



# Stephanie O'Dea

New York Times Best-Selling Author,  
Speaker, and Podcast Host

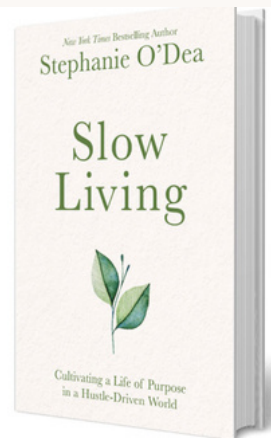
Stephanie O'Dea is a New York Times bestselling author, speaker, podcast host, and coach specializing in Slow Living.

With a background in social work, early childhood education, and trauma-informed yoga, she offers a holistic approach to wellness.

Through her books, coaching, and Slow Living podcast, Stephanie helps people slow down, reconnect with their purpose, and create sustainable balance.

Her latest book, *Slow Living: Cultivating a Life of Purpose in a Hustle-Driven World*, reflects her mission.

She lives in the San Francisco Bay Area with her husband, three daughters, and a basset hound named Sheldon.



## SIGNATURE TOPICS:

SLOWING DOWN IN A FAST-PACED WORLD

SLOWING OUR KIDS DOWN IN MODERN SOCIETY

MINDSET + ACTION + CONSISTENCY SUCCESS FORMULA

SIMPLIFIED TIME MANAGEMENT FOR BUSY PEOPLE

WHY SMART GOALS ARE STUPID

MAKING AND KEEPING NEW YEAR'S RESOLUTIONS

CARING FOR THE CAREGIVER

contact@stephanieodea.com  
or  
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50K



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