

## **Bio: LeAnn Thieman, Hall of Fame Speaker, Author, Nurse**

**Like you, life-balance expert LeAnn Thieman** understands the challenges people face today as they try to balance their lives and make a difference.

- **Do you have too much to do** and not enough time to get it all done?
- **Do you feel torn** between work, home, and volunteerism?
- **Do you care for everybody else** and take little time to care for you?
- **Do you feel frustrated** that you can't have a greater impact in the world?
- **Is there a *smarter way*** to balance your life and make a difference?

**With nearly two decades working with organizations,** LeAnn has a unique and dynamic solution.

**Unlike other programs,** LeAnn's are based on the proven principle that someone strong in mind, body and spirit will be happier, healthier, and more productive, benefiting them, their employer, and those they serve.

**Referred to as "life-changing,"** LeAnn fuses true stories and life balance strategies to impact audiences in an intense and intimate way. They march out renewed, reinvigorated, and recommitted to improving their professional and personal lives and to serve on a deeper level. LeAnn works with the best forward thinking groups and organizations committed to caring for their staff as the key strategy in meeting their goals and objectives today and in the future. Her foundation and fundraising events raise sums that consistently exceed expectations.

**LeAnn's story of being "accidentally" caught up in the Vietnam Orphan Airlift** in 1975 engages and inspires people. "I've never nearly cried or laughed so hard!" they proclaim as they learn her tools for coping in the war zones of their everyday lives. LeAnn applauds them for the heroes they are, honoring them for their contributions of time, talent and treasure. An ordinary person, she struggled through extraordinary circumstances and found the courage to succeed during her daring adventure of helping to rescue 300 babies as Saigon was falling to the Communists. LeAnn's penetrating conversations and expertise have been featured around the globe in on BBC, NPR, PBS, FOX News, *Newsweek Magazine's Voices of the Century* issue, and countless radio and TV programs. She writes regular columns for *NurseTogether.com*, *Caregiving in America*, and *The Best of Aging* magazines.

**LeAnn's 15 books have inspired, motivated, and changed the lives** of millions of readers. It began with *This Must Be My Brother*, her incredible Operation Babylift story. After it was featured in *Chicken Soup for the Mother's Soul*, LeAnn became one of Chicken Soup's most prolific writers.

**Her devotion to thirty years of nursing made her the ideal co-author of *Chicken Soup for the Nurse's Soul***, which hit the *New York Times Bestseller* list! She went on to author *Chicken Soup for the Nurse's Soul, Second Dose; Chicken Soup for the Christian Woman's Soul; Chicken Soup for the Caregiver's Soul; Chicken Soup for the Father and Daughter Soul; Chicken Soup for the Grandma's Soul; Chicken Soup for the Mother and Son Soul; Chicken Soup for the Christian Soul 2, Chicken Soup for the Adopted Soul, Chicken Soup for the Soul, Living Catholic Faith; Chicken Soup for the Soul, A Book of Miracles* and *Chicken Soup for the Soul, Answered Prayers*. Her latest, *SelfCare for HealthCare, Your Guide to Physical, Mental and Spiritual Health* is a dynamic component of her transformational SelfCare for HealthCare initiative.

**LeAnn is among fewer than ten percent of expert speakers worldwide** to have earned the Certified Speaking Professional designation and in August, 2008 she was inducted into the National Speakers Association's Speaker Hall of Fame, further motivating people to say, "I'm going to live my life differently after hearing you today."