

## THE MAN BEHIND

# REAL LIFE MANAGEMENT<sup>SM</sup>

Wayne E. Nance is the President and CEO of Real Life Management<sup>SM</sup>, Inc., a company dedicated to providing the education that was never taught in school on fitness, finance, family issues and how they are related. Nance's latest book, THIN, RICH, and HAPPY published by Fireside Books a division of Simon & Schuster, integrally applies the principals of Real Life Management.

Wayne started a career as a financial planner in 1972. By 1978, his personal life had spun out of control. He was 305 pounds, had 5 credit cards charged to the max and was smoking two packs of cigarettes a day. He was officially a card carrying workaholic who disregarded quality family time and never missed a buffet.

At the age of 29, a 14-year history of high blood pressure brought Wayne to his cardiologist who told him he'd never live to see age 40. That news motivated Wayne to do some soul searching about his weight and other lifestyle issues.

By 1984 Wayne had lost 100 pounds. However, medical complications due to the method of weight loss and daily stress led him to consult with an exercise physiologist. For the first time, Wayne realized that nutrition, exercise, and money matters are related and

emotionally driven. That understanding drove Wayne to make permanent lifestyle decisions about his drugs of choice – food and money.

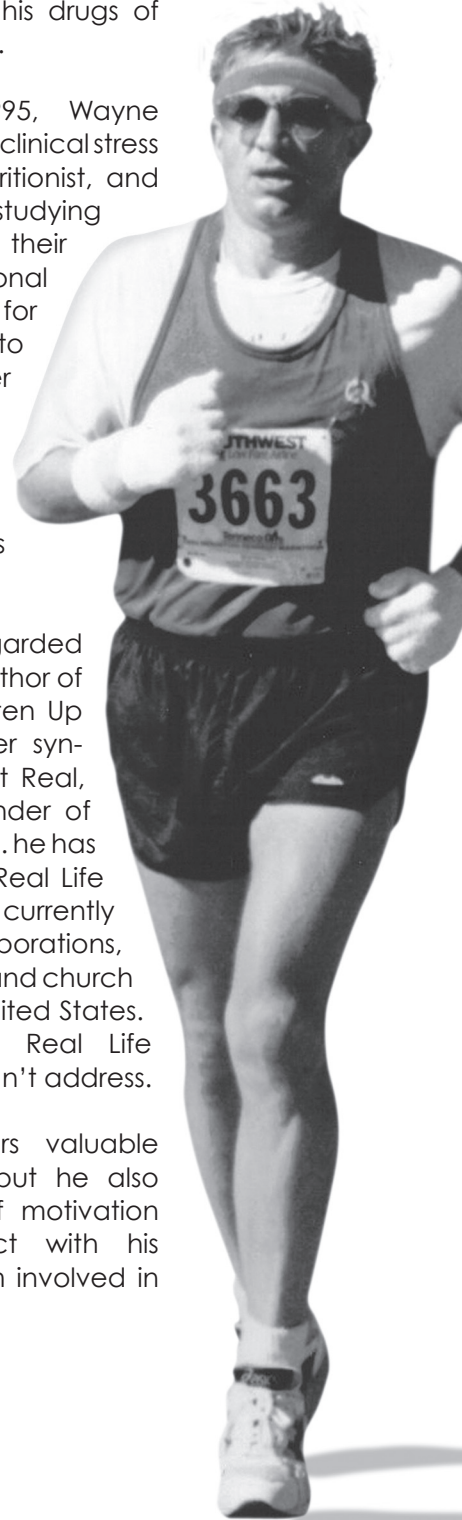
From 1988 through 1995, Wayne traveled the country with a clinical stress psychologist, a sports nutritionist, and a personality therapist studying what motivates people in their financial, health and personal choices. Wayne's passion for this research drove him to leave his successful career in the financial industry so he could devote his life to educating businesses and families on how health, money and relationships are interwoven.

Wayne is a highly regarded speaker and trainer, co-author of Mind Over Money and Liten Up for Life, as well as former syndicated radio host of Get Real, it's a Real World. As founder of Real Life Management, Inc. he has developed the ABC's of Real Life Management program currently being utilized by top corporations, organizations, institutions, and church groups throughout the United States. There isn't a topic his Real Life Management program can't address.

Wayne not only delivers valuable content in his sessions, but he also delivers a good dose of motivation and humor to connect with his audience and keep them involved in his presentation.



305 Pounds



Wayne has been described as  
Dr. Phil meets Jeff Foxworthy!



## Entertainment | Motivation | Education

Not only will audiences get valuable content, Wayne also delivers a good dose of motivation and humor to connect with them and keep them involved in his presentation. Wayne has been described as Dr. Phil meets Jeff Foxworthy!

To schedule a speaking or training engagement, or to discuss specific issues, please contact:

Booking Agent:  
**Tony Conway**

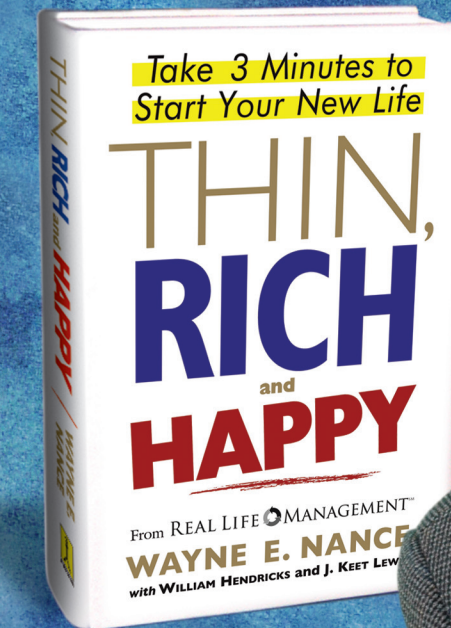


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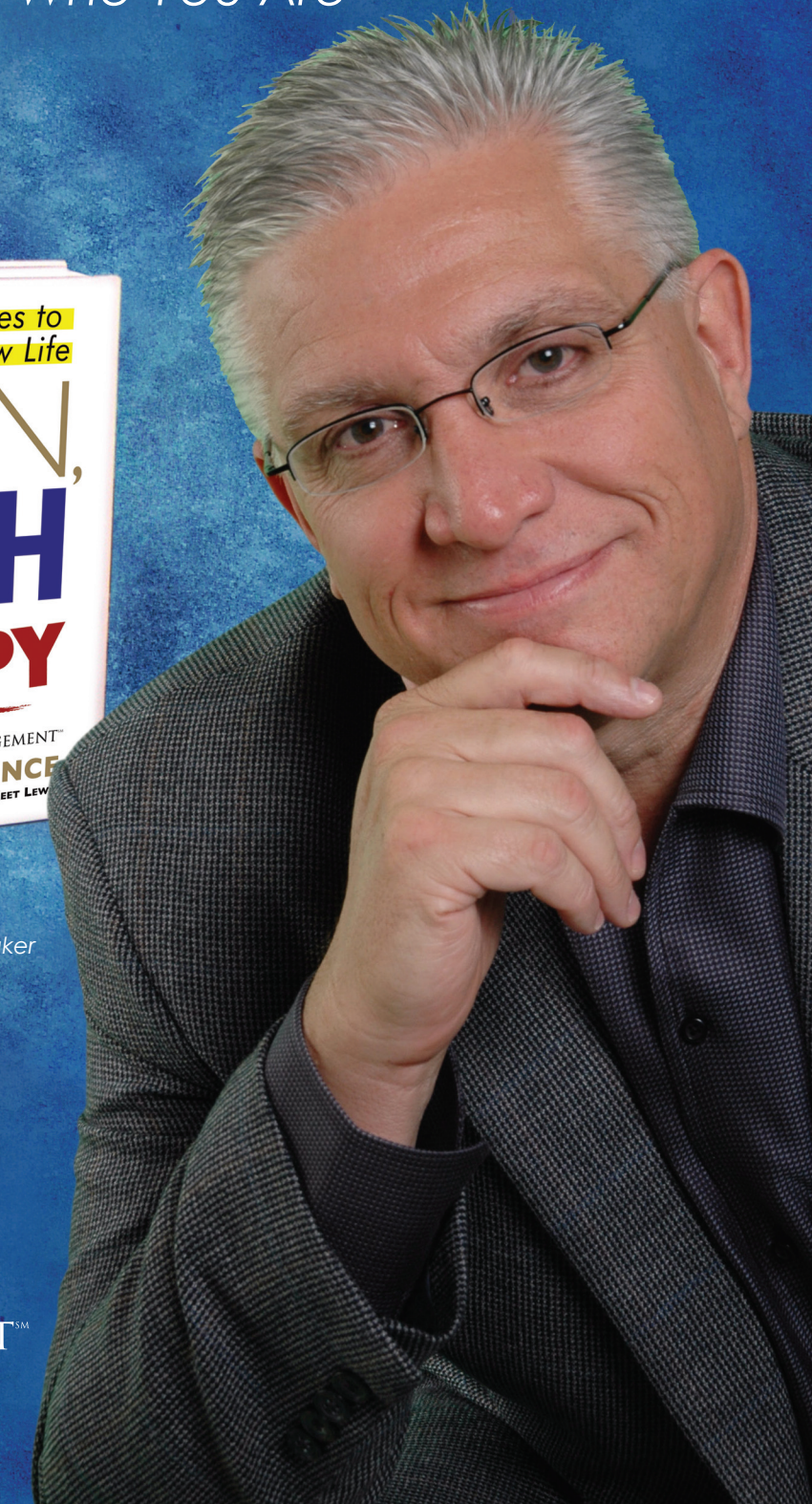
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# Real Life Issues Real Life Solutions

ALTER Your Life  
Without Changing Who You Are



Wayne E. Nance  
Founder | Author | Speaker



REAL LIFE MANAGEMENT<sup>SM</sup>  
[www.RealLifeManagement.com](http://www.RealLifeManagement.com)

REAL LIFE MANAGEMENT<sup>SM</sup>

# 3 Bottom Line Crises in Corporate America

## OBESITY, DEBT & BROKEN RELATIONSHIPS

Recent studies show:

**67%** of Americans are Obese

**85%** of Americans Retire Broke

**56%** of Americans are Divorced

**Wayne Nance  
did the Research!**

**Wayne's research shows 80%  
of our choices are based on  
our attitudes and beliefs.**

**And, a Harvard study reveals 60%  
of employee turnover and performance  
is tied to attitudes.**

**Not surprisingly then, your employees  
bring these issues to the workplace,  
negatively affecting your bottom line.**



Wayne E. Nance  
Founder | Author | Speaker

Contrary to popular belief, there are no magical "quick fixes" for losing weight, making money or creating successful relationships. Wayne Nance believes the reason most of us fail and continue to face challenges in these areas is because of our inborn attitudes. Nance created easy-to-implement ideas and techniques that work!

**Real Life 3-Minute Survey™**  
determines your Core Attitudes  
within **88% accuracy.**

Send listeners, viewers, or employees to



to get their results now!

*This is not a  
personality test.*

### PRAISE for "THIN, RICH and HAPPY"

"Zig Ziglar says, 'Your attitude, not your aptitude, determines your altitude in life.' Thin, Rich and Happy is a fantastic book that hits the 'attitude' nail on the head and is perfect for people who want more success in their personal, family, business, and spiritual lives. The three-minute survey helps you pinpoint the attitude you have while the book gives you a specific game plan on how you can take control of your attitude, eliminate the negatives, and start achieving more of the things you want. Thin, Rich and Happy shows you where to start and then gives you a plan on how to get there."

Tom Ziglar  
President & CEO, Ziglar

"Timely advice from excellent authors. This book has greatly helped me."

Judge Paul Pressler  
Texas Court of Appeals (retired)

"Want to finally be thin, rich and happy? Wayne Nance provides a refreshingly pragmatic process to do just that."

Patrick Cua  
Executive Vice President, Matria Healthcare

"Thin, Rich and Happy is the best tool I have read (and it is very readable) for understanding exactly what each person's preferences and motivations are and how to live a more successful life... this book goes into spiritual solutions to personal problems, and I recommend it highly."

Dr. Ted Baehr  
Chairman, The Christian Film & Television Commission

"[The authors have] over 25 years experience assisting people in their relationships and finances; Thin, Rich and Happy is the quickest, most effective, accurate tool I have ever used. Anyone who works with people should put this book at the top of their resource list!"

Bill Hawkins  
President & Founder, Powerwave Marketing Group

### SELECT TOPICS

For corporations, communities, churches, colleges and universities Wayne's most popular topics include:

- Attitude Motivation
- Business Ethics and Accountability
- Sales and Prospecting
- Customer Service
- Internal Teamwork
- Leadership / Practice Management
- Recruiting Techniques
- Personal Development

Many capacity audiences have been entertained, motivated, and educated as Wayne shared his secrets for using inborn attitudes to ALTER every aspect of life:

#### FINANCIAL FITNESS

1. Getting Ready to Commence to Begin to Start Tomorrow on a Financial Plan
2. The Emotional Side of Spending Money
3. Ten Steps to Beating Credit Card Abuse
4. Budgets and Diets – Why They Fail
5. Too Much Good Credit is a Bad Thing
6. How to Negotiate Everything

#### HEALTH & PHYSICAL FITNESS

1. I'm Just Big Boned
2. Eating Fat Free is Killing Me
3. Food Companies – The Real Drug Dealers
4. Unsaturated Hips
5. The M&M Diet Plan - Peanuts Anyone?
6. Skinny People Die Too

#### RELATIONSHIP FITNESS

1. I'm Going to Have Fun "If It Kills Me"
2. Four Walls of a Marriage
3. I'm So Tired of You Being Wrong!
4. When Lovin' Leads to "Dislikin'"
5. Why Is My Child so Much Like My Spouse?
6. What's Sinking My Boat?

### CREDENTIALS

A vibrant speaker whose unique style, emphasizing humor and interaction, entertains, motivates and educates organizations across the country, Nance's "ABC's of Real Life Management" program is currently used by top churches, universities, corporations and organizations throughout the U.S.

#### Churches and Universities

Abilene Christian University  
Duke University Center for Living  
Georgia Tech University  
Middle Tennessee State University  
TEA

#### Organizations

AIM  
American Business Women's Assn.  
Canyon Ranch  
CNA Insurance  
Cumberland Electric  
Epson America  
First Tennessee Bank

#### Healthcare Providers

Alleghany Hospital (HCA)  
Baptist Hospital  
Hospital Corporation of America  
St. Joseph Hospitals  
Memorial Hospital Systems  
UHA Supply

Glazier Food Company  
Georgia Society of CPAs  
Investors Financial Group  
Lebhar-Friedman  
Legacy Financial Corporation  
Meeting Planners International  
Nashville Police Academy

#### Music, Film, Radio, and TV Industry

Broadcast Music, Inc.  
Buddy Lee Attractions  
Country Music Association  
Johnny Russell (Artist)  
Point of Line  
USA News

Quick Copy International  
Principal Financial Group  
Prudential  
Sam's Wholesale Club  
Surety Life Insurance Company  
US Veterans Administration  
Weyerhaeuser  
YMCA of America  
... and others