



Leslie is a licensed counselor (DCSW, ACSW, LSW) with over 25 years of experience helping individuals, couples, and families enrich the relationships that matter most! Leslie gently leads people to:

- Confidently speak thoughts and feelings in a constructive way.
- Encounter God's peace in the midst of suffering or difficult loss.
- Develop the discipline to turn dreams and desires into reality.

Author of six books and a contributor to numerous others, she has been a radio guest on *Moody's Midday Connection*, *Family Life Radio* and *Focus on the Family* as well as a regular columnist for *WHOA Women's magazine* and speaker for *The American Association of Christian Counselors*.

Leslie resides in Pennsylvania with her husband, Howard, and their dog Gracie. They have two grown children.

### What others have said:

*"We left Leslie's seminar with a deeper understanding of who we were, where we had been stuck and how to move forward in our walk with Christ. I highly recommend Leslie Vernick as a truth-bringing agent of freedom for any women's ministry desiring to encourage and inspire growth and healing in their constituents."*

**Brenda H. McCord**  
Moody Women's Conference  
Coordinator

## Leslie's Most Popular Talks for Women

### Lord, I Just Want to Be Happy.

It's not the new circumstances we often pray for that move us toward lasting happiness, but rather something entirely different. Drawing on her own struggles and those of people she has counseled, and using scriptural insights in fresh ways, Leslie offers practical and simple steps to help you:

- *Recognize and change habits that, day by day, keep you from experiencing happiness.*
- *Develop the skills that will enable you to let go of negative and painful emotions quicker.*
- *Transform difficult circumstances so you can live with gratitude, joy, and purpose.*

### The TRUTH Principle.

Do you struggle to live out God's truth from your heart? Many Christians know more truth than they actually apply. Leslie offers a unique 5-step process called The TRUTH Principle that will help you:

- *Respond to difficult situations without losing your temper or your faith.*
- *Break free from internal lies in order to fully embrace God's truth.*
- *Develop the discipline to take your desires from dreams to reality.*

### Becoming the Best Possible You!

Low self-esteem and poor self-image shackle many people. The consequences include destructive relationships, negative emotions, and depression. Leslie empowers you to identify internal lies, move beyond them, and embrace God's truth. You will discover:

- *Freedom to be yourself, instead of feeling inferior to others.*
- *Courage to take good risks so you can live your potential.*
- *Wisdom to learn from your mistakes instead of allowing them to cripple you.*

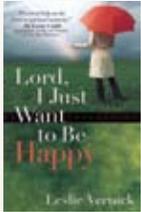
### Depression-Proof Your Life.

It is not selfish to take good care of yourself. One in five women will be diagnosed with clinical depression in their lifetime. It's the number one cause of disability in women today. Yet, many of us aren't intentional about good self care. Leslie helps you learn how to:

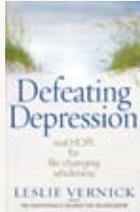
- *Speak up and say "no" without guilt so you stop feeling used.*
- *Manage stress so that you don't feel overwhelmed.*
- *Stop pretending things are fine when they're not, and make your relationships more authentic.*

Each of these talks can be expanded to accommodate a weekend retreat. Additional talks for special events or specific topics can be arranged.

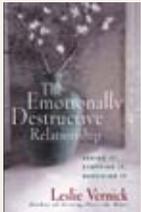
Leslie is a national speaker, counselor, coach and author with expertise on the subjects of personal and spiritual growth, marriage improvement, conflict resolution, depression, child abuse, and domestic violence. Her books include:



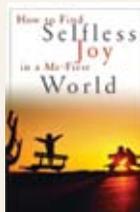
Lord, I Just Want to Be Happy



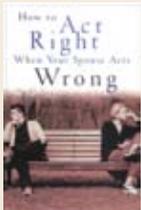
Defeating Depression



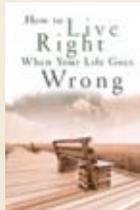
The Emotionally Destructive Relationship



How to Find Selfless Joy in a Me-First World



How to Act Right When Your Spouse Acts Wrong



How to Live Right When Your Life Goes Wrong

### What other have said:

“Leslie has a gift of applying the hard truths of Scripture in a way that makes them seem inviting. If you are half as blessed by Leslie’s teaching as me, you will surely grow in Christlikeness.”

#### Gary Thomas

International speaker and author of *Sacred Marriage*

## Leslie’s Most Popular Talks for Couples

### How to Act Right When Your Spouse Acts Wrong

Sometimes it’s harder to respond in a godly way to the minor irritations of married life than the more difficult challenges. Leslie’s powerful message enables married couples to:

- *Take responsibility for faults and failures, instead of denying, avoiding, or blaming.*
- *Show love toward your spouse, even when you feel selfish.*
- *Respond, instead of react, when a spouse upsets you to minimize destructive conflict.*

### The Emotionally Destructive Relationship

Seeing It! Stopping It! Surviving It! This powerful seminar offers practical, biblical, wisdom to help those stuck in destructive relationship patterns. Leslie has helped hundreds of people move beyond their fears and learn to live free. Imagine how much happier you would feel if you could:

- *Say “no” and mean it.*
- *Have the courage to make choices for yourself.*
- *Confidently speak your thoughts and feelings in a constructive way.*
- *Invite someone into healthy change so that destructive patterns are broken.*

### The Hidden Power of Humility

Do you long for great relationships with your spouse, children, extended family, and friends? Leslie offers five exercises that can provide immediate improvement in any relationship. Apply them to your relationships and discover how to:

- *Feel less defensive when someone criticizes or corrects you.*
- *Cooperate with one another without resentment.*
- *Admit mistakes and failures without fear.*
- *Let go of past hurts and forgive generously.*

### Honey, Can We Talk?

This question instills fear in many couples, but it can also be a way to draw close to each other. Uncover five core ingredients necessary for emotional closeness to flourish. You will be empowered to:

- *Identify your true feelings and learn the right words to communicate them.*
- *Move beyond superficial chit-chat to personal, in-depth sharing.*
- *Reduce negative body language that results in misunderstanding and conflict.*

Each of these talks can be expanded to accommodate a weekend retreat. Additional talks for special events or specific topics can be arranged.

## For more information or to request Leslie for an event:

Call: 610.298.2842

Email: [Leslie@LeslieVernick.com](mailto:Leslie@LeslieVernick.com)

Visit: [www.leslievernick.com](http://www.leslievernick.com)