

Mary Fran Bontempo

Empowering. Engaging. Entertaining.



MARY FRAN BONTEMPO is an author, speaker and humorist who teaches women to control their most powerful influence: Self-Talk. Author of *The Woman's Book of Dirty Words*, and *Not Ready for Granny Panties—The 11 Commandments for Avoiding Granny Panties*, Mary Fran proves small changes in self-talk yield big life changes, allowing women to be positive, productive and vital in a rapidly changing world.

A *Huffington Post* contributor and regular columnist for numerous websites, Mary Fran's work has been honored by the Erma Bombeck Writer's Workshop and Humor Press, among others. A frequent media guest and speaker, audiences delight in her empowering and entertaining message.

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
Women of Willow Grove
WMCN TV
WWDB-AM Philadelphia



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www.notreadyforgrannypanties.com

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*



Self-talk can be downright ruthless, and a woman's worst enemy. Author, speaker and humorist, Mary Fran Bontempo is on a mission to change that, one inspired laugh at a time. Take a journey of discovery, empowerment, and fun...with your new unfiltered girlfriend, who's armed with practical, witty advice to keep your self-talk in check!

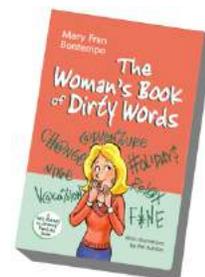
Speaking Topics

- **Taming Your Self-Talk** - Clean Up your "dirty words" to re-define your life.
- **The Power of Negatives** - Embracing fear, practicing ignorance, and celebrating "No."
- **Re-invent, Re-energize, Reclaim Your Life** - Utilize life's "curve balls" to recreate your world.

(For additional programs and to view my speaker reel visit my website maryfranbontempo.com.)

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

