

# **Do You Know Anyone Who is Tied Up in Procrastination, Poor Choices, Self-Pity, the Past, Denial, Clutter, Debt, Confusion, Toxic Relationships, Fear, Conformity, Continual Pain, Anger, Mediocrity, Negative Self-Talk, Doubt, or Stress?**

Over two hundred million people in this country are tied up and delayed from accomplishing and living their dreams due to toxic habits, choices, people, and relationships. And according to **Ty Howard**, a habits intervention and relationship specialist for over 12 years, unless we start identifying and untying the toxic knots that tie up our life, the U.S. will be a nation plagued with mediocre, debt ridden, procrastinating, and non-productive, people and companies.



A passionate speaker and empowerment coach who can address how to break free from toxic habits, choices, people, and relationships. Ty has gained control of his once out-of-control life through the application and mastery of the Untie the Knots™ Process. He spent five of his early childhood years in foster care; was raised in the crime infested, low-income neighborhood known as Cherry Hill in South Baltimore City, Maryland; had an absentee father; became a teenage father; and almost dropped out of high school four times. Out of desperation, Ty joined the U.S. Navy where he received discipline, structure, a new way of thinking, a new way of acting, and the bold ability to break free from toxic bondage. For the past 12 year's, he's empowered both people and companies to move strategically from toxic bondage to significant productive freedom. Ty, who has been tied up in anger, procrastination, poor time management, excuse making, laziness, financial debt, poor choices, mediocrity, low sense of direction, and unforgiving, will keep your audience hanging on "every" suggestion for improvement or tip of advice for freedom as he discusses:

- How to successfully identify and break free from toxic habits, choices, people, and relationships
- The 50 Most Common Toxic Knots that are tying people up and delaying them from living their dreams today
- The Nine-Step Untie the Knots Process
- The 10 Infusers — when practice daily, will turn toxic obstacles into empowered, freedoms and then into rewarding action.
- Knots Free safety — 5 ways to protect yourself from Self- and Outside-Sabotage once you break free from your toxic knot

A Fascinating, Articulate, and Well-Prepared Guest! Is able to connect with and relate to people and companies on all levels. Ty, who has read over 400 self-help, business, and personal and professional development books, and has interviewed over 100 carefully selected successful people in America, is referred to often as "Mr. Untie the Knots."

**CREDENTIALS:** Ty Howard, *Mr. Untie the Knots*, is an internationally respected authority on self-development and business-development. He is a habits intervention specialist, relationship expert, teacher, and professional development consultant who has dedicated his life to teaching knots-free living and relationship-building to organizations, individuals, and families around the world. Ty is the author of *Untie the Knots™ That Tie Up Your Life: A Practical Guide to Freeing Yourself From Toxic Habits, Choices, People, and Relationships*.

**AVAILIBLITY:** Maryland, nationwide by arrangement, and via telephone: available as a last-minute guest.

**CONTACT:** Ty Howard, (410) 737-6839 (MD)