



**Lucinda Bassett** has a passion for helping others achieve personal transformation; her greatest satisfaction comes from effectively guiding people through fear, challenge, change, and loss to a life of happiness and fulfillment. Lucinda's desire to serve originates in her own story of transformation: in her 20's, she overcame a debilitating anxiety disorder by discovering a powerful solution to her emotional pain and distress.

In her first book, *From Panic to Power*, Lucinda provided an intimate account of her struggle and triumph over anxiety and depression; it quickly became a best-seller and paved the way for two subsequent bestselling books.

*Life Without Limits* contains Lucinda's effective techniques for unleashing the power within to achieve one's dreams. And *The Solution* offers techniques that guide readers in conquering their fears so they may conduct their lives with clarity and confidence.

Her latest book, *Truth Be Told*, is Lucinda's long-awaited autobiography, an exceptionally candid description of her turbulent personal life: the painful legacy of her father's alcoholism, the sexual molestation she suffered as a little girl, her debilitating panic attacks and agoraphobia, her son's battle with Tourette's Syndrome, the wrenching deaths of her sister, two brothers, and mother — and the unthinkable circumstances surrounding her beloved husband's tragic suicide.

Every one of Lucinda's traumatic life experiences have provided potent motivation, and she has expanded her work to assist those who have suffered various types of tragedy, including the loss of loved ones through suicide — the number one cause of death in the United States today. Lucinda's dr...

## Lucinda Bassett

### Speech Topics

- Personal Growth
- Overcoming Adversity
- Health & Wellness

