



# Mary McCorvey

*Experience Over Expectation*





## WHERE YOU'LL FIND MARY:

 **Web:** [www.marymccorvey.com](http://www.marymccorvey.com)

 **LinkedIn:**  
[linkedin.com/in/marylmccorvey](https://www.linkedin.com/in/marylmccorvey)


 **Follow on Facebook & Instagram:**  
[@marymccorvey](https://www.facebook.com/marymccorvey)

 **Substack:**  
[marymccorvey.substack.com](https://marymccorvey.substack.com)

 **Streaming:**  
Spotify, Apple Podcasts, Amazon Podcast, YouTube, and Substack

 **For podcast guest inquiries:**  
[www.marymccorvey.com/guesting](http://www.marymccorvey.com/guesting)

 **For media/publishing inquiries:** Rachel Swyer, Langtons International Agency, New York [rachel@langtonsinternational.com](mailto:rachel@langtonsinternational.com)

 **Direct to Mary:** 215-680-6004

## ABOUT MARY

### WRITER. STORYTELLER. TRUTH-SEEKER.

Mary McCorvey is an author, speaker, and podcast host who brings voice to the raw, real, and redemptive moments that define a life. A former soldier, war zone reporter, and television producer, Mary has lived multiple lives—each shaped by resilience, curiosity, and an unshakable belief in the power of personal truth.

From growing up in poverty in Florida to navigating high society in Philadelphia, Mary's journey is anything but linear. Her podcast, *Experience Over Expectation*, and her memoir-in-motion, *Experience Over Expectation: Let Go of the Plan and Live on Your Terms* (September 2025) invites readers and audiences into the deeply human terrain of experience, from love, loss, and identity to life's little and large triumphs. With vulnerability and grace, she opens the emotional archives we all carry—challenging us to ask: What have you kept sealed until now?

Mary's work has been featured in diverse media outlets, ranging from CBS News, CBS Sports, NBC's Today show, MSNBC, Forbes, Cheddar, ARS Technica, Yahoo, Huffpost, and many others. She is known for her unique voice, unflinching honesty, and ability to connect with people from all walks of life. Whether on stage, on mic, or on the page, she offers a perspective and story that doesn't just inspire—it unlocks.

## *Experience Over Expectation*

LET GO OF THE PLAN, LIVE  
ON YOUR OWN TERMS  
(SEPTEMBER 2025)

In the first-of-its kind memoir collaboration between human memory and artificial intelligence, *Experience Over Expectation* shares the raw, nonlinear story of how Mary unraveled everything she was told to be, and became who she truly is. Introducing Eheyeye—a cognitive AI voice generated from five artificial intelligence platforms, trained to analyze Mary's life story. In each chapter, Eheyeye offers insight into the patterns, systems, and decision-making that shaped Mary's journey. A profound, three-part narrative emerges: Mary's voice, Eheyeye's analysis, and prompts the reader's own story.

# EXPERIENCE OVER EXPECTATION

THE PODCAST & BOOK

---

Experience Over Expectation is a soul-deep podcast and book where host Mary McCorvey invites guests and audience members to unpack life's most interesting and meaningful inquiries. With warmth, humor, and insight, Mary explores life's turning points, unexpected sources of wisdom, and stories we carry.

Each episode is a candid reflection on what it means to truly live, deeply love, and simply be.



## OPENING THE BOX

SUBSTACK PUBLICATION

---

For decades, Mary kept Rob's letters sealed in a box—through nine moves and eleven states. She couldn't bear to open them. Until now. Opening The Box is a weekly Substack newsletter where that love story, long buried, finds its voice. Each week, she lifts the lid—on his words, her memories, and everything in between. Some stories break your heart. Some mend it. This space holds both. If you've ever wondered what became of the one who got away—or what happens when you finally read the letter you never answered—subscribe and join Mary on Substack at [www.substack.com/@marymccorvey/posts](http://www.substack.com/@marymccorvey/posts).

*The Audience Experience*

---

# MARY'S COMMITMENT

- Emotional truths, poetic reflections, and practical inspiration
- Conversations about identity, resilience, joy, challenge, and healing
- Memoir moments that matter
- Guest stories full of heart, grit, and grace