

# Teri Secret

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Inspirational Speaker  
Best Selling Author  
Certified Wellness Coach

## Speaking Topics

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### You Can Live Your Best Life at Every Age

Teri shares her secrets to vibrant health and vitality! Learn how to thrive at any stage of life.

### The Joy of Living

Explore how to infuse joy into every aspect of your life, transforming the mundane into the extraordinary.

### Healthy Body, Healthy Business

Discover the profound connection between personal wellness and professional excellence with Teri Secret. Learn strategic insights on enhancing both physical health and business success and how to truly thrive without striving.

## Teri's Bio

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Teri Secret empowers individuals to live their best life at every age through the power of daily habits and joy. Teri is a celebrated international speaker, best selling health author and founder of Eating for Life. With over 35 years of wellness experience.

Known for her dynamic presence and engaging speaking style, Teri has dedicated her career to inspiring individuals to achieve their full potential in health and business.

Her approach combines live speaking with powerful weekend seminars and personal mentoring to create life long change.



“... privileged to have had her as our keynote speaker for the Healthy Living Conferences in Singapore and Malaysia -- the attendees loved her!”

Karen Conjeho  
General Manager, Singapore

“... a favored guest on our television program, Everlasting Love ... keeps her audience captivated ... motivating presentation ...”

Patricia King  
Host Everlasting Love, God TV

“... six-city speaking tour on natural health throughout Japan ... a huge success! ... enthusiastic, professional ... taught the connection between eating healthy and being more successful in business. I highly recommend Teri!” ”

Nozumo Shinriki  
General Manager, Japan

## Contact Teri

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