



## Cindy Ashton Press Bio

Where motivation meets the red carpet you will find Cindy Ashton taking the stage! An expert in overcoming obstacles, she empowers people to break through their barriers so they can be the star in their own life.

Born with only a 20% chance of living, Cindy underwent three heart surgeries by age 14 and was left in chronic pain and with a damaged lung. Surpassing all odds, she has gone on to train in a professional dance company six hours a day and sing opera, even on her damaged lung.

Cindy combines her extensive backgrounds in performing, education and kinesiology with her own real-life experience to give people real-life strategies for courageous living, leading them find their true gifts and claim their very own red carpet moment. Through keynote speeches, interactive seminars and motivational concerts across North America, Cindy has shared the stage with such motivational powerhouses as Barbara De Angelis, Lisa Nichols and Bob Proctor.

An internationally published writer, Cindy was recently published in *Performance Magazine*, alongside Donald Trump, President Obama and Tony Robbins. Cindy has been featured on *CBC Radio*, *Metro News* and the *Body Mind Spirit Show* as well as other international media. She released her debut CD, *Don't Rain On My Parade*, in 2006, her *Kiss the Monster Meditation CD* in 2008 and her book, *Kiss Your Monsters Goodbye: Overcome Your Obstacles & Achieve the Success You Deserve* in 2009.

Cindy Ashton International, LLC  
19800 MacArthur Blvd Ste 300, Irvine, CA, 92612  
1 888 443 5102 [cindy@cindyashton.com](mailto:cindy@cindyashton.com)  
[www.cindyashton.com](http://www.cindyashton.com)

Jennifer Geronimo, Management & Publicity  
415 444 0401 / [jmgeronimo@aol.com](mailto:jmgeronimo@aol.com)