



Stress expert and Energy Coach, Cindy Kubica will help you understand the link between the mind and body, and how it influences behavior, balance, and health. Since 1982 Cindy has motivated thousands of people across the country and internationally to reach a higher standard of excellence by showing them how to re-energize their attitude and move beyond stress management to energy management. After all, stress is energy and can be negative or positive.

Cindy is a Whole Health Educator and Fitness Trainer. She is the author of two best selling audiobooks, *In Search of Normal: Moving Life from Chaos to Clarity*; and *Fit to Communicate: Strength Training for Your Attitude*. Bound books include, *Career Compass for Women*, and *I Want a Love Story to Happen to Me*. Cindy is active in the National Speakers Association and was presented with the Member of the Year award for her accomplishments as president of the Tennessee chapter. She is the co-owner of a commercial photography studio and an inventor. When Cindy's not traveling the roads, she's running the roads; participating in everything from 5k's to marathons. (Check her website for current races.)

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