

Lisa Lieberman-Wang

#1 BESTSELLING AUTHOR * KEYNOTE SPEAKER * RELATIONSHIP & BREAKTHROUGH EXPERT

FOR MEDIA INQUIRIES:
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Lisa is the author of the #1 internationally bestselling book *FINE to FAB. ((F'd up, Insecure, Neurotic & Emotional...fine) to FAB.*

Her 7 Secrets to overcoming self-sabotage makes it simple and attainable to live a more peaceful and empowered life now. Lisa is co-creator of the neuroscience, Neuro Associative Programming and Licensed Master NLP Practitioner and Trainer. As a relationship and emotional health breakthrough expert she has helped

clients avoid years of shame, blame and therapy with a proven model to heal faster. Helping thousands of people worldwide, including herself, overcome lifelong emotional challenges with depression, anxiety, stress, self-sabotage, fat shaming, emotional eating, alcohol, sexual abuse and compulsive shopping with her proven **7 Secrets to FAB model**. Emotional pain and “stinkin’ thinkin’” do not have to hold you back any longer. Lisa leads by example and lives her life implementing the 7 Secrets of FAB for inner peace and power. Lisa shares her personal stories with men and women and has dedicated her own life to helping others find that same freedom through her programs and seminars.



“Study this book as if your life depended on it, because it already may. Lisa Lieberman-Wang is an expert at helping people follow her path from fine

(F'd Up, Insecure, Neurotic & Emotional...fine) to FAB. Her 7 Secrets to overcoming self-sabotage makes it simple and attainable to live a more peaceful and empowered life now. ”

-Raymond Aaron, New York Times Bestselling Author of *Chicken Soup for the Parent's Soul*



Lisa is the **most experienced emotional, mental health and wellness speaker available** to address the deeper issues behind self-sabotage that may be hurting your psyche and even your bottom line. With Lisa, nothing is impractical. She gets **past the “why” to the “how”** so listeners can apply her strategies for immediate results. Lisa gives you the **tools, inspiration, and network to create success on your own terms.**

As Seen On:



Lisa's Interactive Presentations

All presentations can be adapted to a keynote, workshop or retreat.

7 Secrets to FAB



As Lisa's most sought after seminar, 7 Secrets of FAB is time-tested to teach you **practical strategies to stop self-sabotaging in a simple, step-by-step approach.**

You will learn how to:

- achieve a happier, more productive life right away,
- balance personal needs with life at work, home, in your relationships, or in multiple aspects of your life,
- take control of your life and feel empowered to start living the authentic, fulfilled life you deserve
- stop subconsciously hold yourself back,
- recognize the choices in your life and the true power you have over them, and
- discover why you *are* enough, no matter where you are at in your life in this moment.

The Happiness Advantage



In this popular corporate seminar, Lisa shows you **the clear link between your brain's psychology and performance.**

Discover :

- why the "common knowledge" that if you work harder, you will be more successful and happier is scientifically backward,
- how training your brain to be positive at work actually fuels greater success,
- the reason 75% of your job success is predicted not by intelligence, but by your optimism, social support network, and ability to manage energy and stress in a positive way,
- what positive psychology really means on a practical level, and
- straight forward strategies to achieve a happy state in the midst of change and challenge.

Other popular presentations include:

The Power of No * How to Be the Best You Can Be * 3 Musts to Increase Performance, Productivity & Profitability * Go for the No's * Taking Imperfect Action is True Perfection * Loving Yourself, No Matter What You Weigh * Healthcare Crisis: Making Employees Healthier * Leadership: Leading by Example



Lisa is a keynote speaker that is always in **high demand with organizations, companies, charities, and other groups**, because of her practical, inspiring, and authentic approach to changing the way people feel about themselves. She is a powerful leader who has **inspired over 120,000 people** around the world through her interactive live presentations.

In addition to speaking and teaching groups, Lisa also offers life-changing transformational programs for individuals. Visit her website at www.finetofab.com for more information.

Contact Lisa to book her for your next speaking event!

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