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Leslie Cooper is co-founder and Chief Operating Officer of Cooper Strategic, founder of Leslie Cooper Design and author of multiple health and fitness books and cookbooks. She has designed and led seminars for leaders and spouses in several prominent companies and with countless entrepreneurs. Her background includes merchandizing and design at The Fashion Institute of Technology in New York City and health sciences at Colorado University, Boulder. Leslie specializes in drawing together leading edge, proven insights on work-life balance, personal energy, health, wellness, and performance sciences. She is a widely acclaimed authority on high-energy living for leaders, entrepreneurs, and busy families. Books with her insights and recipes have sold more than three million copies and appeared on major bestseller lists. They include *The Health & Fitness Excellence Cookbook,* *America’s New Low-Fat Cuisine*, *Low-Fat Living, Low-Fat Living Cookbook, High-Energy Living*, *Flip the Switch-Lose the Weight* and *Cuisine7*. She is the founder of Leslie Cooper Design a custom hand-crafted gemstone jewelry business. She and her husband, Robert, live in northern Michigan and have two daughters.