



About The Author

Judi Finneran started her career as a Human Resource director at Kaiser Permanente Health Care Organization in Anaheim, CA. Spending over 4 years there, she mastered how to make meaningful connections.

Translating those skills to the real estate world, she went to work with McMillin Realty in San Diego. Judi quickly became a top performer and from 1993-2004 she was in the top 1% of agents in the Nation.

A Successful Coach for Over 35 Years

In 1996, Judi followed her true passion: coaching others. Beginning as a coach to realtors, she and her clients excelled. She expanded her coaching to others business and eventually the general public, helping others deal with life's challenges.

A Top Beach Body Coach and The Perfect Platform

Her cataclysmic career change occurred in 2006 when she joined as a Founding Coach for Team Beachbody. As one of the 40 founding coaches out of 400,000+ she exponentially built her downline and today boasts over 52,000 coaches on her team! Her job is not to merely sell product, but to encourage and teach other coaches how to build a business and supporting others in losing weight. Judi's efforts earned her a top coach designation in 2007. In 2018, she was invited to speak about her weight loss in front of 25,00 coaches at the company convention in Indianapolis. In 2021 she became a member of the prestigious *Legacy Club*.

In 1998, Judi strutted to the stage to show of her amazing weight loss: almost 150 lbs.! She then shares in this book how she hid the following year because she was too embarrassed to show up having gained 40 pounds of the weight back. But it is exactly this type of honesty which allows Judi to build camaraderie and connection.

Every single buyer of a Beachbody product is assigned a coach affording the author an opportunity to share her success...and this book. Every month, at least 20 new buyers/clients are added to her account; she then promptly invites them to join one of her Facebook groups.

Judi's philosophy touted in this book is perfectly in line with Beachbody, in fact, it was the 2B Mindset Program that motivated Judi to change her life and weight for good.

Beachbody Challenge Finalist

in 2020 Judi was selected as the winner in the "Women over 50" category in Beachbody's annual transformation contest. Since then her coaching business has seen a sharp increase as many others seek her help and guidance.

Looking ahead

Today, the author stands at 122lbs. and at 5'4" has shed 220 pounds! Her journey on social media is so captivating that followers continue to skyrocket. Her featured stories in *Women's World* and *First For Women* magazines are a great testimony to her success and prove to be a great tool for motivating clients. Her focus continues to be helping others overcome the roadblocks preventing them from being at a healthy weight... helping them get their lives back!

Judi lives in the San Diego area and has been married to her husband Kevin for over 40 years. She has 4 grown children, 1 daughter and 3 sons. She loves to travel and runs a competitive jigsaw puzzle organization.