THE POWER OF JOY

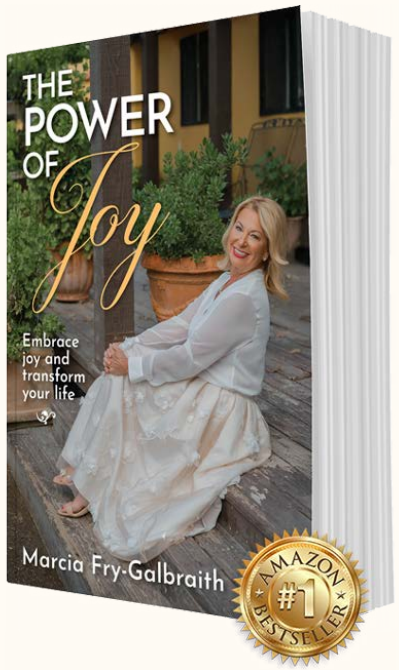
Embrace Joy and Transform Your Life

> "Despite the incredible progress we've made as a society, Marcia recognizes that many individuals are still missing the joy they deserve. Her message is simple but powerful: The life you want is within your reach, but it begins with a choice—your choice. This book offers a clear map for how to make that choice, how to step into your power, and how to invite joy back into your life."
>
> —Besa Martini, Life Coach and Business Result Trainer, Robbins Research International

Meet Marcia Fry-Galbraith

Keynote Speaker | Coach | Author

Marcia Fry-Galbraith is a healthcare professional, keynote speaker, and media consultant with over 20 years of experience in the pharmaceutical and biotech industries. A former Physician Assistant in Women's Health, she has dedicated her career to education, communication, and leadership. Featured on ABC, CBS, NBC, and PBS, she is a nationally recognized speaker known for making complex topics accessible and inspiring.



Book Synopsis

Are your daily choices leading you toward the life you truly desire?

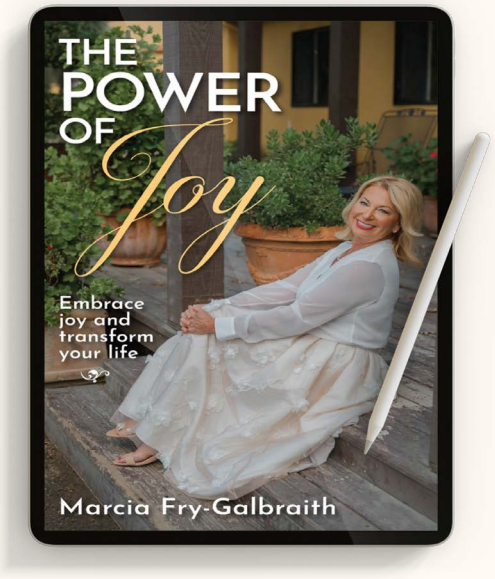
Too often, we drift through life, allowing fear, circumstances, or others to steer our path—until one day, we wake up wondering how we got here. But it's never too late to reclaim your joy and create a life filled with purpose and fulfillment.

After more than twenty-one years in women's healthcare, Marcia Fry-Galbraith has listened to thousands of stories—stories of women and men who appeared happy on the outside but felt lost inside. Inspired by these conversations, she wrote The Power of Joy as a guide to help you break free from stagnation and rediscover what lights you up.

The Power of Joy will help you:

- Understand why joy fades—and how to get it back
- Set clear goals and make small, intentional changes for lasting happiness
- Tap into your potential and gain clarity in your life's direction
- Reset and design a life that feels deeply fulfilling

The Power of Joy is more than a book—it's a roadmap back to yourself. Through reflection and guided journaling, you'll uncover the joy that has been waiting for you all along. Open your heart, embrace the journey, and let's rediscover joy together.



Available in Paperback and EBook.
Audiobook Coming Soon!

Book Praise

#1 Best Seller on Amazon in multiple categories!

#1 in Self Help
#1 in Happiness
 # in Self-esteem Self-help
#1 in Spiritual Growth Self-help
#1 in Motivational Growth & Self-help

Readers' Favorite Reviewers share:

"Marcia Fry-Galbraith is adept at helping people understand both the whys and hows of making small adjustments that can translate into large impacts. Her knowledge helps us create processes that improve our physical, mental, and spiritual well-being. Readers will be especially delighted to find that this book is not just chock-full of inspiration and tools but also replete with down-to-earth action items to help them make this intimate journey a reality."—**DONNA PERRY, READERS' FAVORITE REVIEWS**

"After finishing The Power of Joy, you will learn to focus on your purpose and meaning, develop coping mechanisms to negate stress and anxiety, strengthen your resilience, discover self-compassion, and find joy amid trauma. Author Marcia Fry-Galbraith provides actionable tools and strategies to help you maximize your potential and rediscover your purpose and passion."—**PIKASHO DEKA, READERS' FAVORITE REVIEWS**

"Her personal stories and conversations with patients made her advice more relatable. Reading this book felt as if I was having a heartfelt conversation with a caring friend who had gone through the same difficulties and came out with a clear mind...The Power of Joy is not about chasing short-term happiness; it is a call to embrace joy every day through gratitude, presence, and purpose. I recommend it to people who feel stressed, lost, or unhappy and want to find more joy and meaning in their lives."—**MARY CLARKE, READERS' FAVORITE REVIEWS**

Bios For Marcia Fry-Galbraith

Short Bio

Marcia Fry-Galbraith is a healthcare professional, keynote speaker, and media consultant with over 20 years of experience in the pharmaceutical and biotech industries. A former Physician Assistant in Women's Health, she has dedicated her career to education, communication, and leadership. Featured on ABC, CBS, NBC, and PBS, she is a nationally recognized speaker known for making complex topics accessible and inspiring.

Long Bio

Marcia Fry-Galbraith is a seasoned healthcare professional, keynote speaker, and media consultant with over two decades of experience in the pharmaceutical and biotech industries. As a Regional Medical Director in the pharmaceutical industry she has led scientific exchanges, developed strategic training programs, and built lasting relationships with industry leaders. Previously, as a Medical Science Liaison she played a pivotal role in Key Opinion Leader (KOL) engagement, clinical trial site identification, and medical education initiatives.

With a background as a practicing Physician Assistant in Women's Health for over 21 years, Marcia brings a deep understanding of patient care, healthcare policy, and effective communication. She has also served as the Director of Patient Services at Orange County Planned Parenthood and CEO of a medical education company, further expanding her expertise in advocacy and education. Beyond her corporate and clinical experience, Marcia is a nationally recognized speaker and consultant, having appeared on ABC, CBS, NBC, and PBS, as well as over 100 radio stations. Her ability to translate complex medical concepts into engaging, accessible content has made her a sought-after trainer, coach, and thought leader in the industry.

Now, she brings her passion for education and connection to the world of publishing. Through her signature blend of expertise, storytelling, and insight, she empowers readers to embrace joy as an essential part of their personal and professional journey.

WEBSITE: www.marciafrygalbraith.com
INSTAGRAM: @marciafrygalbraith

Download Images

Keynote Speaking

Marcia Fry-Galbraith is a nationally recognized keynote speaker who empowers audiences to reconnect with purpose, rediscover joy, and lead with intention. With more than two decades of experience in healthcare and communications, Marcia brings a powerful blend of empathy, expertise, and energy to every stage. Her talks resonate deeply with audiences across corporate, healthcare, and community sectors—offering tangible takeaways on resilience, mindset, and preventing burnout.

Topics Include:

- UNLEASHING JOY: Transforming Lives Through Positivity
- JOY IN THE WORKPLACE: Boosting Morale and Productivity
- THE JOYFUL LEADER: Inspiring and Leading with Positivity
- THE SCIENCE OF JOY: Understanding the Mind-Body Connection

Ideal Audiences:

- THE JOY PRESCRIPTION: Reclaimin
- Corporate Retreats & Offsites
- Hospital & Healthcare Conferences
- Women's Leadership Summits
- Wellness & Mental Health Events
- Nonprofit and Community Forums

Collaborate with Marcia Fry-Galbraith

Whether speaking from a stage, guiding a retreat, or sharing stories behind the mic, Marcia Fry-Galbraith brings warmth, wisdom, and insight that leave a lasting impression. She's a powerful voice in the world of personal growth, leadership, and healing—and she loves connecting with aligned brands, events, and communities.If you're looking for a speaker, facilitator, or guest with heart, depth, and presence—you're in the right place.

MEDIA & INTERVIEWS

- **Podcast Guesting**
- **Radio & TV Guest**

SPEAKING & FACILITATION

- **Keynote Speaker:** Delivers transformational talks on inner leadership, resilience, and trusting the self. Tailored for audiences in wellness, education, and personal development.
- **Conference Facilitator:** Guides meaningful discussions and panels with clarity, humor, and structure.
- **Motivational Speaker:** Known for igniting energy and inspiring change in both intimate gatherings and large stages.
- **Leadership & Train-the-Trainer Panels:** Brings insight and lived experience to professional development spaces focused on growth and empowerment.
- **Corporate & Community Workshops:** Facilitates customized sessions on emotional intelligence, leadership, and communication.

WELLNESS & RETREATS

- **Retreat Coach & Expert Guide**
- **Wellness Panels & Events:** Adds depth and grounding presence to holistic and mental health conversations.

COACHING & CONSULTING

- **Executive Coaching:** Works one-on-one or in groups to help leaders move from burnout to alignment with clarity and trust.

Quotes From the Book

"At its core, joy is a state of deep well-being and delight that arises when we align with our true selves, embrace the present moment, and cultivate a sense of gratitude for the blessings in our lives."

"The power of joy lies in our ability to reframe challenges as opportunities for growth and connection."

"Gratitude invites you to shift your perspective from focusing on what is lacking in your life to appreciating the abundance of blessings that surround you."

"By embracing and cultivating joy, you can unlock your full potential, living a vibrant, empowered, and purpose-driven life."

Media Inquiries

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