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Queen for a Day:
Recapturing Your Happiness One Birthday at a Time

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QUEEN FOR A DAY

Recapturing Your Happiness One Birthday at a Time

By Linda M. Sacha

As you get older and older, does your birthday become less and less important?

Do you become increasingly hesitant to celebrate your birthday each year?

Have you been taking the 'happy' out of your own happy birthdays?

If you answered yes to any of the above questions, chances are you've got a mean case of the birthday blues. Luckily, life coach Linda M. Sacha has just the thing to remedy this serious ailment in her book **QUEEN FOR A DAY: Recapturing Your Happiness One Birthday at a Time (Gotham Books; on sale December 29, 2009; \$12.50)**. Linda has devoted her career to helping clients dismiss the nay-saying of celebrating adult birthdays and discover their strength and potential in doing so each year.

Encouraging women to celebrate their achievements and view each new year as an opportunity for personal renewal and growth, **QUEEN FOR A DAY** offers a powerful yet beautiful simple collection of questions, exercises, checklists, and inspiring words designed to help all women relish every birthday, at any age.

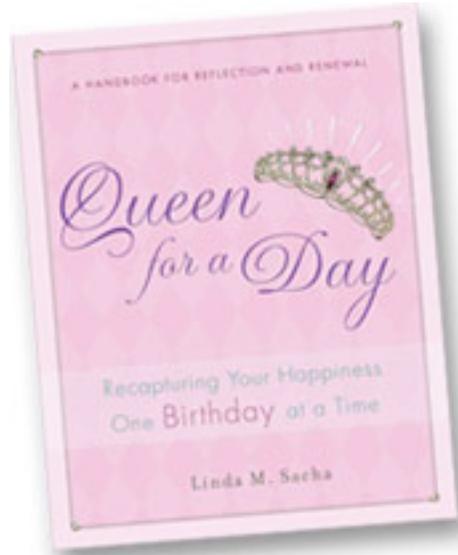
Part birthday guide/part reflectional journal, this book serves as a reintroduction to celebrating your own birthday and encourages each and every woman to take the time to enjoy what was once a much-anticipated day of celebration.

From pulling yourself out of the birthday doldrums, to the five essential steps to reclaiming your crown to unleashing the birthday diva within and reclaiming the one day of the year you ought to be treated like well, a queen, **QUEEN FOR A DAY** is the modern answer to a age-old dilemma women of all ages face each and every year.

QUEEN FOR A DAY

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Gotham Books || December 29, 2009 || \$12.50

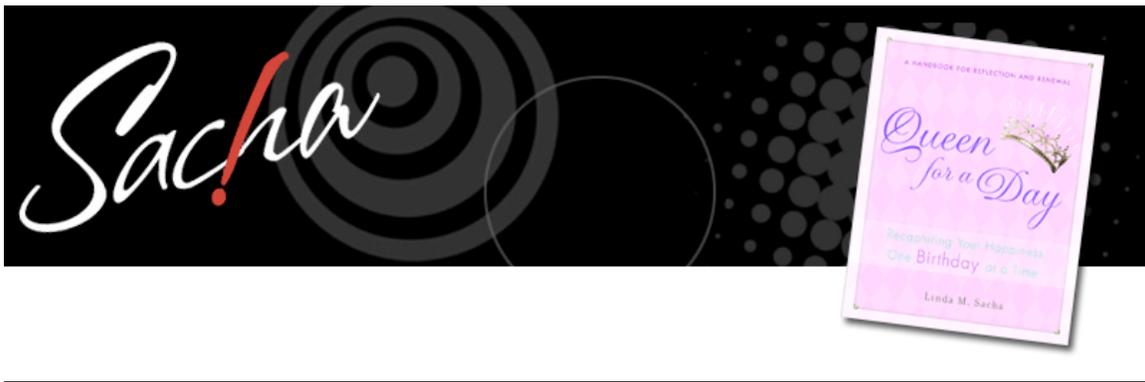


About the Author

LINDA M. SACHA is a life coach, professional speaker, seminar leader, and award-winning voice-over artist. She lives in Deland, Florida with her husband.

About Gotham Books:

Gotham Books, an imprint of Penguin Group (USA), was launched in 2003 by industry veteran William Shinker. Bestsellers that have helped to establish its solid foundation are *Eats, Shoots & Leaves*, *Game of Shadows*, *The Official eBay™ Bible*, *The Lucky Shopping Manual*, *Almost French*, *Letters to a Young Brother*, *Letters to a Young Sister*, *The Miracle of St. Anthony*, *The Tao of Willie*, *It's Called Work for a Reason, Do You*, *The House of Mondavi*, *Every Shot Must Have a Purpose*, *How Starbucks Saved My Life*, *Body Drama*, *Always By My Side*, *I Can Has Cheezburger* and *The Girls from Ames*. Penguin Group (USA) Inc. is one of the leading U.S. adult and children's trade book publishers, owning a wide range of imprints and trademarks, including Berkley Books, Dutton, Frederick Warne, G.P. Putnam's Sons, Gotham Books, Grosset & Dunlap, New American Library, Penguin, Penguin Press, Philomel, Riverhead Books, and Viking, among others. Penguin Group is owned by Pearson plc, the international media group.



About the Book, *Queen for a Day*

A *BirthDay Queen* is a woman who is clear that the day she was born is a day worth celebrating.

The topic of birthdays always evokes strong emotions – most women either love them or would love to forget all about them. Wherever you stand, Life Support Coach Linda Sacha helps you fully rejoice in the day of your birth. A passionate advocate of “self-perpetuated happiness,” Sacha wrote *Queen for a Day* after years of denial and disappointment when it came to her own birthday. She shares her personal journey of revelation and celebration with warmth, honesty and compassion. Reading *Queen for a Day* is like having a heart-to-heart talk with a wise best friend. Sacha shows you how to:

- Give yourself permission to celebrate and move into action to create it;
- Become the supreme ruler of your happiness; and
- Get in touch with your unique way of celebrating.

Filled with inspirational testimony from women around the world revering the anniversary of their arrival, engaging introspective questions, plus a straight-from-the-heart journal to map out memories and make a few new ones, *Queen for a Day* invites you to make your own unique brand of magic happen year after year.

“I love this book --reading it gave me some deep insights, ideas and more importantly permission! Permission to give MYSELF permission. It's time we took some time to just be cherished and step aside a few moments from all our responsibilities; drink from the well and refresh ourselves.” F. Chang, Designer

Title: *Queen for a Day*
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To Arrange an Interview:

Contact Linda M. Sacha at 386-873-4178 or email linda@lindasacha.com.
See www.lindasacha.com for more details.



Meet Sacha – the perfect interview. Banter- iffic! Joy-ologst at heart.

Linda Sacha, known as Sacha, offers a welcoming voice and a lot of ‘first aid for the heart’ in her latest book *Queen for a Day*. America’s birthday scholar-in-residence, Sacha warmly and humorously invites women to love themselves as much as they love others. She is an invitation, incarnate, and an inspiration for all women to take responsibility in creating the life of their dreams. With a healthy dose of heart Sacha shows you how to make your own brand of magic happen year after year.

A heart coach, award winning voiceover artist, author and self-proclaimed go-to-girl for aiding women in reclaiming their birthday crowns, Sacha asserts most women are so busy taking care of everyone else that, over time, their birthdays become meaningless, suggesting other parts of their lives may fall suit, as well. She says taking back your birthday is not about getting presents but about feeling elated, loved and in total custody of your own happiness. She says choosing your birthday as the turning point to reclaiming your crown is emblematic of new beginnings. Delivered with her own pizazz, it’s hard not to follow her lead.

Celebrating her birthday and herself continues to be life-changing work. Somewhere along her own busy lifeline, she lost touch with her childhood joy – the treasured gift of celebrating her birthday. It was a loss that eventually and clearly revealed itself. Sacha saw she wasn’t alone as women everywhere were sharing their own birthday unhappiness with her. After hitting ‘birthday bottom,’ she relearned, even mastered the art of celebrating her day and ultimately experienced the thrill reclaiming her crown. She is fiercely committed to sharing her story and its significance with other women. She regales her readers and audiences with a unique blend of honest, candid and truly personal tales about all aspects ‘birthday living,’ her own life and those of others she’s come across – all of which make her a favorite. Sacha delights women and men alike with her refreshing charm. You will remember her as America’s most lovable birthday queen.

A self-admitted ‘birthday princess down to her bones,’ Sacha finds her most passionate and powerful voice coaching others throughout the United States in projects and passions of their hearts.

An accomplished professional speaker, she has dazzled thousands nationwide using her humor and wisdom to help others celebrate their lives. She has had the privilege of teaching learning-disabled student, serving as a corporate training officer, launching her own speaking company and being a founding member of the improvisational troupe, *Comedy on Demand*.

This recovered birthday pouter is wacky for gardening, constant learning and all of life’s surprises. Sacha lives in Florida with a prince and their rescue Chihuahua, Trixie.

To Arrange an Interview:

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Book Bravos!

“Linda Sacha, what have you wrought? Your book gave my wife permission to dote on herself. Justification that she is special. I hadn't thought, when I picked up the book, that it would have such an emotional consequence for my wife and me. You freed her, and I suspect all women who read *Queen for a Day*, from feeling guilty about self-indulgence. This book is for all husbands and significant others to know, finally, what to do . . . really . . . for her on her birthday.”

—Arnie Warren, international best-selling author of **The Great Connection, Find Your Passion, and Devon**

“There is so much wisdom and fun in these pages. Treat yourself and find a lovely spot where you can be comfortable and quiet as you get reacquainted with your inner queen. I can't wait to give this treasure to my friends, daughters, and granddaughters.”

—Dr. Edith M. Donohue, co-author of **Life After Layoff**

“An awesome birthday bash!’ Those are my wife Kathy’s words. There’s no greater gift than to share a birthday with a partner who’s happy, knows what she wants, and lets you know! *Queen for a Day* set it all free!”

—Tom Welch, America’s Career Coach and author of **Work Happy, Live Healthy**

“*Queen for a Day* by Linda Sacha is much more than a book about birthdays. It is an invitation and inspiration to all women to create the life of their dreams.”

—Sandy Robson, co-author of **Girls’ Night Out**

“After reading *Queen for a Day* I’m ready to start celebrating me again!”

—J. Ball, Health Care Consultant, NY

“As an adult I always felt a void on my birthday that I couldn’t identify. Thank you for helping me bring a lost part of me home.”

—L. Rowley, Intuitive Healer, FL



“*Queen for a Day* came into my life at a time when I'd just made a promise to start being kinder to myself. It's helping me keep that promise, not only on my birthday but *every* day.”

—A. M. Trusky, Playwright and Editor, CT

“I found this book to be refreshingly easy to read yet no less thought provoking than other more lengthy self-improvement books. The inspirational content, though referring to birthdays, applies to life in general and is that much richer.”

—D. Dunham, Physical Therapist, MA

“My wife recently received a copy of *Queen for a Day* as a gift from her sister. To better "defend" myself, (as I do with those quizzes in "COSMO") I reasoned I should take a look at what she was reading. Needless to say, I loved it! What super ideas come forth to celebrate your own earth arrival. I couldn't wait for the "guys" edition so I photocopied some of the pages to use at my upcoming sixtieth birthday . . . Please ask Ms. Sacha to send me her earliest draft for this King.”

— R. Rowley, Broker, FL

“This book caught me by surprise. I thought it would be "cute." It wasn't. It's more like a sacred event. Somehow Sacha breathes new perspective into the magical act of self-love. I already love and honor my birthday, but it feels like my birthday goddess has been kicked in her regal butt and raised to a new level! I really get it now: Obey the Queen and all shall be well. Thank you!”

— M. Lord, Court mediator, CO

“I applaud your beautiful heart for giving this grand opportunity to all of us—young and old—to wrap ourselves in our own glory and celebrate our deserving hearts without guilt. Brava! Job well done! LOVE IT!”

—Sandi Z. Griffin, author of **Prisoners of Fate** and **If Only**



Sacha answers Frequently Asked Questions

Q: What was the motivation for writing *Queen for a Day*?

A: “You teach best what you need to learn most.” Celebrating myself and my birthday continues to be a life-changing work in progress. I love sharing what I’ve discovered as I continue to unfold more of my self-love. I couldn’t wait to spill my guts, continue my learning, and invite other women to join in the joy. This has been both a privilege and a blast.

Q: Some women have a very difficult time putting themselves first—even on their birthday. What advice would you give to these women?

A: I know. Sometimes we think we’re being noble, sometimes we call it unselfish and loving, and sometimes we just plain haven’t even thought about it. Bottom line: You can’t give away what you don’t have. The greatest gift we give our family and the world and model for our children is the gift of ourselves at our fullest and finest. We have to be on our own lists to accomplish that!

Q: How can women who have totally lost sight of their wants and needs get back in touch with their heart’s desires?

A: Start by reading *Queen for a Day*! Then you can sit down with a cup of tea or your favorite beverage, spend time reflecting on the heart’s desires questions, and journal your thoughts. These pages go way beyond celebrating your birthday—we’re talking the longings of your heart—and that’s a gift to get back in touch with.

Q: What can women do if they tell their significant others what they would like for their birthdays but their partners are unreceptive?

A: I’m big on co-creating—I believe we co-create all of our life’s experiences. So first I would ask myself (as I have many times!), “*How* am I asking or what can I shift so that I am heard?” Have you been clear, specific, positive, and assertive in your request? Then once that’s covered (and it takes some time to practice and get results), I’d suggest that if it appears your partner is truly not interested in participating in your birthday joy, then as a woman who loves herself you choose to create your own joy. It’s your day – make it so.

Q. How would you compare the message in your book with the 1950’s television show, *Queen for a Day*?

At first I was stricken with the thought of our projects being compared, however upon further thoughts, I see the strong common thread of honoring women. In the 50’s that involved crowning the overworked housewife and making her day a little easier with a new vacuum or wash machine! It was a perfect reflection of the times and did indeed honor a woman right where she was – focused on keeping home for her family. Ironically over fifty years later, women still find themselves overworked because in addition to creating a loving home environment, they are also a powerful part of the work force. Double duty means more than ever we need to pause, take a breath and seek a day dedicated to us.



Q: Is it possible for even women on a tight budget to be Queen for a Day?

A: Oh I love this question! No money needed—we're talking pleasures of the heart here. Cupcakes and a walk in the woods with your best friend can fit the bill. A true Queen for a Day realizes that her pleasure comes from within—*that's* reclaiming your crown.

Q: What is the biggest complaint you've heard from women about their birthdays?

A: "I shouldn't have to ask—if they loved me they should know what to do." I get it. Been there. Only problem is, this thinking gets you nowhere. If you continue to do what you've always done, you'll continue to get what you've always gotten. If others knew what to do, how to do it, and what you wanted, I believe they'd do it! I learned this first-hand—as soon as I stopped whining and started showing up for myself magic happened!

Q: Of all the birthday stories you've heard from women, which one is most dear to your heart?

A: I can't pick just one—it's the stories involving tenacity that are my favorite theme. When women truly never give up on themselves and their joy, and they slowly and systematically experience the amazing feeling of creating their own happiness - that inspires me right down to my bones.

Q: What is your all-time personal favorite birthday celebration?

A: Since I started finding my birthday joy again every birthday is fabulous for a different reason. Hmmmm my favorite? When I had my sisters in my home for the whole weekend all to myself.

Q: What is the most outrageous way you've ever celebrated your birthday?

A: Oh that's easy—my 50th birthday singing a Shania Twain song with a band! And honest, I'm barely a tune carrier and I didn't care!

Q: Is it ever too late to become Queen for a Day?

A: Taking back our crown is an option that's always waiting for us. We can take it back one piece at a time, any time, for all time.