



Kelly Stallings, MS, LPC
Author, Speaker, Psychotherapist

Life is Mental: Think Thin to Live Thin



Kelly Stallings is a licensed psychotherapist and 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. Kelly's book and training has 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. Connect with Kelly on Facebook and twitter to receive her Life is Mental tips and techniques.

To invite Kelly to speak at your event, contact us at 281-330-0096 or email info@lifeismental.com

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