke at the 4th Annual Women's Empowerment Conference. She was absolutely amazing. She was funny and presented her information in a way that others could understand it. By far, she received the most positive comments out of all of the speakers at the conference. She is great to work with and offers a hand to help in any way that she can. I strongly recommend working with Kelly. She will exceed your expectations!

-Shantera Chatman

Founder & Executive Director

Annual Women's Empowerment Conference, Inc

Kelly participated in a UMR team building event for health coaches by sharing training on health provider self care. Her training was engaging, informative and kept the team thinking about the importance of self care for the remainder of the event. Kelly shared practical techniques that could be immediately implemented for self care. Her training was beneficial to my team, and the feedback from the team was "a great speaker", "she got me thinking" and "wow...very empowering techniques". I highly recommend her as a trainer.

-Maria Montoya, MA

UMR Care Management Services, Supervisor

Kelly was our Featured Speaker at our 8th Annual Red Hat Literacy Luncheon in March, 2011. She talked about thinking positive every day and, for many of our adult learners at the luncheon, this was an inspiration for them. We have heard from these learners who have said they are saying something positive to themselves each morning which makes their day so much better. She had everyone (over 400 individuals) in the room focused on her and her positive thinking. I was pleasantly surprised that even our Celebrity Waiters (all men) were listening intently to Kelly's suggestions. I highly recommend Kelly as a speaker. She is very entertaining and has some great suggestions for living positively.

-Dale Pillow

Executive Director, Adult Reading Center

From observing Kelly as a motivator for women I knew she'd be an excellent fit for the FEMALEPOWER Conference. She's honest, hard working, and a true inspiration for any woman wanting to take claim of her personal power to win in business and in life. I feel privileged to know her and look forward to a growing relationship.

-Naima Singletary

Founder, FEMALEPOWER Conference



Praise for Kelly speaking

Kelly Stallings spoke to my members at Curves during a member appreciation event. The members really enjoyed and got involved with Kelly's presentation. Kelly's interactive presentation allowed my members to really understand the importance of cognitive thinking and I could really see some "light-bulb" moments happening for many of them. One of my members shared with me a week later that she was feeling more focused and motivated after using her CD just a handful of times.

-Cherie Burch, Area Manager, Curves - SW Group

'Thank you for a humorous and well thought out speech at the Houston Area Council. I love it when we can admit that we laugh at ourselves as well as the putting life into perspective. Thanks again, you're an inspirational speaker!'

-Kim Gebron

Professional Organizer

Kelly Stallings is a dynamic speaker who spoke to our group on the topic, "Managing Stress for a Healthy Mind." She held the group's attention for the duration of her talk and engaged our members with funny anecdotes and helpful information. Her professional and confident approach was perfect for our group of business women.

The members could easily apply her stress-relieving tips into their daily business and personal lives. The speaker feedback from the group was high with several positive comments like, "Great speaker!", "Fabulous", and "Would like to hear her speak again and expand on the topic of stress." I would highly recommend Kelly to anyone looking to book a competent, interesting speaker!

-Janine J. Moore, Program Chair

Northwest Houston Business & Professional Women

Kelly spoke to our Montgomery County Association of Business Women on July 28, 2009 on the topic of "Common Sense Skills for Weight Loss and Weight Management." She is a dynamic speaker who offered relevant, organized information. She included many mental techniques that our members could easily apply to their daily lives. She held the group's attention through her enthusiasm and anecdotes. I highly recommend Kelly as a speaker on the unique topic of cognitive behavioral techniques for weight management.

-Carol Gooch, Founder & Executive Director

Montgomery County Association of Business Women

www.mcabw.org



Praise for Kelly speaking

Kelly was a guest on my show and share some great insights with my listeners. I also was able to experience a one on one coaching session with Kelly which was insightful, strategic and helped me to identify behavior and develop a plan that could increase my overall healthy and well-being. The session was fun and empowering.

-Constance Arnold

Host, Law of Attraction Talk Radio

www.loaradionetwork.com/constance-arnold.html

I highly recommend Kelly as a speaker. Kelly's comfortable speaking style kept my Isagenix team engaged and interested. She gave us a general Life is Mental training over the course of 8 weeks teaching us her mental techniques for weight loss and management. Kelly used many stories and examples to help people really apply these new techniques easily into daily life. She added medical literature, which she explained in plain English, to support the use of her techniques. Kelly's mental weight loss training is totally compatible with the health coaching I do in my business and offers me new options for business development. Her book offers a structure that I can easily help my clients follow for increased weight loss success.

-Bobbi Mattson, Executive

Isagenix International