



### Mickey Ellison Show

#### Archives Available

August 20th 2014: **Changing the World: Deidra Penrose, NO EXCUSES!**

The Mickey Ellison Show continues to introduce you to people that are changing the world by changing the lives of the people around them. This week meet Deidra Penrose, 7 Star Diamond Elite Beachbody Coach and registered nurse. Deidra made a decision years ago after making destructive decisions as a teenager that she had to change her life. She did, but after having two children she found herself heavier than any time in her life when she was introduced to Insanity and Shakeology. She stopped making excuses and the results spoken for themselves. Now Deidra is sharing that experience wit

[Read more](#)



### Tune in

Archives Available on VoiceAmerica Variety Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

### Featured Guest



#### Deidra Penrose

What's Your Excuse: Deidra has always had a passion for helping others. At the age of 14 she worked as an aide in a nursing home. Having grown up in a broken home she was able to make some needed money for her family and at the same time help others who needed help. As a child she was never able to wear the "cool" clothes and even had to watch her mother's credit card get denied at the grocery store. At one point she even had to sleep on a blow up mattress because she was unable to afford a real bed. Also at the age of 14, Deidra wanted to fit in, and as a result found herself taking on a path of destruction. Drugs, stealing, suspensions from school, fights, and even running away

[Read more](#)

### Share This Episode



### Connect with VoiceAmerica

Download our mobile apps



Come See what the VoiceAmerica hosts are writing on PRESSPASS