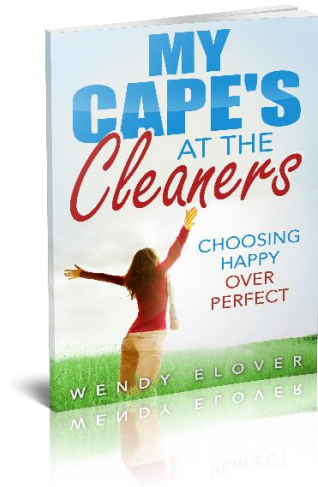


Media Kit

“My Cape Is At The Cleaners: Choosing Happy Over Perfect” by Wendy Elover

Book Information



Product Details

- ❖ Paperback: 100 pages
- ❖ Publisher: CreateSpace Independent Publishing Platform; 1 Edition (November 17, 2016)
- ❖ Language: English
- ❖ ISBN-10: 1539940535
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- ❖ Product Dimensions: 6 x 0.2 x 9 inches
- ❖ Available in paperback, Kindle and audiobook formats

Book Synopsis

Superwoman is dead. At least she is in my household. In today's fast paced, technology-driven world, we have been told we can “have it all”. We push ourselves to the limit to **be** more, **do** more, and **have** more - at any cost. We are want-to-be modern day superheroes, silently struggling to live up to an unattainable role.

Through it all, we continue to smile (at least in public) while simultaneously drowning in our endless to-do-lists, while feeling perpetually exhausted and defeated.

It's time for a change. I'll give you a glimpse into my world - the ups, the downs, and the lessons I've learned along the way. Today is the perfect time to start rediscovering your dreams, reclaiming your time, and trading in “perfect” for “making progress.”

Author Bio

As a mom, wife, speaker, author and Certified Happiness & Growth Coach, Wendy is on a mission to help every amazing midlife woman she connects with to wake up filled with the power of gratitude every day and excited to live an incredibly happy life created on purpose!

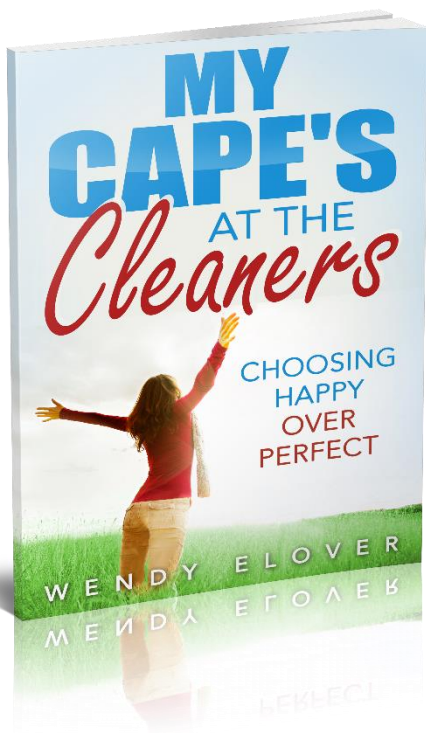
Wendy has had the good fortune to learn from many kind and generous mentors. She hopes to pay it forward by inspiring and guiding women to step out of their comfort zones, share their gifts with the world and live happy, grateful lives with intent and purpose.

Wendy lives in Maryland with her husband, and is the proud mom of three amazing daughters, including a set of fraternal twins and a wonderful son-in-law who she prefers to refer to as her “bonus son”.

When she takes a break from work, you’ll most likely find her hanging out with her family and friends or planning a fun Girls Night Out with a Purpose supporting one of her favorite non-profit causes. Either way, you can be sure she’ll be striving to celebrate & enjoy every one of life’s little moments of joy.

“We’re all in this crazy life. We might as well enjoy the ride together!” -Wendy Elover

Book and Author Images



What others are saying about “My Cape Is at the Cleaners”

“I usually find "self-help" books intimidating. I don't often pick them up but this book is different. It is readable!! The style of writing makes you feel like you are sitting in a cafe hearing the author retell her story to self discovery. The author takes you through her journey to allowing herself to focus on herself. What a concept? A concept as a busy working mom would never believe possible. Thanks to this book, I have been given so much to think about, without information overload.....”

– A.L. Block, Amazon Review

“...Choosing happy over perfect is the perfect way to describe this book. Wendy is funny, vulnerable and inspiring.....” – Amazon Review

“What Wendy does is a beautiful job sharing the challenges, lessons and actions she's taken along the way to better her life and that of her family. Her sense of humor keeps you laughing but she will also make you think...and realize that you really can do what she's done. There are so many little nuggets that when put into action can make an impact on your life immediately....” -Jan S., Amazon Review

“As soon as I saw the book cover, I knew I would love this book. As a mom & business owner who often feels frustrated at myself, I was drawn to the title and cover photo. I couldn't put it down, honestly. The author did a great job telling her story in 'bite size piece' life lessons that were easily digestible. I had a few 'a ha' moments, some tears and a lot of laughs.....If you want to feel encouraged and empowered, as well as reinforcement that you're not alone in your experiences, this book is for you.....”

-Pat, Amazon Review

“In less than 100 pages, this author has distilled a lifetime of learning. In prose that is accessible, engaging and never preachy, she recounts her personal journey to discovering that life doesn't have to be merely fine.....If you have friends stuck in the rut of "could have, should have," this book is the perfect gift for them (or you)!” -Amazon Review

Media Q & A

About “My Cape Is At the Cleaners: Choosing Happy Over Perfect”

- ❖ What prompted you to write this book? Have you always dreamed of being an author?
- ❖ Who should read this book? Who will benefit from the ideas in this book?
- ❖ Did you ever question whether or not you would actually publish this book?
- ❖ I noticed your individual book chapters are extremely short – some are only 2 to 4 pages. Was that intentional or just the way it happened to turn out?
- ❖ Is there a key takeaway you hope readers will get from “My Cape Is at the Cleaners”?

About Being a Certified Happiness and Growth Coach

- ❖ What led you to become a “Certified Happiness Coach”? I never even knew that existed as an option.
- ❖ Do you believe everyone has to be happy all the time to live a good life?
- ❖ Is your teaching mostly about having a positive attitude?
- ❖ What would you say is your personal mission or purpose with your coaching?
- ❖ Coaching comes in so many forms. What kinds of coaching options do you offer?
- ❖ How does someone get in touch with you if they want to learn more?