

# Allyson Lewis

## Biography and Introduction

### Introduction

**What if you could unlock your Purpose, Knowledge, and Passion... in just 7 minutes?**

Allyson Lewis believes...

**CHANGE HAPPENS IN AN INSTANT™.**  
**It happens the moment you DECIDE to change.**

Her book:

***The Seven Minute Difference: Small Steps to Big Changes***

was written to help people rediscover the sheer joy and excitement of their daily work and life. Change really does happen in an instant, it happens the moment you decide to change.

Allyson is married to Jonesboro attorney Mark Lewis. He is an instructor of law at Arkansas State University. They have two children, Abby (11) and J. Mark (9).

Since 1984, Allyson has worked for a major New York brokerage firm. Like many of us in the audience she knows what it is like to work in the same job for over 20 years. Allyson found herself asking questions like:

- How can I be more productive?
- How can I do a better job for my clients?
- How can I really be different tomorrow than I am today?

In seven minutes, Allyson's life changed forever. Today she shares with us exactly what happened to her and how it can happen to you.

Welcome Allyson Lewis!