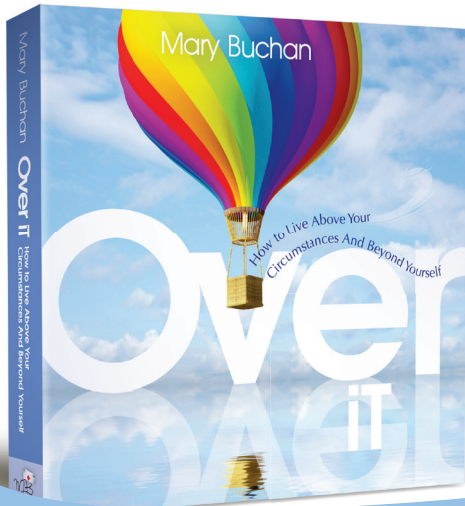


Mary Buchan's life-changing book, inspirational talks,  
and workshops...



# Over it

How to Live Above Your  
Circumstances and Beyond Yourself

## Let Mary help you or your group members...

Identify your dreams  
and passions, creating a  
“destination postcard” of  
what you really want from life.

Confront your “iT” to live  
above your circumstances  
with the past behind you.

Discover powerful life-  
reinvention tools to change  
your life story and reroute  
your destiny.

Tap into the vital resources  
you need to live a life  
“beyond yourself.”

**W**e all have an “iT” to get over — some challenge in life that seems difficult, if not impossible, to overcome. These may be health problems, traumatic experiences in our pasts, or stressful situations in our finances or careers. Sometimes the “iT” stems from broken relationships or negative judgments we’ve encountered during our journey.

Combining lighthearted personal stories with ancient wisdom keys, Mary Buchan shares powerful insights that will help you drive away any dark shadows from your life and break free from whatever is holding you back from your full potential.

These same keys have transformed Mary from a shy introvert into a successful wellness nurse and life-reinvention coach. For more than a decade, she has helped people discover simple and practical answers for losing weight, handling stress, fueling energy, and rediscovering their life’s purpose. Purchase **Over iT** at **Amazon.com** or visit **MaryBuchan.com** to see how Mary’s lifestyle coaching, inspirational talks, and workshops can help you ... **make the rest of your life the best of your life!**

To sign up for Mary’s free newsletter or find out more about her inspirational talks and workshops, visit

**MaryBuchan.com**

or call

**800.409.8220**

  
*Mary Buchan*  
MidLifeStyle RNventor

# MARY BUCHAN'S INSPIRING TALKS & WORKSHOPS

Customized for your group, from  
15 minutes to 3 days in length!



## About Mary

During her 25-year nursing career, Mary has gone from hospital nursing on a medical-surgical unit to an exciting new role as a wellness educator and lifestyle coach. Repositioning her nurse's cap from disease treatment to wellness and prevention, she has helped hundreds of people

lose weight, handle stress, gain energy, control blood sugar, and boost immunity.

As a mother of three, nurse and entrepreneur, Mary understands the needs of busy women struggling with work-life balance. In addition to helping clients address their health issues, she increasingly finds herself in the role of a life-reinvention coach — helping people rediscover their focus, purpose, and zest for living.

Increasingly in demand as a keynote speaker on health and wellness topics, Mary has given inspirational talks at the Charlotte Chamber of Commerce, Carolinas HealthCare System, Women's Initiative for Leadership, The Vanguard Group, and a wide variety of churches, civic organizations, and women's groups.

Mary has a special passion to help women navigate the transitions of life, finding new meaning and fun as they fulfill their God-given designs and missions. Regardless of the situation, she's convinced everyone can make the rest of their life the best of their life!

To sign up for Mary's free newsletter or find out more about her inspirational talks and workshops, visit

[MaryBuchan.com](http://MaryBuchan.com)

or call

800.409.8220

## ► **Over it: How to Live Above Your Circumstances and Beyond Yourself.**

Based on Mary's highly acclaimed book, this keynote message is guaranteed to change your life as you overcome whatever "IT" is hindering you from fulfilling your dreams.

## ► **3 Painless Steps to Reinventing Your Life.**

This is the perfect message for anyone searching for a new beginning.

## ► **5 Simple Keys to Finding the Fountain of Youth at Any Age.**

Midlife doesn't have to be a downhill slide. You can live younger and live longer, making the rest of your life the best of your life.

## ► **Nurture Your Health Inside and Out.**

This wellness series will motivate you to eat nutritiously, move your body, de-stress your life, and peel off the pounds.

## ► **The Fine Art of Work-Life Balance.**

Can you get ahead at work without losing your family, your health, and your mind? These four solutions will help you regain your equilibrium and enjoy life again.

