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Castles to Car Crash to Conscious Living

August 31, 2012 By [Kymberly Williams-Evans](#) and [Alexandra Williams](#)



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Fun and Fit Interview International Publicist, Lady Adrienne Papp about Transforming her Mind and Body Following Trauma



Recently knighted Dame (aka Lady) [Adrienne Papp](#) is a highly recognized publicist and owner of [Atlantic Publicity](#). Normally Lady Adrienne puts the focus on **extraordinary people with extraordinary stories**, bringing the **unknown into the known**, and **establishing fame for those who are exceptional**. In this interview we put the spotlight on her as she shares **her own amazing health recovery story** that **takes us through Europe to New York to California**.

Listen to hear Lady Adrienne's **thought-provoking and life-changing** answers to the questions we posed her:

1. You had a **debilitating car accident** that nearly proved fatal. At the time that must have seemed one of the **WORST** things that could have happened. Yet, you claim the accident turned out to be one of the **best**. How so?
2. What changed after the accident?
3. How did you overcome the setbacks? What role did your **thoughts and mind play in your recovery**?
4. You have several degrees, including advanced work in Quantum Physics. How did **quantum physics and your thinking patterns transform your body, health and happiness**?
5. What **practical advice** do you have for our listeners who want to **harness the power of quantum physics** the way you have?

To learn more about Lady Adrienne, visit her website, [AtlanticPublicity](#), find her on [Facebook](#), or pick up almost any publication. She or her clients will be in there somewhere because not only is Dame Papp a publicist, but also a journalist, editor, economist, and adventure seeker who leads a healthy life coast to coast and country to country.



Take a quantum leap to our website, [FunandFit.org](#), subscribe to our YouTube Channel, and follow us on twitter: [@KymberlyFunFit](#) and [@AlexandraFunFit](#). Like photos? instagram us: [@KymberlyFunFit](#) and [@AlexandraFunFit](#).

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About [Kimberly Williams-Evans](#) and [Alexandra Williams](#)

Identical twins and fitness pros **Kimberly Williams-Evans, MA** and **Alexandra Williams, MA** have been in the fitness industry since the first aerobics studio opened--with them--on the European continent back when leg warmers and thong leotards were the rage. Their fitness experience spans 3 decades on land, sea, and airwaves.

Kimberly has taught fitness on 4 continents in 4 languages for 30 years to more than 10,000 exercisers. She is former faculty at **University California Santa Barbara** (UCSB) in the Department of Exercise & Sport Studies. **IDEA, the International Association for Health and Fitness Professionals** tapped her to serve as the inaugural editor for **Fitness Edge**, a publication devoted solely to group exercise leaders. Finally she knew enough people in the exercise world that she became a three-time nominee and finalist for IDEA's Program Director of the Year award.

Kimberly also worked the mind attaining a Master's Degree in English. Her true specialty was conducting business writing seminars and helping professionals communicate more effectively in the business world. From hosting an international fitness TV program to serving as grammar expert on a live show, Kimberly has led, moved and grooved with energy and good grammar for all.

Alexandra has been teaching, presenting and writing about fitness for over 25 years (since she was 7 and 1/2)! Currently on staff in the Exercise Studies Department at UCSB, she is also a contributing editor and writer for IDEA Health and Fitness Association's many publications. As an international presenter, Alexandra enjoyed her honeymoon in Venezuela after judging their national fitness championships.

Alexandra has her advanced degree in counseling, which qualifies her to ask nosy questions of her two teens. Combining her love of words and the microphone, she has also had a successful run as a radio presenter, emcee and comedian. She loves to work, so she also writes for her blog and is a frequent guest contributor to a variety of blogs about business and health.

Kimberly and Alexandra are also the Hosts of **Fun and Fit on WomensRadio**. *Fun and Fit* offers answers to audiences' fitness questions, shares Fun Fit Facts, faces Freak Out Fit Facts head on and helps listeners cut through the hype and fat to reach their fitness goals. Learn, laugh and live it up on your road to health and fitness!

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