



Mary has travelled from Bangkok to Biloxi sharing her innovative strategies for staying connected to what matters most. She has published four books in three languages and has appeared four times on Oprah, a 20/20 special on stress, and was featured on ABC World News Tonight. Her blog is read in 35 countries. Her original work is published in the Wall Street Journal, the New England Journal of Medicine, and the Ladies Home Journal. She served on the faculty of the University of Colorado School of Medicine for 15 years as the Director of Hypertension Research Center.

In 2010, Mary gave her philosophy on work-life balance and taking the next step the ultimate test: She accepted the unexpected invitation to sell her one-of-a-kind dream home in Denver, gave away nearly all of her belongings, and embarked solo on a make-it-up-as-you-go global adventure, living around the world for three years without a house or a plan.

She has been an employee, an employer, and an entrepreneur, making her realistic about the challenges of long hours, family commitments, crazy travel, and the desire to have a life that includes sleep.

Mary LoVerde

Speech Topics

- Women's Issues
- Women in Business
- Time Management
- Stress Management
- Parenting / Family
- Management

