



Kelly Stallings, PhD, LPC  
*Psychotherapist, Author, Speaker*

Life is Mental: Think Thin to Live Thin



Kelly Stallings is a licensed psychotherapist with a PhD in Natural Health. She is the author of *Life is Mental: Think Thin to Live Thin*, the simple solution for addressing the mental aspect of weight loss. Since 1994, she has worked with people to create significant changes in their life including increased overall physical health by teaching the appropriate uses of cognitive behavioral techniques for healthy living. She has extensive experience training medical professionals on the appropriate uses of cognitive behavioral techniques for client's healthy living.

As a serial entrepreneur, Kelly has more than 15 years of experience in sales, team development and customer service. Big business or new business, Kelly's cognitive behavioral strategies are a must for growing your business and your team. The competitive edge is the mental edge!

Kelly's book and training have been featured on several television news shows, radio shows and popular magazines like American Baby and Success for Women. She is a dynamic speaker who quickly engages the audience and puts them at ease with her warm, 'no fluff' personality.

To invite Kelly to speak at your event, contact us at 281-330-0096 or email [info@lifeismental.com](mailto:info@lifeismental.com)

Connect with Kelly  
[www.LifeIsMental.com](http://www.LifeIsMental.com)  
[Facebook.com/lifeismental](https://Facebook.com/lifeismental)  
[twitter.com/lifeismental](https://twitter.com/lifeismental)  
[YouTube.com/KellyStallings](https://YouTube.com/KellyStallings)