

About Deb Cheslow



Deb Cheslow is America's Achievement Expert. She is an international best-selling author, speaker, corporate trainer, and peak performance coach who has spent her entire life defying the odds to achieve goals that should not have been possible from any logical viewpoint. She regularly appears in the media sharing her perspective on achieving breakaway success in business and in life. Deb has been seen on NBC, ABC, CBS and FOX affiliates, as well as in *Newsweek*, *Leadership Excellence*, *Reuters*, *The Boston Globe*, *The Miami Herald*, *The Air Force Times*, *Yahoo Finance* and

MarketWatch.com, among many others.

Famous for her no-nonsense, results-oriented style, Deb is known for asking the question, "Where would you be if every time you said 'I Should...,' you actually DID?" She shares a systemized strategy for achieving success beyond your wildest dreams that is based upon four foundational pillars – standards, discipline, accountability, and systems. Deb teaches a process for looking fear in the face and then acting in spite of that fear. It is a system she learned as an Instructor Pilot in the United States Air Force teaching airmen to fly advanced supersonic jets – a system that is easily duplicated by individuals, teams, organizations and companies to create phenomenal results.

Deb Cheslow's sixth book, *Unrealogical – Real People, Remarkable Stories of Transformation* was released in July, 2017. She is also the best-selling author of the books, *Remarkable Courage – A Systemized Strategy for Success*, *Release – The Simple Success Solution for Real and Permanent Weight Loss*, *Overcome Dysthymia – Break Free and Create A Life You Love*, *The Simple Success Solution*, and *The New Rules of Success*.

Deb lives in Florida with her family. She is a 3rd degree black belt in Chinese Kempo Karate, an accomplished road cyclist, an open water swimmer, and an avid weightlifter with a passion for health and wellness.