**SHORT BIO**

Nancy Deyo is a former Silicon Valley CEO and Stanford University Distinguished Careers Institute Fellow whose career and identity were upended by chronic pain and disability. After a spinal injury on Mount Kilimanjaro, she spent fifteen years navigating chronic illness, opioid dependence, medical uncertainty, and identity collapse. She writes and speaks about chronic pain, identity, and resilience. Her forthcoming memoir is *Perilous Ascent*.

**MEDIUM BIO**

Nancy Deyo is a former Silicon Valley CEO and Stanford University Distinguished Careers Institute Fellow whose career and identity were upended by chronic pain and disability. After a spinal injury on Mount Kilimanjaro, she spent fifteen years navigating chronic illness, opioid dependence, medical uncertainty, and identity collapse.

Once accustomed to a life of constant motion—leading a technology company and traveling the world—pain forced Nancy to live lying down, as the strategies that had defined her no longer worked. When medicine offered no clear answers, she explored everything from cutting-edge treatments to energy healers and shamans.

The turning point was not a cure, but a shift: learning to rebuild her life within the constraints of chronic pain. She returned to the world on new terms—attending graduate school lying on an army cot and eventually resuming travel and work the same way.

Today, Nancy writes and speaks about chronic pain, identity, and resilience. Her forthcoming memoir is *Perilous Ascent*.

**LONG BIO**

Nancy Deyo is a former Silicon Valley CEO and Stanford University Distinguished Careers Institute Fellow whose career and identity were upended by chronic pain and disability. After a spinal injury on Mount Kilimanjaro—a climb meant to redeem her after the failure of her technology startup—she spent fifteen years navigating chronic illness, opioid dependence, medical uncertainty, identity collapse, and the loss of mobility and independence.

Once accustomed to a life of constant motion—leading a pioneering technology company, traveling globally, and pushing toward success—Nancy was forced to live lying down, in a world of pain and opioids where the strategies that had defined her no longer worked. When her doctors had no clear answers, she tried everything—from cutting-edge treatments at the Mayo Clinic to energy healers and shamans. Nothing worked.

The turning point was not a cure, but a shift: learning to stop pushing through and rebuilding her life within the constraints of chronic pain. Still unable to sit, she attended graduate school lying on an army cot, later traveling again stretched across three airplane seats, and eventually returning to meaningful work in girls' and women's empowerment.

Today, Nancy writes and speaks about chronic pain, identity, and resilience, offering a redefinition of strength rooted in adaptation and self-trust. Her work resonates with anyone

navigating illness, loss, or life disruption—those searching not for easy answers, but for a more honest conversation about what it means to survive and find a new way forward.

Her forthcoming memoir, *Perilous Ascent*, traces this journey—from a high-stakes climb on Mount Kilimanjaro to a fifteen-year medical odyssey and the slow process of rebuilding a life that looks nothing like before, but holds new purpose.