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Adria Firestone

Adria Firestone is a professional transformation coach, speaker, and contemporary philosopher whose rich life experience and training make her a performance consultant in one breath and a career coach the next. She is an expert in presentation and voice skills and has a passion for eliminating the fear that stands in the way of our unique self expression. Adria's book, ***Harness Your Zebra: End Stage Fright for the Performing Artist*** will be out in Feb of 2011.

For over 25 years Adria was an [award-winning singer and actress](#) whose credits ranged from ***Carmen*** to ***Family Guy***. After a singing career that took Adria around the world, she withdrew from the spotlight to explore another calling. For the past 15 years Adria has given master classes and seminars in self help, performance skills and communication throughout the world and is presently on the faculty at New Jersey City University.

Long Bio 148 words