

# BIO PRESS KIT



## SHORT BIO

Dr. Martha Beck has published several *New York Times* bestsellers helping others create their best lives. She earned her B.A., M.A., and Ph.D. degrees from Harvard, all in social sciences. She is, in the words of *USA Today*, “one of the best-known life coaches in America.”

## MEDIUM BIO

Dr. Martha Beck has published several *New York Times* bestsellers as well as over 150 magazine articles. She earned her B.A., M.A., and Ph.D. degrees from Harvard, all in social sciences. She is, in the words of *USA Today*, “one of the best-known life coaches in America.” She spends part of each year in Africa leading seminars, where she donates the proceeds to ecosystem restoration and education for rural Africans. Her fondest dream is to help save the world while wearing pajamas.

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## MEDIUM

*(To use at speaking engagements)*

Dr. Martha Beck has spent a lifetime offering powerful, practical, and entertaining advice that helps people improve every aspect of their lives. Her written work includes several *New York Times* and international bestsellers, as well as over 150 magazine articles. For the past 18 years, Dr. Beck has been a monthly columnist at *O, The Oprah Magazine*. She earned her B.A., M.A., and Ph.D. degrees from Harvard, all in social sciences. For over two decades she has been, in the words of *USA Today*, “one of the best-known life coaches in America.” She has trained over 3,000 other coaches. She is a popular speaker to groups ranging from intimate seminars to audiences numbering in the thousands.

*This paragraph can be modified to meet the needs of specific audiences.*

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## FULL LENGTH BIO

Dr. Martha Beck is a *New York Times* bestselling author who has spent her career helping thousands of people create their best lives. She holds a B.A., M.A., and Ph.D., all from Harvard University, all in social sciences. Her passions include speaking, coaching, nature, pajamas, and YouTube videos of wild animals doing unexpected things.

Dr. Beck's published works include several self-help books and memoirs, including the *New York Times* and international bestsellers *Finding Your Own North Star*, *The Joy Diet*, and *Expecting Adam*. She has also published over 150 magazine articles, including almost two decades of monthly columns for *O*, *The Oprah Magazine*. She also writes a monthly column for Maria Shriver's online blog, *The Sunday Paper*.

After earning her degrees, Dr. Beck taught at Harvard and the International Graduate School of International Management but found that her real interest was helping students achieve their personal and professional dreams. She began coaching and speaking to individuals and professional groups, and became, according to *USA Today* and *NPR*, "one of the best-known life coaches in America." She is a popular speaker and has appeared many times on *The Oprah Show*, *Good Morning America*, and other television programs.

Dr. Beck spends several weeks each year in Africa, running wilderness-based seminars and donating the proceeds to ecosystem restoration and education for rural Africans. The rest of the time she lives in Pennsylvania with her family and other assorted creatures.





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