

Sophie Skover

**Author . Coach . Speaker at LSS Harmony
Coaching**

West Palm Beach, FL, US

Turning Obstacles into Opportunities

Biography

Sophie Skover is the author of *The Continuous Appetite*, the founder of LSS Harmony Life Coaching, and an inspirational speaker. She became passionate about this "life changing" path after she healed from bulimia and lost seventy-five pounds through the process. Sophie believes that you can heal from anything that comes your way and wrote *The Continuous Appetite* to help others who struggle with overeating to discover the meaning underneath their cravings and end their emotional overeating.

She works with clients, conducts workshops, practices yoga, and runs every morning with her dog Jack. She currently lives in West Palm Beach, Florida and encourages us to face our inner life and turn our obstacles into opportunities.

Availability

Keynote, Workshop, Host/MC, Author Appearance

Industry Expertise

Health and Wellness

Areas of Expertise

Ending Bad Food Habits, Stress Management, Organizational Management, Holistic Wellbeing, Work/Life Balance

Sample Talks

Ending Your Overeating

Ever come home after a long, stressful day and began to stuff your face with food? This is what Sophie calls *The Continuous Appetite*. This lecture will give tips on how to stop running to food when life presents a challenge, and helps teach the listener how to understand their cravings and what to do instead of overeat!

4 Bullet Points:

- What to do when you find yourself overeating
 - Three things to grab instead of food
 - Four Questions to ask yourself when a craving surfaces
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Event Appearances

Holistic Wellbeing

2011 Nurse Practitioner Conference

Getting Organized and Setting Goals

Business for Business Networking

Ending Your Overeating

Education & Training Committee

Education

Palm Beach Atlantic University

BS in Psychology Psychology

Accomplishments

Published Author by the age of 30!

Sophie always wanted to write a book that would help people who severely struggled with food. She said, "if I ever get out of this dark place, I will write a book that shows others how to do the same." That day has come!

Testimonials

Jimmy Glenos

"Sophie goes beyond the formality of delivering "just the facts" (though she does that quite well), and interacts with her audience allowing them to reach their own conclusions with subtle nudges and reminders to better guide their choices. She is professional, polished, timely, cordial, approachable, and most definitely a speaker worth every penny."

Kelly White

"Sophie had us on the edge of our seats."

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