

Mary Shores

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**2017
MEDIA KIT**

MARY SHORES | AND HERE'S HOW

TESTIMONIALS...

“A realistic, practical, and extremely powerful guide for turning your life into a joyful ride no matter how troubled it may be today.”

- Sonia Choquette, *New York Times* best-selling author of *Your 3 Best Super Powers*

“Conscious Communications positively changes your association to the words you use for yourself and others.”

- Mike Dooley, *New York Times* best-selling author of *Infinite Possibilities*

“Anyone who feels the itch to dig in and completely transform their own lives and create a glorious new reality will benefit powerfully from Mary Shores’ new book, *Conscious Communications*. Mary provides acres of support and insight as she teaches us to journal our way to living powerfully and changing our destiny. Mary went from unthinkable tragedy to a victorious and glorious life and teaches us all to do the same.”

- Regena Thomashauer, *New York Times* best-selling author of *Pussy*

“Conscious Communications is a treasure trove full of wisdom and the techniques Mary Shores used to overcome hardships she encountered in her life. Her energy pulses through every page and one cannot help but be inspired by her resourcefulness in dealing effectively with life challenges. Reach for a pen to take notes because in this highly readable book, Shores gives us many ways to understand and improve ourselves. The many lessons learned from *Conscious Communications* will help to heal suffering and improve the lives of many people.”

- Ondine Gross, Author of *Restore the Respect: How to Mediate School Conflicts and Keep Students Learning*



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MORE ABOUT THE BOOK...

Conscious Communications is your guide to creating a life in alignment with your dreams and desires. With thoroughly tested exercises and Mary’s own poignant and relatable stories, you will begin to experience the tremendous impact of words and how to utilize the right words to unlock their power and create your own reality. Whether we realize it or not, the words we use dictate and control our lives. The messages we repeat can frame our thoughts and trap us into a mindset that is difficult to break. It often manifests itself with statements like “I can’t,” and “I’m not good enough.” This is a common mindset, and many times we do not stop to consider the profound impact that these limiting words have on our mentality, life choices, and the path of possibility that we manifest. Mary Shores has been practicing and teaching the Power of Words for over a decade. She pioneered a wildly successful and innovative method that teaches individuals to focus on changing their words in order to create their ideal outcomes. Mary discovered that the words we choose vastly impact our daily lives.

After gathering years of research and personal experience with how words affect individuals mentally and emotionally, Mary realized that there is a life-changing theme persistent throughout ancient traditions, religious foundations, and is supported by scientific professionals. All agree on one recurrent truth: Words have the power to create and transform. When you choose your words wisely, an infinite number of possibilities present themselves. You are given the power to break through barriers and start living the way you always wanted to. Mary’s revolutionary method challenges common myths and proves that perception can be changed no matter what stage of life you are in. Mary took her discoveries and created easy-to-follow, step-by-step practices that will transform each area of your life. Based on two decades of research, Mary teaches how you can create new neural pathways by changing your words. Readers of all ages have felt the incredible empowerment of choosing Conscious Communications. You can align your words, thoughts, and actions to produce the results you want. This book can show you how.

MORE ON MARY...

Mary Shores has been recognized as a leader of innovative thought and has been hailed as a “revolutionary thinker.” Mary has spent over a decade teaching businesses and individuals how to inspire others, create new ways of thinking, identify their goals, and take action to create meaningful results. After coming from humble beginnings and experiencing devastating tragedy, Mary overcame adversity to become the youngest owner of a collection agency; an agency that prides itself on empowering consumers by alleviating their burden of debt. Mary’s agency has collected over 40 million to date, and her success is only going to grow. She is the creator of the groundbreaking Words That Work system, which helped businesses reach success through thoughtful communication. This inspired the creation of her Hay House book.

Mary has traveled nationally to lecture and teach courses that help individuals implement new ways of thinking so that they can take small steps toward making more conscious and impactful decisions. Her unconventional and dynamic teaching style inspires all who listen by incorporating science, ancient wisdom, and personal experience into easy-to-understand lessons and exercises. Mary has been featured on local and national radio and television shows, podcasts, and blogs. Her influential book *Conscious Communications* will be released by Hay House in August 2017.

Since launching her brand less than a year ago, Mary has already accrued over 10,000 fans and subscribers, and her following continues to grow rapidly. Mary seeks to make an impact on the collective consciousness that will inspire individuals to live to their fullest potential. When Mary is not hosting retreats, speaking to crowds, on Facebook Live, or writing blog posts, she is with her two teenage sons in Central Illinois. To get involved in Mary’s movement, sign up for her Fearless Ambition newsletter at maryshores.com.

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