

# Biography:

## Michael F. McNamara



Michael McNamara was born and raised in Sacramento, California. Father (John McNamara) worked in Major League Baseball for twenty-plus seasons, mother (Kathleen) was a “stay at home” mom, and three adoring sisters completed the McNamara family. Catholic educated from kindergarten to college, received a BA in Economics from the University of San Diego in 1981.

He worked as a bookkeeper and later as an account executive for Merrill Lynch Inc. in Los Angeles. He enlisted in the US Marine Corps and was commissioned a 2nd Lieutenant in December 1983. After assignments at 1st Battalion, 5th Marine Regiment, 1st Light Armored Infantry Battalion, Marine Detachment USS Ranger CV-61, The Basic School, and 3rd Light Armored Infantry Battalion, he left active duty in 1994.



After working and residing in San Diego, he moved to Grand Forks, ND, in 1998 to become the Director of Sports for Special Olympics North Dakota. In 2000, he began his broadcasting career as the host of a talk show entitled “MacTalk,” which he hosted until 2010. Mac was the recipient of the National Association of Broadcasters' prestigious *Marconi Award* in 2007 as the nation’s “Small Market Personality of the Year.”



Mac returned to active duty in 2004, was promoted to the rank of Major, and deployed to Ramadi, Iraq, with the 1st Marine Division Headquarters Element in support of Operation Iraqi Freedom.

Mac returned to the United States in December 2004 and was demobilized in February 2005. He mobilized again in January 2006 for duty with the 5th Marine Regiment in the city of Fallujah, Iraq, returning to the United States in October 2006 and demobilizing. While in Iraq, Mac was elected to the City Council of the city of Grand Forks, ND, defeating four other candidates.

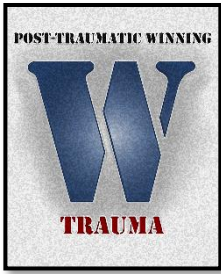


In June 2010, after completing his four-year term on the Grand Forks City Council, Mac was mobilized in support of Operation Enduring Freedom for duty with the 1st Marine Regiment and deployed to the Helmand Province of Afghanistan. Mac remained on active duty with I MEF at Camp Pendleton until he retired from the Marine Corps in October 2015.

Currently, Mac is the Founder and President of ALL MARINE RADIO, an internet-based podcast that is dedicated to the culture of the Marine Corps and the concept of reducing suicide through greater post-traumatic-related mental fitness awareness. ALL MARINE RADIO began broadcasting on June 2, 2016, and just began its eighth year.



In May of 2018, Mac began to consolidate what he’d learned in two-plus years of interviews about post-traumatic life into a presentation that would ultimately be entitled “Post-Traumatic Winning,” which was presented for the first time in January 2019 to the 2nd Marine Division in Camp Lejeune, NC.



*Post-Traumatic Winning* is a presentation that is based on the best lessons learned from seven-plus years of interviews and discussions and five-plus years of presenting Post-Traumatic Winning in public to both military and civilian audiences, with those “live” presentations generating thousands of conversations about living a great life after traumatic events occur during your life. In five-plus years *Post-Traumatic Winning* has been presented to over 130,000 people all over the continental United States; to General Officer Symposiums of the US Air Force and the US Marine Corps; to the spouses of all the Service Chiefs at the Pentagon, at the US Air Force Key Spouses Symposium, at the US Air Force Academy and the US Naval Academy, to Marine Corps and Air Force Commanding Officer Symposiums, to organizations in Hawaii, Alaska, Japan, Germany, and Portugal. *Post-Traumatic Winning* has been credited for behavioral health changes in multiple organizations of over 10,000 people — the bottom line for the leaders of those organizations was that Post-Traumatic Winning, combined with current programs produced results when not much does. Additionally, leaders observed that greater organizational productivity resulted from increased individual mental fitness gains.

The formula for *Post-Traumatic Winning’s* success is:

- (1) Present people whose lives have been directly or indirectly impacted by traumatic events with the truth about what life after traumatic events will entail.
- (2) Present people with a path from trauma to joy, a path based on the truths learned in #1 above and one that is both real and attainable.
- (3) Challenge them to use the wisdom that they gain to help themselves and then to help others in their post-traumatic life.



On March 1, 2019, Mac was named a “HillVets 100” of 2018 Honoree. The Washington, D.C.-based non-profit group HillVets highlights the most influential and impactful veterans, service members, and supporters from 2018.

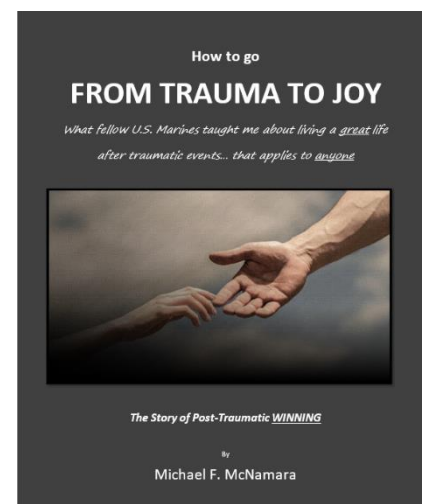
The first seminar of the “Post-Traumatic Winning Weekly Seminar” series was held in January 2021. The seminars have been a wonderful vehicle for bringing this important message to audiences far and wide. You can find the latest information on upcoming *Post-Traumatic Winning Seminars* at [posttraumaticwinning.com](http://posttraumaticwinning.com).




Mac resides in Southern Nevada and is the father of four grownups, two men and two women. His two sons have both served in the Marine Corps, and his two daughters reside in Southern California.

Mac is currently writing two books, one for adults and a second that parents of children who experience trauma can read with them to show children that there is a path from trauma to joy. His first book, tentatively entitled “From Trauma to Joy,” is scheduled to be published in mid-2024.

Now that you know all that stuff... let’s go change lives!



A central image showing two hands reaching towards each other. The hand on the right is larger and more muscular, while the hand on the left is smaller and more delicate. They are positioned just inches apart, creating a sense of tension and hope. The background is a dark, textured grey.

*From Trauma to Joy*