

Mary Fran Bontempo

Empowering. Engaging. Entertaining.



Mary Fran Bontempo is an award winning author, speaker and humorist who believes in the power of women.

Mary Fran is the author of three books and a former newspaper columnist. Her most recent book, *The Woman's Book of Dirty Words*, takes on the everyday words that make women cringe. Mary Fran shows her audience how to redefine their dirty words and clean up their self-talk, guiding them towards vibrant, productive, and yes, joyful lives.

Having received recognition from the Erma Bombeck Writers' Workshop and Humor Press, among others, Mary Fran delights in sharing her engaging and inspirational message with women (and men!) of all ages.

Featured Speaker

Arcadia University
Atlanta's Audio Dust Jacket Radio
BEN FM Philadelphia Radio
Blog Talk Radio
Bucks County Community College
Delaware Valley College
Mercer County College
NJ Assoc. of School Librarians
Pearl Buck International
Sisters U
Temple University
The Sophia Group
Women's Business Forum
WMCN TV
WWDB-AM Philadelphia



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What They're Saying About Mary Fran



"Bravo! ...As a wife and mother, a television talk show host, and an aging baby boomer, I related to each and every word and found myself nodding along and smiling at each chapter. It's a MUST READ for women of all ages! - **Lynn Doyle** Emmy-winning talk show host – LDTV

"Mary Fran Bontempo nails it in *The Woman's Book of Dirty Words*." - **Selena Rezvani** – *Forbes Woman; Author, Pushback: How Smart Women Ask and Stand Up for What They Want*

"Mary Fran helps to guide us 'ladies' through challenging times with grace and humor to find the joy!" - **Susan Rocco-Host**, *Women to Watch, WWDB Radio*

"Mary Fran knows her audience and delivers a message that entertains, educates, and inspires women to make small changes that lead to significant improvements in their lives." - **Maria Martino Evans** - *President, Martino Evans Communications*

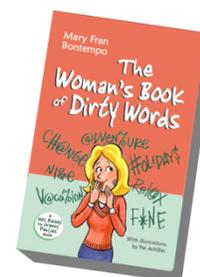


Guess what? Being all things to all people is *exhausting*. It creates cranky, unproductive and unhealthy women. Author, speaker and humorist Mary Fran Bontempo is on a mission to change that, one laugh at a time.

For women, 'self-talk' can be downright ruthless--and a woman's worst enemy. Take a journey of discovery, inspiration, and laughter...with your new unfiltered girlfriend who's armed with practical advice and the occasional (though sometimes necessary) smack-down, to keep your "self-talk" in check!

The Women's Book of Dirty Words

We women talk - a lot. Yet, the words that take others to their happy place often make us miserable. Words like vacation, dinner, balance, and change can leave us breathing into a paper bag with our heads between our knees. It doesn't have to be that way. Join Mary Fran Bontempo in *The Women's Book of Dirty Words* and redefine the 'dirty words' that make women cringe. You'll laugh, clean up your self-talk, and trim your 'dirty words' list down to size!



Not Ready for Granny Panties - The 11 Commandments for Avoiding Granny Panties

Granny Panties are as much a state of mind as a giant pair of unmentionables, and no woman is immune from getting stuck. In this delightful book, Mary Fran empowers women to eliminate what doesn't work and embrace what does by offering a new set of "commandments" to make life more manageable, fulfilling, and fun, personally and professionally.



Author | Speaker | Humorist

www.maryfranbontempo.com

