

Gary B. Lundberg, MA, MFT

Gary, is a licensed marriage and family therapist. He and his wife, Joy, have co-authored the popular books on improving relationships *Married for Better, Not Worse: The 14 Secrets to a Happy Marriage*, and *I Don't Have to Make Everything All Better: Six Practical Principles that Empower Others to Solve Their Own Problems While Enriching Your Relationships*, published by Penguin Books, NY,

Gary formerly served on the behavioral medicine staff of Utah Valley Regional Medical Center. Before entering his marriage and family therapy education and practice, he worked as an account representative for IBM and as CEO of an electronics firm. He also served as a fighter pilot in the United States Air Force for seven years.

His keynote addresses, workshops, and seminars have been presented throughout the U.S., Canada, and Mexico, Gary is a performing vocalist and has recorded an album of song about family love and faith entitled *Heart to Heart*. Performed as one of the leads in a musical stage production for 237 performances, before audiences totaling over 200,000 people.

Joy Saunders Lundberg, Writer and Lyricist

Joy is a prize-winning lyricist and has written nearly 200 published songs with composer Janice Kapp Perry, including their most popular album *I Walk By Faith*. She has written narratives and lyrics to four sacred choir cantatas and is currently writing an album of songs for an international adoption agency. She has also written with Dan Truman, keyboard player for the CMA award-winning country singing group *Diamond Rio*. She has written two children's books and co_authors books with her husband, Gary.

For the past seven years Joy has written scripts for the syndicated worldwide radio/TV broadcast "Music and the Spoken Word." She is the author of numerous magazine articles, and has an inspiring series of illustrated poetry on family and religious themes, sold in many bookstores. She served as a writer and chair of a church curriculum committee for four years, writing lessons for an international audience.

Joy works side by side with Gary presenting workshops, seminars, and keynote addresses, including teaching classes annually at Brigham Young University Campus Education Week.

For the seven years Gary and Joy co_hosted a weekly radio talk show, covering subjects from how to deal with an irate neighbor, to setting effective boundaries with your teens, to putting the magic into your marriage. Due to their desire to put their heart and soul into their work with the World Family Policy Center at Brigham Young University they reluctantly resigned from the radio show. Still they periodically appear as guests on radio and TV shows across the country.

Gary and Joy are the parents of five children and have thirteen grandchildren.