

# A Monthly Newsletter on the **Brighter Side of Life**



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ISSUE TWO

INSIGHTS AND IDEAS TO IMPROVE YOUR MOOD

JULY 2025

## 70 POUNDS LIGHTER

Let me cut to the chase. This is how I lost 70 pounds.

1. Walking Every Day
2. Intermittent Fasting
3. The 2-2-1 Diet \*

\* Two veggies, two proteins, one carb.



## Have Fun, Will Travel



Standing on a stage and looking out at the audience having the time of their lives—while

also learning valuable lessons, is the best. I'd love to do that for you.

**Let's Talk: 858-735-4533**

## The Book Doctor



If you have a book idea or project, I can help you get it finished and available for sale on Amazon.

## Oh My!

It's True. I'm on the verge of releasing a new app. I know, crazy. I'm looking for people to test it.



LEESILBER.COM

858-735-4533

- Lee is available to **speak**.
- He is also a **coach** and **consultant**.
- Silber's Brand **New Book** is Now Available on Amazon.com.

**Lee Silber** is a professional speaker known for bringing topics to life with customization, humor, audience participation and interaction. Silber is also the author of 26 books, a writing and speaking coach, and book designer.

