



Lynesa Williams comes from small and humble beginnings. Even though Lynesa was born in Long Branch, NJ, and spent much of her life living in Los Angeles, CA, New York City, NY, and Panama Canal overseas, she calls Murfreesboro, TN, her home. In December 2004, Lynesa L. Williams was at the height of her life - an 11-year married Mother-at-Home with three beautiful children. However, by January 2008, she had lost it all – her husband, her home, and the life that she had grown so accustomed to. At that point, she knew she had to begin to search for a new life path that would satisfy her needs for both professional and personal growth. Lynesa knew it was time to discover her AUTHENTIC self and start Living LYNESA... Loving Yourself "NOW" Empowers Success Ahead. After two months of learning to stand in her Power and live her life in Full Voice, Lynesa took her newfound discovery of herself along with her past experience as a successful corporate executive and transitioned seamlessly into the multi-level marketing industry, where she quickly earned top honors as Rookie of the Year and Company MVP for her continued multi-million-dollar earning records with the company she represented.

Lynesa is able to talk the talk because she has definitively walked the walk — a walk filled with pain, uncertainty, fear, and ultimately joy and blessings. She has been through what so many of us have been through instability, problems with our home life, children, partners, finances, and the stark and painful reality that somewhere along the line, she had somehow lost herself.

Lynesa is an accomplished author of two published books - "Take The Popcorn Out of Your Pancakes" - A book that empowers Women to transition from Corporate America to become a Profitable Entrepreneurial Mother-at-Home. And "The Eulogy." - A book that teaches practical tips on how you can love yourself unconditionally and how you can cultivate and grow healthy relationships. But if asked, Lynesa would say that she is most proud of being the inspirational founder of "The BellaBody" - a Biblical Based nine (9) week weight loss program that transforms your Mindset regarding your relationship with yourself and unhealthy practices. See, where the Mind goes, the Body must follow.

Lynesa is also the creator of "Releasing The BEE Within." A program that will walk you step-by-step to reprogramming your MIND, BODY, and SOUL to master your strengths and eliminate your weakness and attract the Man of your DREAMS. With this program, you'll not only transform your MIND by uprooting false beliefs regarding relationships, but you will also transform your BODY and SOUL into the beautiful being that God so desired for you to BEE for your soulmate. Lynesa is currently a proud mother of twin daughters, Jasmine and Jessica, one son, Stephen, and two beautiful granddaughters, Jimille and Jaselle.

Speaking & Personal Appearances

- Comeback Champion Summit, Maryland
- Southwest Community College of Nursing Keynote Speaker for Future Nurses, Memphis, TN
- Women Empowerment Summit Keynote Speaker Memphis, TN
- ARRIX Health & Wellness Conference Keynote Speaker San Diego, CA
- Financial Literacy Conference for Southern Region of SDA Churches -Huntsville, AL
- Novum Pharma Pharmaceutical Territory Manager Conference -Keynote Speaker, Chicago, IL

Media Accomplishments

2021: Featured Guest Author | "Let The Scribe Speak" Live Broadcast Jumpstart Your Mind Book Launch

2021: Co-Host | Dr. Shirley Clark's Pray & Grow Richer Clubhouse Club

2021: Prayer Leader | National Day of Prayer Facebook & Youtube Live Program

2021: Cover Story | Bookpreneur Magazine | July Issue

2021: Featured Co-Author | Clubhouse Jumpstart Your Mind Book Launch



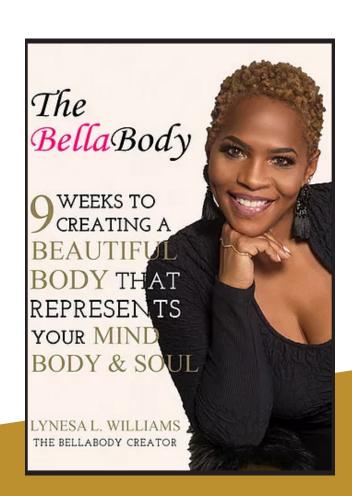


A 9-WEEK COURSE

The BellaBody is a 9 week Biblically based program transforming the weight-loss industry by transforming individuals from the inside out. See, it's not about the food per-say, it's not dieting or exercising – what it's really about is the changing of a mindset. See, where your MIND goes your LIFE and BODY can't help but to follow.

Most exciting are the results. Most people:

- Loss 15-20 pounds and keep it off
- Discover their true meaning and purpose and begin turning their dreams into reality and most importantly finally
- Discover what true SELF LOVE looks like personally.



Testimonies

Hi Lynesa, this is Paula. I just want to thank you so so much for the BellaBody program. I still read the book and have some of the affirmations in my bathroom mirror...I have come a long way mentally & physically...I just want to say thank you & I love you very much for all you have done for me even those things I did not share in the Bella group Happy Holidays to you & your family. You are such an inspiration to me more than you would ever know. Lynesa has been a very inspirational woman to me. She has shown herself to be one who cares about helping others to achieve their highest potential. She's a go getter and loves to lift others up as they climb the latter of success. If one doesn't make it, it's not because she didn't give of her time and her knowledge to make sure you know what she knows. It's a pleasure to know her and know that her heart and her coaching is one I can count on for advice and guidance. People decide to lose weight for a variety of reasons. Certainly for me, health is always the overriding factor. But in May 2015, I decided I truly needed to do something about my weight because my daughter was getting married in July. I contacted Lynesa Williams because I remembered her talking about her own weight loss journey and because I knew she understood the physical AND the spiritual components that needed to be addressed.

Paula G., RN

Rosemary Blevins

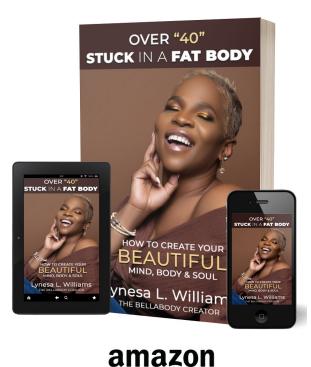
Rev. Marilynn S. Robinson

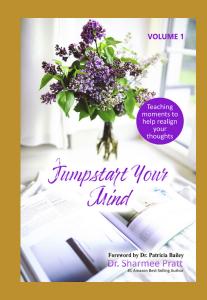


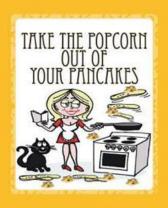
Book Collection



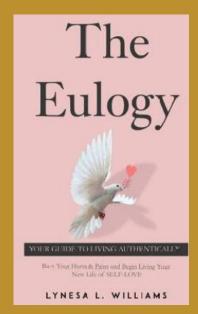
NEW BOOK RELEASE







Lynesa Williams



BOOKPRENEUR JULY 2021

NEW RELEASE BOOK, **"JUMP-START YOUR MIND"** A RE-SOURCE TOOL TO COMBAT MENTAL ILLNESS IN THE BLACK COMMUNITY

LYNESA WILL

CREATOR OF THE BELLABODY PROGRAM

9 WEEKS TO CREATING A BEAU-TIFUL BODY THAT REPRESENTS YOUR MIND, BODY & SOUL

Past Event Flyers



TOPIC **OVER 40 & FAT - BELIEVE IN** THE POWER OF YOUR OWN **MIND WHEN IT COMES TO** WEIGHT LOSS



- Reasons Why Women Believe The Myth That Life After 40 Is All Downhill
- Why Exercising and Dieting Is Not Enough For Weight Loss
- How To Choose HAPPY to break the cycle of overeating







Where Your Mind Goes Your Body and Life Can't Help But To Follow

LYNESA WILLIAMS

WATCH LIVE www.ComebackChampionSummit.com **#ComebackChampion**

June 14th - 19th

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