



Marcyline L. Bailey

AS SEEN ON



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Marcyline Bailey

**Founder
CEO**

**Live
Streamer**

Podcaster

Satisfaction Comes First

I am Marcyline Bailey. I help women discover and nurture the experiences they genuinely value so they can live a satisfying life.

Live Streamer

I host “Stress Talk” Live with Marcyline a weekly program broadcast on [Facebook](#), [YouTube](#) and [Twitter](#). My special guests and I share research based information to help overstressed “super” women to live satisfying lives.

Podcaster

The “Stress Talk” Podcast is the weekly companion to the “live” broadcast. Listen wherever you find your podcasts.



ABOUT ME

Hello “super” woman,

I see you! You give your all to have a successful career and to ensure that your family is safe, stable, and secure.

You envision a satisfying life that is perfect in every way you can imagine.

You spend your day pushing the limits at work to achieve your professional goals. At home, you strive to create the perfect life for those you love.

Most days, however, you worry that you do not have enough time or energy to make it all happen.

I understand because your story is my story

You are exhausted, short-tempered, and constantly aggravated. Your mind jumps from one thing to another, and it is hard to think clearly. You also lie awake at night stressing about what you must do tomorrow.

Like a trouper, you push through, never giving up, but admit that you cannot continue under the pressure. Past disappointments and fears of the future inspire your drive. However, you know you are missing a vital part of life. You are missing ‘satisfaction.’

I am Marcyline Bailey. I lived on the hamster wheel pursuing success, prosperity, and renown for years. I held positions of authority. I was a member of several boards of directors. My husband and I were considered a “power couple” at one time. We lived to meet the expectations of others as well as our own...Then, life changed.

THEN LIFE CHANGED

HOW I GOT HERE

Decisions we made caused us to lose our livelihoods. We were both out of work at the same time. Ironically, we had just moved into our new home. We were so proud to have been our own contractors. We had enough money to pay the first two mortgage payments. Thoughts about making the third payment, however, caused me to panic.

This was the beginning of humbling experiences that lasted many years. My husband almost died and had a below the knee amputation to save his life. Our youngest child developed asthma-like symptoms so intense that her chest caved in as she struggled to breathe. Our electricity and phone were cut off often. Our car was repossessed, and our home went into foreclosure. We could not pay the daycare, but the owner told me to continue to bring our daughters.

We both took jobs that were well below our educational levels and professional experience. Those jobs eventually led us to the satisfying work we have now.

I kept our struggles secret because I was ashamed and embarrassed. I blamed myself for our situation. This caused me to feel intense emotions.

The years of struggle helped me to recognize what I genuinely valued. I value relationships with my family and close friends above all. I grew to understand that no amount of fame or fortune could cause me to feel satisfaction in the same way as spending time with the people I loved.

The epidemic failure in how women pursue satisfying life experiences is that they strive for success, prosperity, and renown. But the real way to a satisfying life is to recognize and nurture the experiences one values.

I help women discover and nurture the experiences they genuinely value so they can live a satisfying life.



CONTACT INFORMATION

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PROFESSIONAL EXPERTISE

Get Through the (holi)Day (without losing It)

Imagine a row boat on a choppy lake. The waves rock and toss the boat from side to side. It's enough to make you sick. Now, imagine a calm lake. The boat floats effortlessly. One image is relaxing the other is stressful. Marcyline shows you the way to experience calm in the midst of rocky waves.

From Burnout to Balance

Balance is the buzzword of stress management. Exactly how does one experience a balanced life? Marcyline guides you through a process to discover the balance you desire.

Take 5

Can't get to the gym to relieve stress? Stuck at your desk for extended periods of time? Learn Marcyline's best tips to lower your stress and boost your energy in as little as 5 minutes.

Satisfaction: Guaranteed

Many of us pursue fame and fortune as a way to a satisfying life. Our ideas of success, prosperity and renown are based on images we see in the media. Marcyline shares her proven methods for experiencing satisfaction on a daily basis.





MY WORK

TAKE THE "ISH" OUT OF SELFISH

Video based learning experience for the overwhelmed "super" woman to rejuvenate mind, body, spirit, and soul so you feel rested, relaxed, and refreshed as you give your family and your work everything you've got.



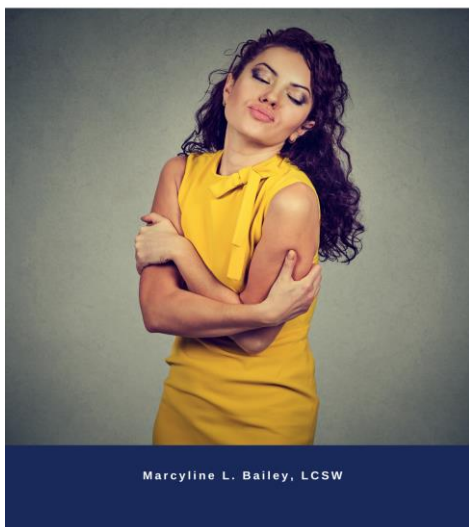
Take the "Ish" Out of Selfish

The journaling experience for the "super" woman who wants to nurture herself, rejuvenate her mind, body, spirit, and soul so she can feel rested, relaxed, and refreshed.

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Take the "Ish" Out of Selfish

A journaling experience to change the way you view and approach your own self care



TAKE THE "ISH" OUT OF SELFISH JOURNAL

The journaling experience for the "super" woman who wants to nurture herself, rejuvenate her mind, body, spirit, and soul so she can feel rested, relaxed, and refreshed.



EDUCATION & CREDENTIALS

- Graduate of Northwestern University BA Linguistics
- Graduate Case Western Reserve University Mandel School of Applied Social Sciences Masters of Science in Social Administration
- Licensed Clinical Social Worker (GA)
- Academy of Certified Social Workers
- Certified Stress Management Consultant
- Certified School Social Worker
- Wife, mom, daughter, pet lover and self-confessed “Super” woman





SEE ME IN ACTION



**BOSS CONVERSATIONS BRILLIANT BLACK
WOMEN ENTREPRENEURS GUEST SPOT**

[View video](#)

“STRESS TALK” PODCAST EPISODE

[Listen](#)

TRANSFORM YOUR LIFE WITH MINDFULNESS

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**VIDEO CLIP COURAGE, CONFIDENCE,
COMMITMENT**

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GET IN TOUCH

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