



September 15, 2005

Dear Dr May,

Thank you so much for your excellent presentation at the National Speakers Association Convention in July. The feedback from your part on the program was overwhelmingly positive. Some of the comments were: excellent, thought-provoking, eye-opening and insightful. Many commented to me that this was the most valuable session of the convention for them.

I appreciated your professional platform presence and ability to deliver this valuable message in such a way that we could all understand and even want to incorporate into our own lives. You opened the doors for us to a broader view of weight management. You gave us a way to nourish not only our body, but our mind and spirit too. Many other theories and programs fail to incorporate any more than just what to eat or not eat.

I lectured for Weight Watchers Inc. for 9 years. I learned that many participants could follow the program and lose weight by following the outlined, detailed program. What they couldn't do was handle the many challenges that came up like eating out, holidays, eating at Mom's house, or going without their favorite food. Their success was affected by emotional challenges, life changes or other stressors. It became readily apparent to me that the help they really needed had nothing to do with food.

Your presentation and your excellent book address how intuitively we know what is best for us if we could only listen to that inner voice. Your message helps us look within instead of without for the answer. For the first time someone is addressing the underlying cause of our success or failure in weight management and it doesn't have to do with only food but our thoughts, feelings and behaviors.

Thank you for bringing this new and fresh approach to optimal health, energy and joy! You were a knowledgeable, professional, caring, and enthusiastic breath of fresh air at the convention. Your presentation was top notch and your information life-changing.

Sincerely,

Suzanne Vaughan  
National Speakers Association  
Program Convention Chair