

Amy Dee Intro

Let me begin with a few questions...

Do you sometimes think about how relaxing it would be if you were in jail right now?

Do your friends call to ask how you've been, and you immediately scream "GET OFF MY BACK!" ?

Do you wake up because your bed is on fire, but go back to sleep because you just don't care?

If you answered yes to any of these questions, you are in the right place!

Our speaker today understands the craziness of change and challenge because she's lived through them.

She is Psychiatric RN, who spent nine years working in an acute care behavioral health hospital. She spent ten years living in Norway where, in addition to learning to speak Norwegian and eat lute fish (Lou ta fisk) she started a successful million dollar a year business. She's been a single mom, an avid dieter, and a stand up comedian.

When she is not working, she crocheting to avoid cleaning the house.speaker, author and lover of all things chocolate...Amy Dee.