

REAL LIFE MANAGEMENT®



Wayne E. Nance, better known as the “Real Life Attitude Guy”, is the well-known developer of the ABCs of getting your life under control. He is the founder and CEO of Real Life Management, Inc.

With his help, more than 50,000 struggling people have successfully improved their lives and given Wayne credit for helping them do so. Top corporations, the U. S. Army, organizations, and churches throughout the United States also use the Life Management system for the benefit of their employees and leaders. Wayne has been called Dr. Phil Foxworthy, a funny guy with a serious message.

A few years ago, at 305 pounds, an incessant smoker, \$40,000 in credit card debt, and his marriage on the rocks, Wayne’s life had spiraled completely out of control. He was a card-carrying workaholic, sacrificing family for fortune. In fact, he was on the ragged edge of physical, financial, emotional, and marital disaster. At the age of twenty-nine, his cardiologist told Wayne he would probably never see forty.

Hitting bottom, reality finally slapped Wayne in the face and made him acknowledge the truth. So he began doing extensive research on nutrition, finances, and relationships. Soon he recognized that obesity, debt, and crumbling relationships are only visible exhibits of a person’s core attitudes and beliefs. They are interrelated and attitude driven.

For the next eight years, Wayne did extensive research traveling the country with a clinical stress psychologist, a sports nutritionist, and a personality therapist, studying what motivates people in their physical, financial, and personal choices. Wayne discovered that being overweight, in debt, and in failing relationships are all interrelated and attitude based.

Based on his research and the changes that followed in his core beliefs and personal habits, Wayne lost more than one hundred pounds, eliminated his financial debt, and has now been happily married to his wife Shannon for more than forty-eight years.

Starting in 2010, Wayne started a research and training project with the U.S. Army, focusing on Leadership, Suicide, Domestic Violence, and Sexual Assault. His trademark survey has been at the core of this training and research and has led to a special program, called Operation “3” Minutes with the Army. Chaplains and NCO’s around the world have used his copyrighted system for soldiers and their families.

In the last 3 years, Wayne has taken his research on violence to law enforcement, school districts, and professional athletics to be used in recruiting and leadership. His specialty today is hiring and recruiting of the right people to go into the right bus seat and making sure that organizations are protected.

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His program has been endorsed by such national leaders as: Rich DeVos, Owner and Chairman of the Orlando Magic Professional Basketball Team; Tom Ziglar, President and CEO, Ziglar; Dr. Jack Graham, Senior Pastor of Prestonwood Baptist Church, Dallas, Texas; Judge Paul Pressler, Texas Court of Appeals (Retired), and Dr. Ted Baehr, Chairman, Christian Film and Television Commission.

Wayne is taking his 50 years of corporation, public, and military research to the public airways on Radio, T.V., and the Internet. His most recent book, *"The 3 Minute Difference"* will be an anchor to his message; a thinner, richer, and healthier society by improving attitude and belief systems.

Today, Wayne is a highly respected speaker, trainer, and author of *The 3-Minute Difference*, *Mind Over Money*, and *Listen Up for Life*. He previously hosted "The Real Life Attitude Guy" simulcast on Dallas Radio 570 (Fox Network) and is currently working to launch that programming on the Web.

As founder and CEO of Real Life Management, Inc., Wayne's life focus is to provide the education that he feels has been insufficient in matters pertaining to health, finance, relationship building, and how they are related. Today, he lives in Texas with his wife, Shannon, and enjoys his life with three daughters and five grandchildren.