

**Mary Jo Fay, RN, MSN**

Out of the Boxx, Inc.

## **INTRODUCTION**

Mary Jo Fay is a speaker, columnist, award-winning author, and consultant specializing in relationships – including the oftentimes confusing one we have with ourselves.

Defining herself as “The Relationist,”-- a rather “out of the Boxx” relationship expert – her expertise is based upon a rare combination of both knowledge from many of her own life experiences, combined with insights gleaned through interviews with hundreds of real people who shared their real life relationship ups, downs, fears, and questions as well. The result? She’s produced four self-help, relationship books in four years, with titles like, *Get Out of Your Boxx*, *When Your Perfect Partner Goes Perfectly Wrong*, *Please Dear Not Tonight*, and *The Seven Secrets of Love*.

A registered nurse with a Master’s Degree in her field, her life journey has also included raising a daughter, surviving divorce, and overcoming a history of childhood sexual abuse, all of which took her to rock bottom when she knew she’d have to make some serious changes if she wanted a life filled with happiness, passion, and love.

Having survived that journey herself, she now teaches others the path she discovered the hard way, hoping to help them find the answers more gently than she did!

Although she works with a variety of relationships issues, she is perhaps best known for her specialty in helping those who have been involved in difficult relationships, (whether at work or at home) become survivors. She consults with clients from around the globe sharing her many insights through her books, workshops, and personal consultations and has appeared on numerous radio shows throughout the country, as well as TV’s Fox 31 News and Denver Cable Television. She is often quoted in newspapers and web sites throughout the US, as well as internationally, and her books are now being translated into other languages as well.

Hoping to spread her message of love, hope, and healing to a wider audience, she is now also writing screenplays for the big and small screen. She can generally be found in Denver, Colorado or Cozumel, Mexico, living “Outside the Boxx!”