



CINDY KUBICA

Speaker • Author • Show Host

Solving the Human Energy Crisis.

www.CindyKubica.com

www.EnergizedLivingToday.com

Cindy Kubica (Koo-bee-ka) Biography

Cindy Kubica is a stress expert, whole health energy coach, and the host of **Energized Living Today** telesummit series. As a speaker, Cindy helps audiences across the country and internationally understand the link between stress, the mind, the body; and how it influences behavior, productivity, relationships, energy level, and ultimately our health

Cindy is the author of two audio books; *In Search of Normal: Moving Life from Chaos to Clarity*, and *Fit to Communicate, Strength Training for Your Attitude*; and three bound books, *Career Compass for Women*, *I Want a Love Story to Happen to Me*, and *Motivation: Up Yours, Here's How*. She is also the co-owner of a commercial photography studio with photographer Farris L. Poole.

Cindy and Farris are currently working on a photographic study to show how stress reveals in the face and how positive lifestyle changes can reverse it.

In her spare time, Cindy enjoys spending time with her two grandchildren, Sara and Chase; and running everything from 5k's to marathons with her husband Gary.