



MARI RUDDY

EXTREME HEALING

Reclaim Your Life & Learn to Love Your Body

[CLICK HERE](#) for Book Info, Media Page, and Headshots

Bio

Mari Ruddy spent most of her life trying to avoid being in her body. Between surviving childhood sexual abuse and living with type 1 diabetes since 1981, the trauma of her life left her with PTSD and two suicide attempts. But her mind-set changed when Mari discovered the magic of distance cycling at age thirty-nine—the same year she was diagnosed with breast cancer for the first time. Now a three-time cancer survivor, Mari has continued her life as an amateur endurance athlete. She has volunteered with the American Diabetes Association, and she created Team Red and the Red Rider Program for cyclists with diabetes. She was also the CEO of TeamWILD Athletics, training people with diabetes across the globe to be endurance athletes. Now she shares her journey in hopes that you too can learn to live fully and joyfully.

#1 AMAZON NEW RELEASE



Topics Mari Can Speak On

- ▶ Resilience: How to bounce back from tough situations with a roadmap for health
- ▶ Courage in the face of adversity
- ▶ Holding space for yourself and others when in crisis/turmoil
- ▶ How to get started on fitness when you have a chronic health challenge
- ▶ Endurance athletics when you have diabetes AND cancer
- ▶ Action and motivation to get healthy in the face of health despair
- ▶ Creating community and what that means during good times and hard times
- ▶ How to be the change you want to see
- ▶ Perseverance when the going gets tough
- ▶ Goal achievement when you're sick and tired of being sick and tired

More about Mari

- ▶ Has a master's degree in Higher Education and Administration and was a high school principal
- ▶ Only drinks 4 glasses of wine per year, or less. Ask her when and why!
- ▶ Lifts weights twice a week—no matter what!
- ▶ Eats salad jars every day from May through October
- ▶ Prioritizes going on vacation for at least a week every year, usually in the middle of winter to someplace warm and sunny



CONTACT

mari@mariruddy.com

