

## Allyson Lewis Short Print Bio

“Phenomenal.” “Dynamic.” “Energetic.” “Rare breed.”

Allyson Lewis is a best-selling author and speaker. Her enthusiasm is believable and contagious. You will be entertained and enthralled at the same time. Audiences across the country have left with their hearts pumping and their brains full of concrete ideas that can be immediately applied to their daily lives.

***Your “7 Minute” Revolution: Breakthroughs for Busy People:*** In as little as **“7 Minutes”** a day you can clarify your goals, improve your time management, and create repeatable systematic processes to achieve your dreams. A combination of mindset and skill set “7 Minutes” workshops deliver the “Why” and the “How” in a package that you can enthusiastically implement into your daily life.