**Hilary Beard** is an award-winning writer, editor and book collaborator. Recently she co-authored *Promises Kept: Raising Black Boys to Succeed in School and in Life,* the companion book to the Sundance award-winning documentary *American Promise.* She is the co-author of three *New York Times* best sellers: *21 Pounds in 21 Days: The Martha's Vineyard Diet Detox*, with Roni DeLuz, N.D. Ph.D.; *Friends: A Love Story*, with Angela Bassett and Courtney B. Vance; and *Venus and Serena Serving from the Hip*, with tennis's Williams sisters*.* She won an NAACP Image Award for *Health First: The Black Woman's Wellness Guide* and wrote *Success Never Smelled So Sweet: How I Followed My Nose and Found My Passion* with Lisa Price, Founder of Carol's Daughter. She is a frequent contributor to *Ebony* and *Essence* magazines and TheRoot.com. She is also a career coach. Earlier in her career, Hilary progressed through increasingly responsible positions at Fortune 50 companies. She is an honors graduate of Princeton University. The native of Cleveland, Ohio, now lives in Philadelphia.

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