

12<sup>th</sup> International Conference on **Mental Health and Psychiatry**

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**The Resentment Remedy****Nancy Landrum**

Relationship Coach, USA

Resentment is a natural consequence of poor boundaries. Learning to set and enforce healthy boundaries is difficult for many of us! I share personal experiences that are humorous, informative and inspiring with a clear way to identify when a boundary is needed and how to implement it.

**Testimonies:** Reading Nancy's book, *Pungent Boundaries*, was such a relief! It gave us clear reasons for setting appropriate boundaries for our teenage son and great examples for simple consequences when the boundaries were not observed. "Zack and Stacy Bell, parents.

Brenda Zane, "My podcast where Nancy talks about eliminating resentment by setting healthy boundaries is one of the most frequently played."

**Learned objectives:**

1. Identify several situations where a boundary could replace resentment and blame.
2. Teach several limiting beliefs that prevent healthy boundaries from being enforced.
3. Gain clarity and support for setting and enforcing a self-honoring boundary.

**Biography**

Nancy Landrum is a seasoned Relationship Coach, speaker, and author with over 30 years of experience helping couples create emotionally safe, resilient partnerships. After surviving the early loss of her first husband and navigating the challenges of parenting a child with addiction, Nancy committed herself to teaching the communication and conflict resolution skills that saved her second marriage. She holds a Master's in Spiritual Psychology and has authored eight books and two online courses focused on practical, transformative relationship education. Nancy's workshops and coaching programs blend psychological insight with heartfelt storytelling and hands-on practice, allowing couples to reconnect, repair, and thrive. Her mission is to make strong, healthy relationships accessible to all through educational tools that address the root causes of disconnection—before they escalate into unredeemable trauma. Her work complements clinical mental health interventions by offering a scalable and preventive approach to emotional well-being for adults and their children.