

Can we interest you in a feature story, interview, or review with Harvard-trained life coach and adventurer, **Laurie Gardner**?

Laurie can dish out some of the most remarkable and witty quips about diet and fitness you will ever hear. She has a refreshingly unorthodox attitude and delightfully unique perspectives about living on skinny planet Earth.

Laurie 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.

Let us know how we can help you.

Paul Krupin, Publicist for Laurie Gardner

For Immediate Release

Review copies, photography and interviews are available upon request.

Contact Laurie Gardner (510) 206-8438 Cell; laurie@lauriegardner.com Email or simply reply to this email

I Want My Body Back! Having Fun with Your Food – Laurie Gardner

Do you want to get your body back? Here are Laurie's fresh and fun tips for healthier eating:

1. **Do the half-and-hold**: Eat half of what's on your plate, then rest for several seconds. If you're still hungry, eat half again. If not, stop eating.
2. **Use the toddler take-away**: Keep any fattening foods out of your immediate grasp. When tempted, immediately distract yourself with something else (email, etc.), like you would do with a toddler.
3. **Be the good neighbor**: Eat half of that fattening treat, then give away the rest to a friend or neighbor. They'll love you!
4. **Build an empty nest**: Don't keep your favorite unhealthy foods at home in the first place. If they're there, you'll want to eat them.
5. **Chew the meditative mouthful**: Eat slowly and appreciate your food; you'll get full faster too!
6. **Eat before you party**: Before attending a likely unhealthy social event, eat as much good-for-you food as you can. Don't show up hungry; show up full!

7. **Don't deprive and die:** Avoid starvation, one-size-fits-all and fad diets, and other short-term fixes that cause you to feel like you're being robbed of the pleasures of eating.
8. **Calculate chemistry, not calories:** Monitor your hormones, not your calories, to burn fat and keep it off.
9. **KISS (Keep it simple, sexy!):** Eat whole foods and avoid or minimize packaged foods with long lists of ingredients you can't pronounce.
10. **Go green:** At each meal, eat 3x as many veggies as anything else. Make your plate look like a baseball field, putting veggies on first, second, and third, and protein and carbs on home plate. Try to eat 8-10 servings of vegetables per day.

"Hello! It's your body talking," Laurie says. "If your body is breaking down or acting up, it's trying to give you an important message."

Very few people have healthy cravings – most of us have unhealthy cravings. Here are her tips on when to indulge and when to restrain:

Put down the Pepsi – Stay hydrated with non-sugary, caffeine-free drinks, even when you're bored with water.

Say no to drugs (in your food) – Choose single ingredient, whole foods over harmful chemical additives.

Read the wrapper – Read and cringe at what is really contained in your protein powder, energy bars, and sports drinks.

Please *don't* supersize me! – Save the extra pennies and avoid the fast food fat bombs. Learn and practice easy strategies for portion control and serving size.

Timing is everything – Eating and drinking at certain times is critical to fat loss. Pay attention to when your body is burning at its best.

Play the elimination game – Figure out your personal food intolerances.

Candida is a killer – Discover if your sweet tooth is from this destructive sugar-eating yeast.

Star in your own exercise reality show – Develop *doable* fitness strategies that are both convenient and fun.

Keep it movin', people! – Sitting too long is dangerous. Get off your butt and move your body at least a little every day.

Body surf – Ride the wave of your body’s natural changes, being gentle with yourself during aging, injury, pregnancy, and illness.

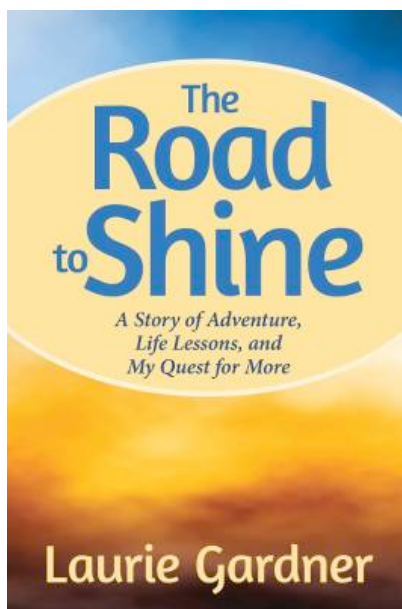
Reach your resolutions – Notice the triggers that cause you to fall off the wagon toward achieving your health and fitness goals.

Harbor whole-self health – Balance your mind, body, spirit, and emotions for overall wellbeing.

Have happy health for the long-haul – Stay upbeat and motivated for a lifelong positive relationship with your body and your health.

Laurie is the author of ***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.



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

All 5-star reviews on [Amazon.com!](https://www.amazon.com)

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For more information visit 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 over two dozen body/mind/spirit wellness techniques, 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. She's an author and personal development coach in Berkeley, California.

For more information visit www.LaurieGardner.com

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://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 TV 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/>