

# Amanda Lindhout

## New York Times Bestselling Author Expert on Resilience, Survival & an Extraordinary Mindset

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### Topics

- Activism / Philanthropy / Civic Engagement
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- Human Rights
- Inspiration / Achievement
- Journalism / Literary / Author
- Personal Growth
- Social Responsibility
- World Affairs

### About Amanda Lindhout

Amanda Lindhout is a sought after inspirational speaker trusted by big brands to deliver a life changing, transformational keynote experience in 26 countries. Her New York Times bestselling memoir, *A House in the Sky*, is a publishing phenomenon and a top ten bestselling book since its release in 2013.

Raised on by a single mom in a small city, Amanda escaped the violence and poverty of her childhood by imagining herself in the pages of National Geographic magazine. As a young woman, Amanda's curiosity led her to some of the world's most beautiful and remote places, its most imperiled and perilous countries and then into 15 months of harrowing captivity. Working as a freelance journalist in Somalia, she was abducted by a group of masked men along a dusty road. Amanda spent 460 days as a hostage, surviving on strategy, fortitude and hope in the face of unimaginable adversity.

Amanda's unique experiences give her credibility to discuss issues ranging from countering terrorism to supporting the women's movement. She has been featured in Vogue, NPR, New York Times Magazine, Dateline, The Today Show, Morning Joe and Anderson Cooper.

Amanda's keynote presentations are for audiences of all sizes- from Richard Branson's living room to an arena of 20,000- she creates intimacy with the women and men in the room through her emotional, powerful storytelling. Her tale of survival builds suspense and momentum to reveal life changing insights into mind conditioning, including actionable takeaways about reframing stories of pain into power.

Amanda has travelled to nearly 90 countries. She lives in Calgary, Canada.

### Select Keynotes

#### • *A House in the Sky, An Extraordinary Mindset*

Raised by a poor single mom in a small city, Amanda Lindhout escaped the violence of her childhood home by paging through old issues of National Geographic magazine and imagining herself in its exotic locales. As a young woman, her wanderlust led her to some of the world's most beautiful and remote places, and its most imperiled and perilous countries.

Insatiably curious about human potential, Amanda became a journalist based in war ridden Iraq and Afghanistan.

In 2008 she travelled to Somalia to report from "the most dangerous place on earth." Abducted by a group of masked men along a dusty road, Amanda would spend 460 days as a hostage, moved between a series of abandoned houses in the desert, surviving on strategy, fortitude and hope.

Her story of survival builds suspense and momentum to reveal life changing insights into mind conditioning. Amanda's physical and mental pain led to a pivotal moment where she understood that despite everything, she still had choice and control over the mindset with which she faced each day. Using conviction, affirmation, gratitude, and positive thinking, Amanda survived the unimaginable. With astonishing clarity and self-reflection, she teaches through her powerful example that the stories we tell ourselves become our experiences, and that changing our narrative can transform our struggles into opportunities for growth.

A captivating, unforgettable speaker, Amanda facilitates a shift in consciousness, leaving the audience with takeaways to develop new thought



habits, deeply inspired to take on challenges with a new perspective, and empowered to transform stories of pain into stories of power.

Amanda outlines how coping strategies like mindfulness, visualization, and self-talk strengthen resilience. She describes what qualities enable not only survival, but also the capacity to thrive in the face of adversity.

- **Road to Resilient**

In 2008, Amanda Lindhout was kidnapped by a group of criminals while working as a freelance journalist in Somalia. For 460 days she endured experiences that forced the limits of her own capacity to survive. A dramatic release brought Amanda's next set of challenges- transitioning home and learning to live with severe Post Traumatic Stress Disorder.

During her struggle for both physical and mental survival Amanda learned how to find, and then harness, the innate inner resource of resilience. In this focused keynote based on her own incredible personal story, Amanda explores the critical components of resilience, including optimism, mindfulness, cognitive flexibility and awareness. She describes what qualities enable our aptitude to look inwards, and ultimately cultivate mastery over our circumstances.

She teaches that by developing a resilience practice anyone can train their mind to prepare for and rise above adversity, navigate uncertainty, manage stress, and improve the overall quality of their life.

Amanda's remarkable example shows that finding gratitude and forgiveness can liberate our full potential to live happy, healthy lives.

## Select Book Titles

- **2013:** A House In The Sky

## Select Articles

- [Vogue | A Captive's Tale: Amanda Lindhout on the Story of Her Somalia Kidnapping](#)

Kidnapped in Somalia, Amanda Lindhout spent fifteen months in terrifying captivity. Only after meeting journalist Sara Corbett did she feel ready to tell her story.

- [New York Times | 12 Minutes of Freedom in 460 Days of Captivity](#)

When I describe what happened to me on Aug. 23, 2008, I say that I was taken. On an empty stretch of road outside of Mogadishu, the capital of Somalia, out of the back seat of a four-wheel-drive Mitsubishi by a dozen or so men whose faces were swaddled in checkered scarves. Each one of them carried an AK-47.

- [FLARE | Survivor and Author Amanda Lindhout on Moving Forward](#) [CULTURE Survivor and Author Amanda Lindhout on Moving Forward](#)

In 2009, Canadian journalist Amanda Lindhout was freed after 460 days in captivity in Somalia—and spent the next six years healing. (Oh, and writing a beautiful, bestselling memoir, *The House in the Sky*, about her experience.) This past June, one of her abductors was unexpectedly arrested in Ottawa. Feeling raw and rattled by this news, Lindhout embarked on a five-day hiking trip through the snow-capped mountains of northern India. Here, she details how she regained her footing

- [Toronto Star | Amanda Lindhout speaks out on arrest of Somali man accused in kidnapping](#)

Canadian freelancer, abducted near Mogadishu in 2008 and held for 460 days, said seeing alleged ringleader's image online "literally took my breath away."

- [PBS | The Amanda Lindhout Story](#)

Choosing forgiveness to keep her power.

- [ELLE | Why Her And Not Me? Robert Draper on Amanda Lindhout's Kidnapping](#)

The seasoned journalist was supposed to be the one held hostage in Somalia, but an inexperienced young freelancer was captured instead. A story of one woman's survival in the most brutal of circumstances—and one man's survivor guilt.

## Select Testimonials

"She was amazing, spectacular, uplifting, articulate....the list goes on and on. She is in my humble opinion the best speaker we have ever had! Not sure how or if we will ever be able to top her."

— Chair, Atlantic Psychiatric Conference

"Once she started speaking, no one in the room moved; their total attention was on Amanda. You could hear a pin drop. She received a standing

ovation, which is a first for our Leadership Series. I don't think people will easily forget what she had to say.”

– *Director, Annual Programs, University Hospital Kingston Foundation*

Amanda is an inspiring speaker with a message that is absolutely vital for our times.

– *Eckhart Tolle Best-selling author of The Power of Now*

“We just had Amanda Lindhout for EO Detroit and SHE WAS UNBELIEVABLE...Can't recommend any more highly. Never seen so many EO members cry and hug so freely. Amanda is the most resilient person I have ever met.”

– *EO Detroit*

Amanda Lindhout is undoubtedly one of the most remarkable people I have ever had the honour of hearing speak. Her groundbreaking peace building work in Somalia is made all the more extraordinary by her willingness to work alongside former extremists and exemplifies the true meaning of forgiveness. Her message of peace deserves to be heard by all.

– *Google Ideas' Against Violent Extremism Network*

“I've been booking key note speakers for 25 years. I've seen them all. The good. The bad and the average. So when someone exceptional takes my stage – I know it quickly. Amanda was that exception. The audience was so transfixed on her story that you could hear a pin drop. By the end of it all – there wasn't a dry eye in the house and she got a huge standing ovation. I'm happy to recommend her to anyone.”

– *Howard Szigeti - Producer, Unique Lives & Experience*

She was PHENOMENAL...you could hear a pin drop in the room this morning. I'm proud to say that Ottawa did not disappoint...she ended her keynote with a standing ovation from all 300 people in attendance. It was truly a pleasure, for me personally, to have met Amanda. While I may never completely understand what she endured during her captivity, I can say that her story has left an indescribable mark on my life and will never forget her message.

– *Marketing & Events Coordinator, Salvation Army*

She was amazing as promised- the room of 1500 was silent- you could have heard a pin drop- she has an amazing story and its told in such an authentic manner- Wow- thank you so much for helping make this happen for us

– *President & CEO YMCA of Greater San Antonio*

“Amanda's story, and the moving way she shares it, served as the perfect close to our Fortune Magazine Summit. The 900+ CEOs and top executives were brought to tears and cheers as they received a message that put the significant pressures they face every day into perspective. One CEO shared with me that he had faced a \$500 million loss which has been obviously weighing on him, but Amanda's keynote gave him a new lens through which to view the impact – it was just money!”

– *Verne Harnish, Chair, Growth Summit Presented by Fortune*

“As Education Officer the pressure is on to deliver so picking a speaker is a bit of a leap of faith. Amanda's story and delivery was simply stunning, you could hear a pin drop in the room. Her engagement with the audience in the Q&A added details and layers to her story her compassion and authenticity really shone thru. First standing ovation in any of our chapter events.”

– *YPO Trinidad and Barbados*