

Inspire People to Positive Action and Extraordinary Results!

Living with Enthusiasm

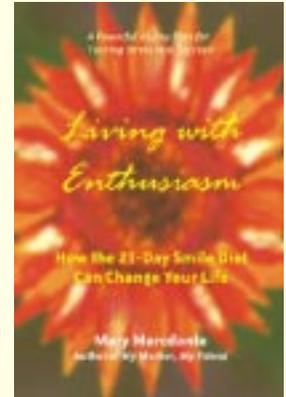


Mary Marcdante

Communication Expert
Author & Speaker

How the 21-Day Smile Diet Can Change Your Life

Living with Enthusiasm is about going for the gusto in all that you do. It's about giving yourself permission to create by intention rather than default. It's about enjoying your life at work and home right now instead of waiting for the vacation that's still six months away. It's about learning how to create joyful moments even in difficult times – and more importantly – that it is critical to your health, career, and future that you do so.



Mary's New Book

Great for increasing
registration or offering as a
gift from a sponsor

A Powerful Program That Energizes, Entertains, and Connects
Participants to Their Strengths, Their Teammates, and Your Event.

Program Objectives and Benefits

- ~ Highlights the dramatic impact enthusiasm has on your health, relationships, career, personal fulfillment and level of success. Mary shares interviews of inspiring people, provocative research, practical strategies, and actively involves the audience. Motivating, entertaining, and life-changing.
- ~ Offers explicit self-motivating techniques and candid questions you can implement immediately to increase personal effectiveness including the "16-Second Smile," "Factor of Five," "Act as If," and "What Would You Take?"
- ~ Inspires you to make healthier choices. Mary shares the healing journey she and others have been on since she began researching and personally experiencing the medical benefits of positive psychology, laughter, and building a support community.
- ~ Encourages you to step into your dreams through inspired action as evidenced in the remarkable stories of courageous people Mary interviewed, and her own quantum-leap cross country move and publication by a major publisher of her first book *My Mother, My Friend*.

AUTHOR

Inspiring Words for Inspiring People
My Mother, My Friend

CONTRIBUTING AUTHOR

4 Chicken Soup Books
A Woman's Way To Success In Business



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