



## **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:**

Contact **Linda M. Sacha** at 386-873-4178 or email: [linda@lindasacha.com](mailto:linda@lindasacha.com)  
See [www.lindasacha.com](http://www.lindasacha.com) for more details.