

Whatever happened to...

Have you asked yourself that question lately?

If, so, there's a message here waiting just for you!

YOU?

Valda Boyd Ford's

Guide to Living, Laughing and Loving

Will help YOU find YOU again!



"Valda Boyd Ford faced an audience of 400 people, including the Governor and First Lady of Nebraska, and tore the place up.

The laughs were non-stop, yet she made points about self-love, wellness and healthy human interactions that infused the crowd at every step. Ford is part motivational speaker, part health guru, part stand-up comedian and 100% country girl. Rarely is so much human insight delivered so effortlessly, painlessly and with such hilarity. Don't miss her if you ever get the chance."

— Sandra Hunter
Omaha Star

Valda Boyd Ford's *Guide to Living, Laughing and Loving*

is a 40-minute journey into the soul of one of America's brightest new voices. It's a primer on using grace and humor to get you through it all, whatever and wherever your ALL may be. Valda Boyd Ford has presented and worked professionally in more than 12 countries and over 25 states as an author, nurse, educator, and acclaimed cultural competency and diversity expert. From the refugee camp to the board room — she makes the message relevant for every audience and situation. 🍷