



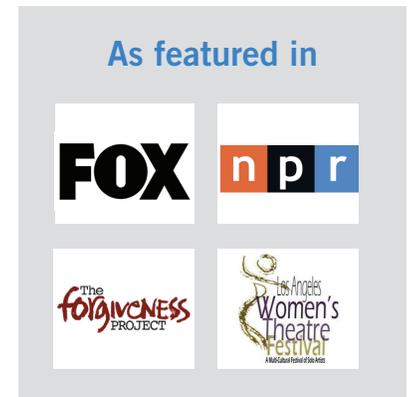
# BRENDA ADELMAN

## Healing Through Life Stories

Brenda Adelman is a world renowned Forgiveness Expert, a recipient of a Hero of Forgiveness award, and a critically acclaimed actor who has performed her one-woman show, **My Brooklyn Hamlet** from Los Angeles to NYC to London. Brenda is the author of **My Father Killed My Mother and Married My Aunt: Forgiving the Unforgivable**, which includes her 3 step proven forgiveness process. She's performed and spoken on forgiveness of others and self and how to use your life story to heal, inspire others and make money for over 12,000 people as diverse as women prisoners, youth-at-risk, the US military, spiritual communities and at theatre festivals worldwide. She's the creator of the **Sacred Story Method**, has online programs for Performers and Entrepreneurs and has been interviewed by media outlets in New Zealand, Australia, England and the United States including Fox TV news and NPR.

### BRENDA'S MOST POPULAR MEDIA TOPICS

- ✓ **How to forgive the Unforgivable** - Discover Brenda's powerful & proven 3 step process for forgiving even the most unforgivable acts to open yourself to loving again.
- ✓ **Getting Naked on Stage** - How Revealing Your Emotions in Your Storytelling Can Make You Richer.
- ✓ **The Art and Heart of the One-Person Show** - Telling Your Story to Stand Out, Create Fans and Make an Impact.
- ✓ **Turn Your Tragedy into Your Legacy** - Learn Brenda's 4 Part S.H.O.W. Success System and discover how to heal from your story. take off your mask and make a difference.



### PRAISE

"My Brooklyn Hamlet is Brenda's true story about loyalty, sex, obsession, love, murder and most of all the awesome power of forgiveness."—**LA Theatre Review**

"Brenda, her family and the audience become a life's lesson in forgiveness, love and acceptance."—**The San Diego Examiner**

### CONTACT

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