



Mary LoVerde

Mary LoVerde believes life is a balancing act. Her passion is finding creative ways to live a joyful and successful life. She has delighted audiences from Bangkok to Biloxi with her step-by-step strategies for a more balanced life. Embraced by both men and women alike, her diverse client list spans from the Mayo Clinic to the American Trucking Association. Mary presents a wealth of uplifting insights and innovative ideas for taking small steps in the right direction for a less stressful, more satisfying life.

Mary LoVerde:

- *Is an internationally recognized expert in life balance strategies.*
- *Is the author of three best selling books: Stop Screaming at the Microwave, Touching Tomorrow, and I Used to Have a Handle on Life but It Broke.*
- *Has been a guest on the Oprah Winfrey show four times.*
- *Has been a featured life balance expert on ABC World News Tonight with Peter Jennings and on an ABC 20/20 special on stress.*
- *Served as a graduate school professor for Chapman University for 16 years.*
- *Served on the faculty of the University of Colorado School of Medicine as the Director of the Hypertension Research Center for 15 years.*
- *Has published her original research in the New England Journal of Medicine (twice) the American Journal of Medicine (four times), the Journal of Clinical Pharmacy, Clinical Research, Hypertension, the Journal of Internal Medicine, the American Journal of Hypertension and many other peer reviewed journals.*
- *Won a Nellie Westerman ethics prize for her work on informed consent.*
- *Served as the national spokesperson for the Better Sleep Council.*
- *Proudly serves as the national spokesperson for Camp to Belong, which reunites brothers and sisters placed in different foster homes.*
- *Is a contributor to the best-selling books Chocolate for a Woman's Soul, Chocolate for a Women's Heart and Health magazine's book, Young For Life: The Best Antiaging Secrets for Women.*
- *Has touched millions of readers through her articles in prominent magazines and newspapers, from the Wall Street Journal to Family Circle.*
- *Mary lives with her family in their living laboratory in Aurora, Colorado.*