

Learn To Love The Body That You Live In!

“If Suzy is talking about it today, you can be sure the rest of the country will be talking about it tomorrow.” - *The New York Times*

Suzy Prudden Brings Positive Changes To Audiences World-Wide!

Program Titles

- Success Is an Inside Job
- Energy Secrets for Tired People on the Run
- Make Peace With Your Body
- Women in Power
- Women in Change
- Jump Start Weight Loss - 101 things you need to know for successful weight loss
- How to Get What You Want Where You Are
- You Can't Get There From There
- Permission to Dare

Suzy Prudden's best selling books

- Suzy Prudden's Spot Reducing Program
- Suzy Prudden's Fit For Life
- Change Your Mind, Change Your Body
- Metafitness: Your Thoughts Taking Shape
- Starting Right
- Suzy Prudden's Exercise Program For Young Children
- I Can Exercise Anywhere
- See How They Run
- Suzy Prudden's Family Fitness
- (new) Suzy Prudden's Itty Bitty Book Series



SUZY PRUDDEN, internationally acclaimed speaker and workshop/seminar leader, has been energizing audiences since 1965. Suzy is the founder of Suzy Prudden Presents, a division of Unlimited Possibilities, Inc. and former Clinician to the President's Council on Physical Fitness and Sports. She teaches women how to change their bodies and their lives from the inside out. Her motto is: "If you want to change your life, you have to change your mind." Suzy gives you the tools and the know how to feel good about yourself and to have the body and the life you want.

Sample of Speaking Clients

- Arco Petroleum
- California Employment Development Company
- Dupont Corporation
- Effective Change Consultants, The Haag, Holland
- International Federation of Hypnotists (Received 2005 Life Achievement Award)
- New York Life Insurance Co.
- President's Council on Physical Fitness & Sports
- Vorst Impuls, Holland, France, Germany, Portugal, Switzerland

SAMPLE



“In order to heal your relationship with your body, you have to go inside. The answers are all in Suzy Prudden's work.”
- Oprah Winfrey

What If The Person You Always Wanted To Be Is Already Hiding Inside Of You?

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