

Mary LoVerde

Authority on Life Balance

Mary LoVerde believes that 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 men and women alike, her diverse client list spans from AT&T to the Mayo Clinic to the American Trucking Association.

Ms. LoVerde is a nationally recognized expert in life balance strategies. She is the author of three best-selling books, *I Used to Have a Handle on Life But It Broke*, *Touching Tomorrow*, and *Stop Screaming at the Microwave*. Her latest release is titled, *The Invitation: When You Are Ready to Take Your Next Step*.

LoVerde has appeared on the *Oprah Winfrey* show four times. She has been a featured life balance expert on ABC *World News Tonight* and on an ABC *20/20* special on stress. Ms. LoVerde is a contributor to the best-selling books *Chocolate for a Woman's Soul*, and *Young For Life: The Best Anti-aging Secrets for Women*. LoVerde has touched millions of readers through her articles in prominent magazines and newspapers, from the *Wall Street Journal* to *Family Circle*.

She served on the faculty of the University Of Colorado School Of Medicine, where she directed the Hypertension Research Center for 15 years.

Ms. LoVerde's original research has been published twice in the *New England Journal of Medicine*, four times in the *American Journal of Medicine*, as well as in the *Journal of Clinical Pharmacy*, *Clinical Research*, *Hypertension*, the *Journal of Internal Medicine*, the *American Journal of Hypertension*, and many other peer reviewed journals.

Ms. LoVerde is the recipient of the Nellie Westerman ethics prize for her work on informed consent. She has served as the national spokesperson for many national companies. LoVerde also proudly served as the national spokesperson for Camp to Belong, which reunites brothers and sisters placed in different foster homes for events of fun and empowerment.

Ms. LoVerde has now embarked on a global make-it-up-as-you-go adventure that allows her to live her most balanced life ever.