

Can we interest you in a review, feature story, or interview with life adventurer Laurie Gardner? She can dish out some of the most remarkable and witty quips about life on the planet you will ever hear. She is a great interview guest and has inspirational stories, ideas, and advice on the value and importance of taking control of one's own happiness.

Paul Krupin, Publicist for Laurie Gardner

For Immediate Release

Review copies, photography and interviews are available upon request.

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## **How to Be Happy Even When Life is Crappy**

**Laurie Gardner**, a Harvard-educated expert in personal development and leadership, is one of the most unique people on the planet. She responds to the worst things that life can throw at her with grace, humor, wit, and an amazing, relentless attitude that things will always get better if you choose to let it happen.

“Virtually every country and culture has an expression that means, “Life is short; don’t waste it,” yet too many people are settling for less in their lives – at work, in their relationships, with their health, and where they live. Although they sense that there’s more to life than what they’re living, they still keep themselves small instead of allowing themselves to shine.”

Laurie shares how she came to walk the talk and live up to her own unusual standards in her new book, ***The Road to Shine: A Story of Adventure, Life Lessons, and My Quest for More.***

Buckle up. You are in for a ride as Laurie offers up profound, scrappy, and enlightening solutions to life in the trenches, offering uncommonly good advice about how to break free and create a life that’s more fun, full, and free. Here’s a sample:

**Settle schmettle.** Life’s too short not to live fully.

**Choose among the chatter.** Of all the voices in your head, follow the one that’s calm, non-judgmental, and clear. That “no duh” is your inner wisdom.

**Happiness is an inside job.** To be fully happy, make sure that what you do, whom you’re with, and where you live match who you really are.

**You already know.** The question is why you’re not doing it.

**Think like a Spaniard.** In Spanish, “esperar” means both to wait and to hope. Instead of trying to control specific outcomes and timing, have faith in “this or something better.”

**Unsubscribe from your to-do list.** Life is supposed to be fun, not an endless chase of chores.

**Celebrate your inner freak.** Do or say one “out there” thing daily that you’re sure everyone will judge.

**You are what you Tweet.** Be as aware of your words as you are of your actions.

**Peel the onion, baby.** Underneath your excuses are your fears. Under your fears is what’s really holding you back.

**Downsize blame.** Own your piece, nothing more, nothing less.

**Your nose knows.** Listen to your gut for when to trust someone and when to keep up your guard. If something smells fishy, it probably is.

**Lose the schtick.** Recognize when you’re acting a certain way because it’s authentic in that moment versus how others expect you to be.

**Let it all out.** In a society that values specialization, be proud if you have multiple passions and skills. Michelangelo and DaVinci were the rock stars of their day.

**Change is a double-hop.** Letting go of what wasn’t working is only the first step. Sticking it out until you get where you want is where true courage lies.

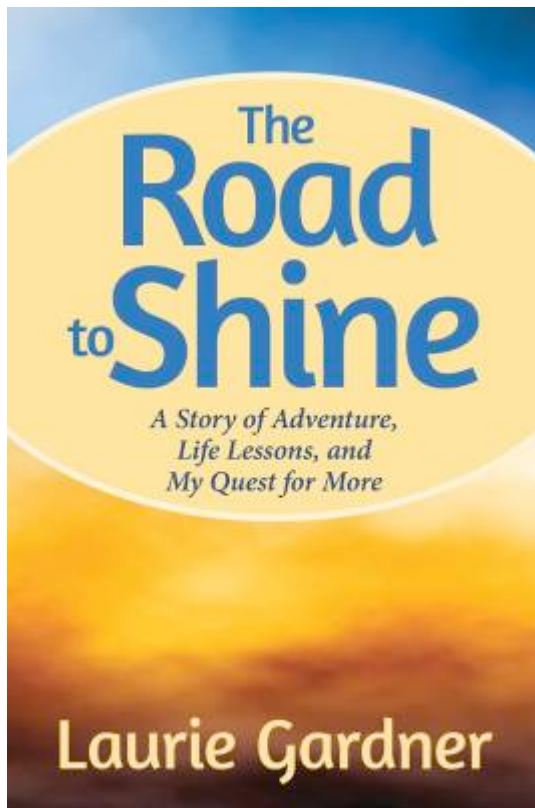
**Practice “practical passion.”** Balance your dreams with your current reality. If you can’t be a rock star, you can still sing in the shower.

**Transform on your own time.** Baby steps are as good as a big leap. Just keep moving forward.

**Quit if it doesn’t fit.** You know you’ve found your purpose when you can’t *not* do it.

**Just answer the call.** Your vision’s been on voicemail for too long.

**For all those who sense that there must be something more...let the adventure begin.**



***The Road to Shine***  
***A Story of Adventure, Life Lessons, and My Quest for More***  
***Laurie Gardner***

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**All 5 stars on [Amazon.com](https://www.amazon.com)!**

For more information visit [www.LaurieGardner.com](http://www.LaurieGardner.com)

## **About the Author**



Laurie Gardner is a Harvard-educated Jersey girl who is passionate about helping others to have fun, meaningful lives. A 20-year author-expert in personal development and leadership, she is known for her quick wit, warmth, and laser-like insight. Laurie is a teacher; she spent 15 years spearheading an international public school reform movement and now serves as a master practitioner in body/mind/spirit wellness, including intuitive coaching. She received degrees in comparative world religions, psychology, and education from Harvard University, where she also taught quantum physics. An avid world explorer, Laurie traveled to 50 countries and 40 states by the time she was 33 and speaks five languages.

*“Few things make me happier than helping others to see clearly how they’re holding themselves back. Nothing gets me more energized than supporting and encouraging people to discover their dreams and take the brave, exhilarating steps to live them, just as I’m doing.”- Laurie*

## **What People Are Saying**

From Amazon:

***You’ll keep this book by your bed stand... and read it again and again.***

***Reading it was a joy, a delicious triple bowl of my favorite gelato.***

## **Experienced Media Guest Available for Interviews**

See Laurie in action here:

<http://www.lauriegardner.com/media>

*“Laurie was a charismatic and engaging guest in the studio. She provided valuable information and shared her global adventures...all with a humorous flair.”*

**- Kristen White, Producer and Host, The Author-Expert Series**

*“Laurie is a real gem; it’s rare to find someone who can talk about so many different things”*

**- Neil Haley, Producer and Host, Total Education Network**

*“Laurie was a terrific guest – and you can quote me on that.”*

**- Bonnie D. Graham, a.k.a. RadioRed, Producer and Host, “Read My Lips” Radio Show**

*“Laurie Gardner is a jewel of a guest! She is so knowledgeable, passionate about helping people, and energetic that she is sure to inspire any audience to Stop Living Small! Her worldwide experiences and insatiable desire to get out there and enjoy life make you want to blast out of a boring life and join her. With her expertise as an author, multilingual speaker, wellness practitioner, teacher, seminar leader and coach, you wonder if there’s anything she can’t do. What an AWESOME Lady! I can’t wait to have her back on my show.”*

**- Sharkie Zartman, Producer and Host, Sharkie’s PEP Talk at <http://www.healthylife.net/>**