



**Stephanie Marston**  
**Life-Balance Expert**

Stephanie Marston is a motivational speaker, author and life-balance expert. She is dedicated to providing people with the tools that reduce stress, balance work and family, and make time for what truly matters.

She is the author of *30 Days to Sanity: Create a Life You Love*; *Chicken Soup for the Soul's Life Lessons for Women: 7 Essential Ingredients for a Balanced Life*; and *If Not Now, When? Reclaiming Ourselves at Midlife*.

Stephanie works with people to improve the quality of their lives, careers and relationships. Stephanie has conducted national and international seminars for more than 50,000 employees, corporate executives and women, all seeking her expertise to help them reduce stress, increase productivity and create a culture of satisfaction.

Stephanie is a licensed marriage and family therapist with more than 25 years of experience in the fields of life balance and women's issues.