



# CAPITOL CITY SPEAKERS BUREAU

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## Mary LoVerde

Travels from: **Colorado**

Fee Range: **\$7,501 - \$10,000**

For fifteen years, as a busy mother with a demanding career on the faculty of the University of Colorado School of Medicine and Director of the Hypertension Research Center, Mary LoVerde tried the 'superperson' route -- and failed.

Struggling valiantly to keep up, she turned to time management, prioritizing, delegating and simplifying. Yet, she continued to feel overwhelmed and torn apart. One day, while furiously working away at her computer and shouting at the kids to keep their distance, she realized a startling fact. In her zeal to get everything done, she had become disconnected -- from her family, from her work and from the person she was and wanted to be. LoVerde adopted a new life motto: When

you can't keep up, CONNECT.

A dynamic international speaker, consultant and writer, Mary LoVerde is President of Life Balance, Inc., a company devoted to spreading the message of finding balance through connection. She has delighted audiences from Bangkok to Biloxi with her step-by-step strategies that work in real life. Embraced by both men and women alike, her diverse client list spans from the Mayo Clinic to the American Trucking Association. She is the author of three best selling books, *Stop Screaming at the Microwave!*, *I Used to Have a Handle on Life But It Broke* and *Touching Tomorrow*.

Mary has appeared on ABC World News Tonight, a 20/20 special on women and stress and four times on the Oprah Winfrey show. She is also a contributor to the best-selling inspirational collections, *Chocolate for a Woman's Soul* and *Chocolate for a Woman's Heart* and *Young for Life: The Best Anti-aging Secrets for Women*. LoVerde has touched millions of readers with her stories in prominent magazines from the *Family Circle* to *The Farm Journal*. Her original, practical and timeless ideas have been published in *The Wall Street Journal*, the *New England Journal of Medicine* and the *Ladies Home Journal*. She presents a wealth of uplifting insights and innovative ideas for taking small steps in the right direction for a less stressful, more satisfying life.

Inspired by her mother, who was separated from her sisters and put into foster care at the age of nine, LoVerde is the national spokesperson for Camp to Belong, which reunites brothers and sisters placed in different foster homes for events of fun, emotional empowerment and sibling connection.

### *Most Requested Programs...*

- The Power of Paying Attention
- I Used to Have a Handle on Life But It Broke
- Stop Screaming at the Microwave! : How to Connect Your Disconnected Life
- Keeping Your Life in Balance: When Cloning Yourself Won't Work
- Heart Healthy Themes for events