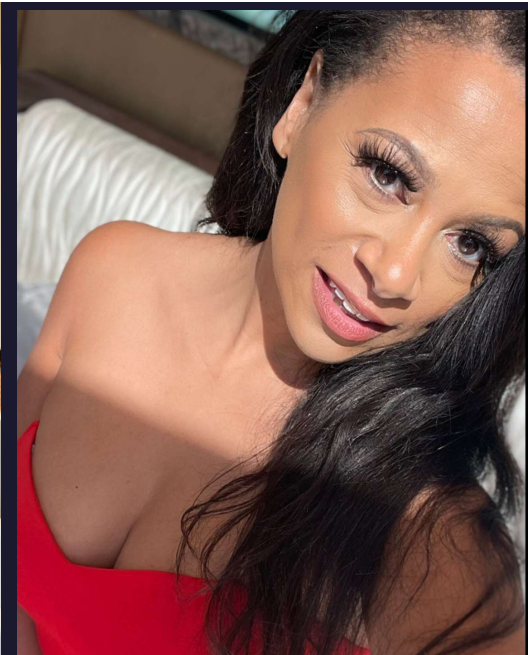


## SUGGESTED TOPICS:

Divorce Recovery  
PTSD  
Foster Care/Adoption  
Incarceration  
Do's & Don't of Writing a Memoir  
Fitness


## SUGGESTED QUESTIONS:

What does divorce look like in 2022? Talk about your \*5-method\* for coping with PTSD. What challenges do foster parents and foster children face in 2022? Tell me about the foster care to prison pipeline. What steps did you take to lose 100lbs in 6 months?



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## Mandy Leigh Lemond

Author Mandy Lemond is a former foster child turned Emmy Award winning TV Producer and host of Foster-ed, The Podcast. Serving as a Motivational Speaker, Mandy helps others turn their “Mess, into A Message.” At the age of 7, Mandy’s father brutally murdered her mother and stabbed Mandy 13 times.

He was charged and sentenced to life in prison, leaving Mandy an orphan. Daddy Warbucks never came, and Mandy aged out of foster care at 18. While in the system, she dealt with both physical and mental abuse. Later marrying a television celebrity, Mandy seemed to have the perfect life. Until her foster-adopted son, high on drugs, fired shots into the wrong house nearly killing a 5-year-old, blinding him. Mandy’s 20-year marriage fell apart and she found herself over 40, a son in prison, homelessness and starting over. With the same tenacity she used to cope with childhood abuse, Mandy developed the 5-Method, featured in her memoir, *The Fostered One*. She now serves globally, speaking to divorcees’, parents of incarcerated children, foster children and parents and those suffering from PTSD.