

# Denny Norris



Dessert First takes you to the edge and encourages you to be outrageous and uncomfortable... to explore what keeps you stuck. You will have the tools to place the past in the past where it belongs, and create your new future with passion.

In this book, and in her seminars, Denny reveals some of her most intimate experiences to convey a powerful message of living in to the future you choose. She courageously opens her life of struggles and triumphs without holding back in order to capture the audience... always with a bit of humor.



Denny grew up on a farm in Colorado. She experienced first hand the pain and anguish of domestic violence. Although, for a number of years, she identified herself as a victim, Denny chose to face this head on. Through her process she has moved out of the victim role empowered and self confident.

Denny's extensive business background, combined with her quick witted edge, served her well throughout her sales career. She sold fire and safety equipment in the mines of Colorado... and spent 13 years selling structural steel in Arizona. She left the corporate world and built her own business in order to be home with her teenage daughter.



Now, Denny's mission is to share her message with others. This lighthearted, yet compelling information will leave you empowered to attract that which inspires and fulfills you, and will guide you to dispose of that which drains you and leaves you lifeless.

## Author / Speaker / Life Coach

### Denny's Life Coaching Expertise will help you to...

- Face your fears
- Complete your past
- Communicate more effectively
- Take responsibility
- Turn your thinking into action
- Create your new future
- and much, much more...

### Available for...

- Public and private speaking events
  - *business*
  - *personal*
  - *women's groups*
  - *men's groups*
  - *addiction recovery groups*
  - *teens and young adults*
- Individual and group coaching

*“If you wanna walk on water, you gotta get out of the boat”*

Learn more at [www.dennynorris.com](http://www.dennynorris.com)