



**Stephanie Marston** is an internationally published author, acclaimed speaker and life-quality expert. She is the co-author of *Chicken Soup Life Lessons For Women: 7 Essential Ingredients For a Balanced Life* and *If Not Now, When? Reclaiming Ourselves at Midlife*.

She is the creator of *Chicken Soup for the Soul Life Coaching For Parents: Six Weeks to Sanity*. She is also the author of *The Magic of Encouragement: Nurturing Your Child Self-Esteem*, *The Divorced Parent: Raising Your Children After Separation*, *Parenting For Healthy Self-Esteem* and *Raising Capable Confident Kids*. Ms. Marston has appeared on numerous radio and television programs such as *The Oprah Winfrey Show*, *The Early Show*, and *Women-to-Women*. She is a licensed Marriage and Family Therapist with more than 25 years experience in women issues and parenting. Ms. Marston is one of the most sought-after experts in the country. Her company *Life Quality Seminars* is dedicated to helping people balance their competing priorities and create a high quality life. She has conducted seminars for more than 50,000 women, parents, corporate executives and mental health professionals internationally. Ms. Marston also contributes regularly to publications such as, *Family Circle*, *Ladies Home Journal*, *Reader's Digest*, *Better Homes & Gardens*, *PTA Our Children*, *New Woman*, and *Working Mother*.

Stephanie delivers keynote addresses, seminars and workshops to women organizations, corporations, professional conferences, associations, parenting groups and the general public.

## Stephanie Marston

### Speech Topics

- Motivation
- Life Balance

