



If you think you need change in your life, take this course and coach with Adria Firestone. My life has changed completely. You will not regret it; I can promise you that.

Armanda Cerqueira, Academic Counselor, Rutgers University, Newark

With Adria's help, I was able to escape a toxic relationship, complete a master's degree, and move up in my career. I dare anyone who is ready for real change in their lives to work with this trailblazer, you WILL NOT be disappointed!

Milagros Gonzalez, ME, Music Educator | Director | Choreographer

The Life Design Formula led to my dream job, a new lease on life, marriage and my name on the title of my new home. Adria, thank you with my whole heart and soul.

Karoline Huenergardt, Director, Health Services

Firestone

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YOU ARE THE ARTIST OF YOUR LIFE & THE LIFE DESIGN FORMULA

Wake up, Sleeping Beauty! Have you awakened in the middle of your life wondering where all your dreams went? Suppose YOU are the knight on the white horse you have been waiting for? Discover a powerful formula that gives you the tools to design a fulfilling life with radiant health, thriving relationships and abundant prosperity

Adria's topics are both inspirational and practical, and tailored to your needs. Topics are based on her best-selling, Five Star Reader's favorite, book and journal, *You Are the Artist of Your Life*. Topics include:

THREE KEYS TO DESIGN A LIFE YOU LOVE

Have you awakened in the middle of your life and wondered where all your dreams went? You are about to discover a formula that puts the power to redesign & reinvent your life in your hands. Ready for a life makeover? No waiting, it's here.

ENERGIZE YOUR LIFE ONE BREATH AT A TIME

Breath is a transformational tool for everyone. Learn how to use breath to lift depression, accelerate recovery, energize your body and control the stress that creates illness. From sickly, asthmatic child to award-winning, internationally renowned opera singer - what saved Adria's life was the magic and power of breath!

MAKE SPACE FOR THE LIFE OF YOUR DREAMS

Downsized? Are you retiring, divorced or widowed? It's time to clear your stuff and change your life. Release what no longer serves you. Reframe the transition from one stage of life to another and focus on designing a fulfilling new chapter and clear the way to vibrant health for mind, body and spirit.



FORMATS

Keynotes
Webinars
Workshops
Retreats

MEET ADRIA

Adria Firestone is a certified Rapid Change Coach with strategies to transform your life. She is a personal development expert who survived innumerable challenges and evolved into a passionate teacher. You will walk away from a session with Adria with a clearer view of your life, a new vision of what you want and the action steps needed to make your goals reality. Adria has worked with clients around the globe for more than 20 years. She is a speaker, author and educator. Adria is a leading consultant for personal and professional development. Adria was an award-winning singer and actor in opera and music theater for over 25 years. Her credits range from her world-renowned Carmen in Bizet's opera to *Family Guy*. For our troops in Desert Storm, from Shanghai to the Pacific Rim and from Cairo to Canada, Adria has performed throughout the world.