



Conquer self sabotage for lasting change with Dr. Debi Silber

Debi Silber, PhD, President/CEO of Debi Silber Companies, LLC. and founder of www.PBTInstitute.com, and www.DebiSilber.com is a recognized health, mindset, empowerment, and personal development expert. She's a speaker, coach and author of the Amazon #1 Bestselling book: *The Unshakable Woman: 4 Steps to Rebuilding Your Body, Mind and Life After a Life Crisis*, *The Unshakable Woman-The Workbook* (the companion guide to the book) as well as 2 books recommended by Brian Tracy, Marshall Goldsmith, Jack Canfield and many more.

Dr. Silber has contributed to FOX, CBS, The Dr. Oz show, TEDx, The Huffington Post, Shape, Self, Health, Working Mother, Forbes, Psychology Today, WebMD, Yahoo Shine, Ladies Home Journal, MSN, Woman's World, and Glamour, to name a few. After researching and conducting a PhD study on how women experience betrayal from a family member or partner, Debi has discovered a predictable and proven process taking women from betrayal to breakthrough. That process, coupled with 27 years of health, mindset and personal development training and coaching, enabled her to create a multi-pronged approach to help people heal (physically, mentally, emotionally, psychologically and spiritually) from a life crisis.

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