

JAN SHEPHERD

Transformation from the Inside Out

Born and raised in Southern California, Jan has studied the art of transformation for over twenty years. During her life, she yo-yoed from a size 2 to a size 32, trying every diet invented. She finally realized that diets don't work. They mainly produce more weight, guilt, and shame.



Jan shed 200 pounds and lives a transformed life based on self-love and self-awareness. For the last five years, she has dedicated her life to helping others. As a transformational guide, Jan works one-on-one and speaks before large and small groups.

Transform Yourself

- Obesity is the second leading cause of death in the United States.
- 90 percent of dieters gain back more weight than they lost.
- Surveys show more than half of adults in the United States are on a diet.

"To promise not to do a thing is the surest way in the world to make a body want to go and do that very thing." -Mark Twain

Imagine opening your refrigerator without guilt or shame. Imagine having dinner with friends, where your only thought is the fun you are sharing, not the calories you might consume. Imagine eating only to nourish your body—not to punish yourself.

Speaking topics include:

- Stressed Spelled Backwards Is Desserts
- The Heaviness You Feel Is Not You (Your Beliefs Are What Weigh You Down)
- The Secret Is No Fault, No Shame, No Blame
- Stay True To Yourself (Self? What Self?)

See For Yourself

"Throughout my profession and personal life, I've placed great value on two principles: integrity and wisdom. Jan Shepherd has them both."

—Frank Price, Former President and Chairman, Columbia Pictures

"Jan Shepherd is one of the most astute, authentic, experienced facilitators I know. Her ability to see the issue beneath the challenge area is phenomenal. She walks her talk and personal transformation is absolutely the name of her game. Anyone who gets to spend time with her will benefit enormously from the experience."

—Debbie Robins, Founder, scoreBIG

"I have known Jan for many years and have been moved by her transformation, inner and outer. The wisdom she has gained through this journey will be a gift to anyone who chooses to counsel with her."

—Arianna Huffington, author, and Editor in Chief of The Huffington Post

"Jan Shepherd has the unique gift of bringing clarity and focus in those areas where we all can get "stuck." She is a transformer; Jan Transformed her life and she can do it for you too!"

—Shelley Reid-Vice, President, Scripps Network, Inc.

For booking information or to schedule a consultation

call 310-666-2555 or e-mail JANSHEP@aol.com.

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.

—Ralph Waldo Emerson