

## Bio, Book Blurb, and Seminar Topics



### **Bio:**

Laurie is a Harvard-educated Jersey girl who is the close, personal advisor to Fortune 500 CEOs, heads of countries, governors, mayors, and other top business, political and education leaders worldwide. A highly sought-after expert in personal and organizational development, she has 20 years of multilingual public speaking experience and is a frequent media guest. Known for her quick wit, warmth, and laser-like insight, she has a unique talent for immediately getting to the crux of an issue and communicating practical, effective solutions. Laurie spent 15 years spearheading an international public school reform movement, and she is a master practitioner in over two dozen body/mind/spirit wellness techniques, including intuitive coaching. Authentic, humorous, and inspirational, she is passionate about helping you and your organization to thrive.

Laurie received graduate and undergraduate degrees in education, psychology, and comparative world religions from Harvard University, where she also taught quantum physics. Her book, *The Road to Shine*, is receiving all 5-star reviews on Amazon and is currently being featured in nationwide media. An avid world explorer and former Outward Bound wilderness instructor, Laurie traveled to 50 countries and 40 states by the time she was 33 and speaks five languages.

### **Contact & social media:**

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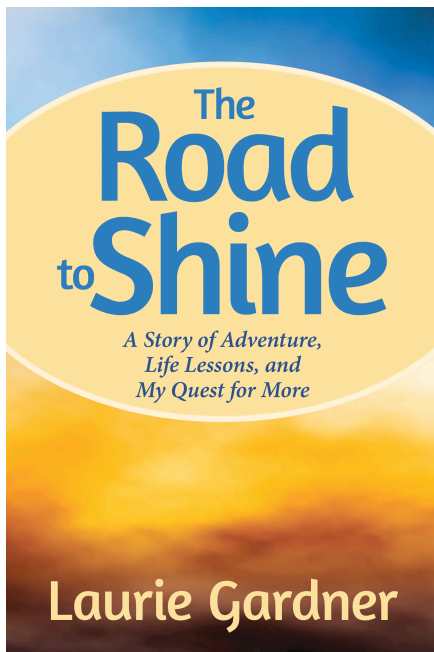
YouTube: <https://www.youtube.com/user/lauriebgardner>

### **Book blurb:**

#### ***The Road to Shine: A Story of Adventure, Life Lessons, and My Quest for More.***

Life's too short not to live fully. Laurie's story will inspire you to shine.

The book has a fun backstory: It unexpectedly came pouring out into Laurie's leather journal in four days while she was fasting alone in the desert. Following is a brief synopsis:



**For anyone who's ever sensed that there must be something more...Let the adventure begin.**

From the hallowed halls of Harvard to gang-ridden schools in Boston, venturing into remote wilderness and around the globe, Laurie Gardner seeks to create a life that's more fun, full, and free. *The Road to Shine* shows how we can derive life-changing insights and essential personal growth from any situation. Most

importantly, we discover how to connect with our deepest desires and our highest selves, learning to honor our own intuition and truth.

**Seminar topics include, but are not limited to:**

- **How to be Happy Even When Life is Crappy**
- **I Want My Body Back! Becoming the Healthiest and Fittest You Never Were**
- **Now What? Managing Change without Falling into a Pit of Despair**

More detailed book and seminar information available upon request.