

# THE BREATH OF NEW LIFE

RELIEF TODAY. TRANSFORMATION FOREVER.

## SPEAKER ONE SHEET

### Mary O'Dwyer, Ph.D.

Speaker, Author, Founder

*THE BREATH OF NEW LIFE*



**M**ary's exciting and inspirational story takes us from the shadows of Ireland's Blarney Castle through a "fast forward" food science career, and from balancing the overwork of a full-time career mom with a special needs child to creating a world changing company that reconnects people to themselves and to the unconditional love of God.

Mary speaks to audiences worldwide about how "breathing easier" brings Relief Today and the Renewal of Joy to your life. Mary serves as the Founder of the *THE BREATH OF NEW LIFE*, where women everywhere embrace a safe and secure method to emote, surrender and breathe easier -- releasing their life's burdens.

Mary's work is a calling that feeds her soul and that serves people, no matter where in the world they live, as a catalyst for them to release their pain, their hurt, their stuckness, and to transform their lives.

***"We are simply here to assist you and to support you in attaining the relief you need today and the transformation that brings joy back to life."***

**Mary O'Dwyer, Founder of  
*THE BREATH OF NEW LIFE***

#### **Signature Speeches:**

##### **"You Can Breathe Easier":**

##### **Releasing the Burden of Your Life Traumas and Dramas:**

How Well You Feel Is Deeply Connected to How You Breathe; The Way Your Emotions and Breath Connect; Stories of Release and Renewal; Getting Started Breathing Easier; How Ready Are You?

##### **"Breathing In Joy" :**

##### **Renewing Your Spirit of Life**

Imagine Renewing Your Spirit of Life; Enriching Your Life by "Breathing In Joy"; The Power of Breathing OUT Judgment and Breathing IN Joy; Expanding You to Your Full Capacity; How Breathing In Joy Is Just the Beginning.

Invite Mary O'Dwyer to speak to your organization, community, or leadership team.



*"As a family physician, I am honored to experience the integrity that Mary O'Dwyer exudes as a public speaker and a unique wellness professional. You can expect Mary's power and range as a speaker to deliver and connect with your audience -- from her solid experience-based style of educating to her inspiring hands-on demonstrations, like we witnessed at our big Health Fair EXPO."*

**Dr. Laurie Blanscet, D.O.  
Board Certified Family Physician**



*"As a public speaker, Mary O'Dwyer is interesting, engaging, informative, inspiring and knowledgeable. I learned a lot from her. As a New Hampshire Representative, I hear a lot of speakers. I can attest that Mary's experience and Toastmasters delivery is clear and authentically powerful. I especially admire that Mary brings science credentials to the important work she is doing at her company, THE BREATH OF NEW LIFE."*

**Rep. Jeanine Notter  
New Hampshire House Majority Whip**

**CONTACT SPEAKER** Mary O'Dwyer: Direct Email: [Mary@TheBreathOfNewLife.com](mailto:Mary@TheBreathOfNewLife.com) Direct Cell: 951-375-6425

# THE BREATH OF NEW LIFE

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## MEDIA GUEST ONE SHEET

### Mary O'Dwyer, Ph.D.

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#### Relief and Transformation Begin When People Worldwide Understand This:

It is a fact that how well you feel is deeply connected to how well you breathe. Consider four examples -- simply adjusting how you breathe:

- alters your mood
- clears your mind
- opens your heart
- changes how you approach problems.

Mary O'Dwyer is an expert at breathing pattern assessment and gives you practical steps. The work Mary does through *THE BREATH OF NEW LIFE* goes far beyond those steps, bringing you relief from your stress and overwhelm, uplifting your spirit and beginning the transformation that impacts your entire life.

Mary's work is a calling that feeds her soul and that serves people, no matter where in the world they live, as a catalyst for them to release their pain, their hurt, their stuckness, and to transform their life.



*"In an online session, or live in-person, with The Breath of New Life, you can expect and trust your results will be personal, regardless of what is going on in your life right now."*

**Mary O'Dwyer, Founder of  
*THE BREATH OF NEW LIFE***

#### INTERVIEW TOPICS:

Mary O'Dwyer is qualified and prepared to be interviewed as an expert, to add her voice on a panel, to provide an article or expert guidance on these topics, and several others:

- Overcoming Overwork & Overwhelm.
- Getting the Relief You Desperately Need.
- Breathing Easier & Breathing In Joy.
- How to let go of Life's Traumas & Dramas.
- Re-Connecting to You.
- Getting better at feeling, so you can start feeling better today.
- Renewing Your Zest For Living.



#### RELIEF

My sessions with Mary have been life changing. My anxiety and depression are gone. My weight has stabilized, my energy levels have soared, my immune system is stronger - I have not been sick in months! I feel grounded and more vibrant than ever before.

*Linda B., Stuttgart, Germany*

As a couple, we both were able to release some deep seeded trauma, and even some unexpected issues.

*Patti J., Richland, WA, USA*

As a physical therapist and practicing yogi, I was blown away at the emotional release and spiritual impact.

*Melissa L., Winchester, CA, USA*

#### RENEWAL

Mary's work is truly life changing. It's like you experience an out-of-body feeling and afterwards, you truly start to heal both physically and mentally.

*Ashton F., Murrieta, CA, USA*

I asked Mary if she could help me reach my potential racing my bike. Since my session things have changed in my life that I couldn't have dreamed would be possible.

*David R. Royal Berkshire, UK*

When I first came, I was super disconnected from my emotions. Mary's work gave me access to my heart and all the emotions that were trapped in there for so long

*Lila E., Wildomar, CA, USA*

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