

Dana Lewis



STRESS EXPERT
NUTRITION HACKER
SPEAKER
HOST, STOP FAKING FINE PODCAST

“Dana is so real and relatable and lit up the room with her energy! Her perspective was eye-opening on so many levels.”

Brooke Thomas, CEO, Live Out Loud

Dana Lewis empowers people to stop ‘faking fine’ with a focus on stress management, mindset mastery, and your microbiome.

When her husband and father of three sons died unexpectedly of cancer a month after he was diagnosed in 2013, Dana was nearly overcome with grief and the mental weight of raising a family alone.

The road back to a full life started at horrible and got stuck at OK until she learned how to live life on her own terms. Her customized coaching programs, workshops, and speaking engagements help others see there is a better way to live that doesn't require faking anything, especially joy!

Dana combines personal experience, science, and a little humor to show people how to make simple, sustainable changes in their daily habits that lead to major improvements in their quality of life.

Favorite Topics

- How to go from Settling to Soaring •
 - Stress Resilience •
 - Managing Your Mindset •
- Surrounding Yourself with BIG Visions •
 - Starting Over •
- Your Microbiome: The Missing Link to Combating Anxiety, Depression, Weight, and Inflammation •
- Habits That Sabotage Your Success •

Get in Touch

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