

SHELLEY LEITH

Co-Author of *Character Makeover*
(Zondervan, January 2008)

Shelley Leith is a staff writer at Saddleback Church in Lake Forest, Calif., as well as a popular speaker on the topics of character makeover, self-esteem, life mission statements, parenting, and marriage. Shelley is also a Life Purpose Facilitator with *Life Purpose Coaching Centers International*® and leads 2-day Life Purpose Intensive Facilitations called “Your Life on a Movie Screen.”

Shelley earned a business and communications degree from Biola University and has applied her skills to marketing, computer training, building businesses with her husband, and most recently as a staff member at Saddleback Church. At Saddleback, Shelley created the world-renowned *40 Days of Purpose Campaign*, which has been implemented in more than 30,000 churches in the U.S. in conjunction with church-wide studies of Rick Warren’s bestselling *The Purpose Driven Life*.

This year, Shelley Leith joined forces with Dr. Katie Brazelton to co-author *Character Makeover: 40 Days with a Life Coach to Create the Best You*. This book combines Katie’s expertise as a life coach with Shelley’s life philosophy that “you can be proactive about becoming more Christlike.” The resulting book is a rich, 40-day adventure in character development.

Shelley and Greg Leith have been married for 28 years and are able to draw from their own experiences as they share God’s timeless blueprint for marriage and family with other couples. The Leiths lead Bible studies and speak to national audiences at FamilyLife™ marriage conferences. They live in Southern California, where they are proactively applying character-training principles as they raise their five children, ages 15 to 21.

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Speaking Topics

- Character Makeover
 - Your Relationship to God: 6 Pride-Busting Humility Factors
 - Your Relationship to Yourself: 8 Sure-Fire Confidence Builders
 - Your Relationship to Others: 10 Stress-Relieving Self-Control Strategies
- Yellers Versus Stuffers: How to Resolve Conflict With Your Polar Opposite
- Romancing Your Husband When You Don’t Feel Like It: Discover the Lover in You
- When Motherhood Scared the Snot Out of Me, And Other Tales of a Nurturing-Challenged Woman
- Proactive Parenting: How to Develop and Live Out a Family Mission Statement
- Five Is *Not* Enough: How to Build a Healthy Self-Image

New from Zondervan:

- *Character Makeover: 40 Days with a Life Coach to Create the Best You*
(Available from Zondervan, Spring 2008)



For more information about Shelley, visit www.ShelleyLeith.com.