

Contact & Bookings:

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Recent Highlights

- TEDx Talk: *Can You Be Happy After Going Through Hell?*

Watch the TEDx talk

- Keynote speaker at conferences (e.g. Banque de Luxembourg, Barreau de Luxembourg, European Investment Bank, Cercle Cité, University of Luxembourg, CHEM,...)
- Widely featured in the media (e.g. RTL, Paperjam, Wort, Land, L'Essentiel, Magazine Cover Femmes, UK Health radio,...)

Testimonials

One of the most moving and empowering talks I heard. I was left speechless. By far, the most poignant talk. The 3 key points at the end, simply mind blowing, and very humbling.

— Audience Members, TEDx Luxembourg

Key Takeaways:

- How to mentally reframe suffering and hardships
- Tools to build emotional resilience
- Choosing joy even when life feels unfair
- Living with purpose beyond the neverending pursuit of happiness

 Based in Luxembourg – Available for bookings across Europe and globally in the following languages:



Dr Mary Faltz

TEDx Speaker | Author | Clinical Scientist | Human Rights Advocate

 Signature Talk

Happiness is a Choice – Fall in Love with Life Again

Duration: 60–90 minutes

Format: Keynote | Conference | Workshop | Corporate training | Seminar | Round table

In her powerful talk, Dr Mary Faltz invites audiences on a deeply personal and transformative journey. Drawing from her survival of extreme childhood abuse, a rare and aggressive cancer, and emotional betrayal, Mary reveals how she turned pain into purpose and reclaimed happiness as an act of will.

With moving storytelling, psychological insights and actionable tools, she empowers others to rise through their own challenges and fall in love with life again.

 Author of 2 Powerful Books

- *Cruelly Betrayed* – An unflinching memoir of survival, trauma, and hope
 - *My Father* – A courageous quest for truth and justice following grave intrafamilial and institutional failings
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