
How to be Happy Even When Life is Crappy!

Life adventurer **Laurie Gardner** 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.

Buckle up. You're 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:

Possible Show/Story Ideas

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.

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.

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

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.

LAURIE'S BOOK: *The Road To Shine: A Story of Adventure, Life Lessons, and My Quest for More*

Review copies, photography, and interviews upon request.



BIOGRAPHY: 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 and organizational development and leadership, Laurie is known for her quick wit, warmth, and laser-like insight. She spent 15 years spearheading an international public school reform movement and is 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.

AVAILABILITY: San Francisco Bay Area, nationwide by arrangement and via telephone or Skype; also available as a last-minute guest.

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