

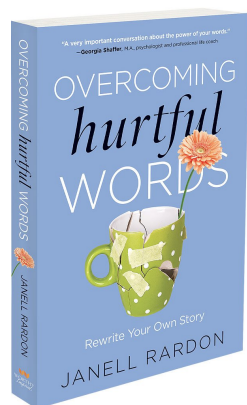
A HEARTLIFTING GATHERING WITH AUTHOR JANELL RARDON

Thank you for your interest in bringing this empowering and timely message to your community.

Hurtful words.

We've all heard them. Inside our homes, at work, on the playground or at the sidelines of sports game. Sometimes, they are delivered via email, text or social media, but they strike just as deep. These painful, disorienting words sting even more when delivered by people we thought we could trust. In the wake of such hurt, we stand frozen. Immediately, before the next breath is taken, our defense mechanisms kick into high gear: the fight, flight or freeze zone in our brain sounds like a five-alarm fire. You know the feeling: heart starts racing, palms sweat, sick feeling in the pit of your stomach, flushing cheeks and sometimes, instant, pounding headache. It's a pure, natural instinct.

-Excerpt, Introduction



In turbulent times, where hurtful words are hurled freely, my newest book, *Overcoming Hurtful Words*, opens a vital conversation about the powerful three-fold cord of healthy relationships: a healthy sense of self, healthy behavior patterns, and healthy communication skills. Having lived half a century, I'm completely convinced that there is nothing more important than the relationships in our lives *and* the

words and conversations that take place *within these relationships*.

Schedule a book signing/meet & greet/short reading & conversation today: www.janellrardon.com/contact. Let's work together to design an impactful, inspirational gathering and speak healing words into your community.

MEET JANELL



I can't wait to meet you. Let's bring this powerful and much-needed message to your community.

Professional Bio: A national and international speaker, author, and relationship expert, Janell has a master's degree in Human Services Counseling/ Marriage and Family Specialization. In 2012, she continued her professional development and received board-certification as an Advanced Christian Life Coach (AACC). She is in private practice in Suffolk, Virginia. Janell and her husband have three grown children. Visit OvercomingHurtfulWords.com and JanellRardon.com for more information.

Between You & Me: Passionate heartlifter and faith leader who desires to help women & their families transform negative narratives into beautiful new narratives that lead to rich, meaningful lives.

SUGGESTED FORMAT

Not Your Average Book Signing

Transform an ordinary book signing into a very special community LIVE EVENT.

Let's work together to make an ordinary morning, afternoon or evening into something special for your customers/friends/church. The healing nature of *Overcoming Hurtful Words* lends itself to offering a beautiful, inspiring, uplifting experience—not just a book signing. May I suggest:

- **Meet & Greet:** Be creative. Maybe a coffee/tea/smoothie bar with healthy snacks or treats for everyone to enjoy. A huge part of *Overcoming Healthy Words* is to take care of yourself.
- **Entertainment:** Bring in a local musician/artist/dancers to provide background music and joyful, healing entertainment.
- **Inspirational Reading:** I will personally read a small portion of one of the nine practices in the book and share a heartlifting thought.
- **Q & A:** Transforming negative labels and narratives is not for the weak. I'll gladly give time for questions on how to overcome and transform them into a beautiful new narrative.
- **Journaling/Writing Workshop:** Add a special 15-30 minute writing workshop (can be longer, we can discuss possibilities) in which attendees begin transforming their *History of Hurts* into a *Vision of Victory*. Utilizing writing prompts + meditative exercises will enhance and increase the healing process.

SCHEDULE YOUR LIVE EVENT TODAY

***Overcoming Hurtful Words:
Rewrite Your Own Story is here!***

Order your copy today and download your digital bonuses:

www.overcominghurtfulwords.com.

Contact me right here:

www.janellrardon.com/contact to schedule your LIVE EVENT. Let's bring healing, hope and a whole lot of happy to your bookstore, church, community event, chapel service, etc. The sky is the limit. No gathering is too small. If you have any questions, feel free to email me: janell@janellrardon.com. I just can't wait!

