



Women's National Book Association
LA BookWoman
Los Angeles' Ultimate Resource for the Book Community

Newsletter

October 2009

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**Expert tips from our
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Kelly's Monthly Dream Symbol comes from her book, "**I HAD THE STRANGEST DREAM**" **Celebration** - Dreams of a celebration symbolize that you have successfully achieved a level of growth, learning and/or accomplishment. This is your subconscious saying congratulations for your progress and for the lessons you have learned and earned. Keep in mind that when you celebrate your victories, big and small, your subconscious becomes more supportive of your continued growth. Pay particular attention to what

DEAR CHAPTER MEMBERS,

Welcome to our October Newsletter!

Follow us on Twitter and Facebook!



twitter



A word from Kelly...



I was just gushing to a friend about the Pulitzer Prize winning play by Thornton Wilder, "Our Town." Throughout my twenties, I used to carry that magical piece of literature around with me everywhere I went.

Every time my fingers would graze its tattered cover or dog-eared pages while looking for my car keys or wallet I would feel its message surging through my fingers, straight to my heart, and tear drops would immediately begin brimming in my eyes. The simple story of "Our Town"-- an ordinary place full of ordinary people, doing ordinary things--mysteriously brings me straight to a feeling of awe-filled gratitude for the simplest things in my life...even for being able to have a laptop that allows me to write this to you now.

As I was sharing about the effect "Our Town" has had on me over

the celebration is honoring. -



**Monthly Tips From
Donna Sozio**

www.ImPublished.com

Perfect never sells. It doesn't give any room for anyone else to get involved with you. Focus instead on being interesting.



**Delicious Diversions from
Allana Pratt - Sexy Mom
Expert**

HowToBeAndStaySexy.com

What if being exactly who you are... is enough? Because I think you're delicious.



Marie Diamond

www.mariediamond.com

Sparkle of Wisdom

As in the beginning the universe/God created light in his space called the world, you can create light in your space. Make sure all lights are working. If you feel your space is too dark, install brighter lighting. Enlighten your world by lightening up your space. Go shopping for some new bulbs.



the years, I marveled at the effect the pen is definitely mightier than the sword.

I am curious, is there a book or a piece of literature that has touched your heart? I would love to hear from you about what book, play, story, poem, or other work of literature has opened your heart, helped mold your soul in a particular way, or help you influence you to make a life-changing decision. I'd love to hear from you about this...so if you feel moved, please e-mail me the title of a book that has helped to shape your life (presiden-la@wnba-books.org.)

In the spirit of celebrating great books, Tess Cacciatore, our new chapter Vice President, has expressed a passion for beginning a monthly WNBA-LA Book Discussion group. She is in the midst of organizing that now. It might be a great opportunity to see each other face-to-face and discuss those works of heart that have had a profound effect on us.

If you have any suggestions for the group, please e-mail them to Tess Cacciatore at vp-la@wnba-books.org.

As most of you know October is the third annual National Reading Group Month...and this year we are celebrating it at the West Hollywood Book Fair, all day, Sunday, October 4th (for more info, please check out our website: www.wnba-books.org/la).

I am very excited to see so many of our members coming out to do book signings and/or to support and participate in all at our booth. Make sure to come out to see our second book panel at the WEHO book fair, featuring:

- *Syrie James, author of, "The Lost Memoirs of Jane Austen"
- *Dori Carter, author of, "We Are Rich"
- *Diana Birchall, author of, "Mrs. Darcy's Dilemma: A Sequel to Jane Austen's Pride and Prejudice"

I look forward to seeing you there!

Kelly Sullivan Walden

Recent Events

Friday, September 11 - Poetry reading by WNBA National President Joan Gelfand

If you're seeking comfort, sustenance, and inspiration as rich as caramel, and poetry with truths as bold and bright as the early morning sun, then drop by Stories Books & Café. Have a latté, or chill with an ice tea and be delighted by the rhymes and words of poet WNBA National President, Joan Gelfand.

**Julia Drake's [Travel/Living](#)
Well Monthly Tip**

Often when we're on vacation, our minds remain at home, worried and stressed. Or our bodies have trouble adapting to our new environment. Learn how to wrestle body, mind and spirit into one moment for a full vacation experience:
www.myholistictravel.com



**Hariette's monthly
[Oracle](#) Life Advice**

**Quote 6: COMPROMISE-
NEVER!! NEGOTIATE-
ALWAYS!**



**Jacquie Jordan's
on camera tips:
TVGuestpert.com**

**Do they do my hair and
make-up for the show?**

Aks. I suggest showing up 'professionally' camera-ready prior to your arrival and allowing their hair and make up people to do 'touch-ups', if the show has hair and make up people.



**Teresa
Fogarty's Publishing Basics
www.bookstofilm.tv
What is the purpose of an**

Stories Books & Café

1716 Sunset Blvd.

Los Angeles

For more information about this reading, call (213) 413-3733.

**Thursday, September 17 - Teleseminar with TV producers
Barbara Wellner & Karen Melamed**

"Want to Get on Oprah? Try Thinking like her Producers"

Two television producers who've booked for Oprah and other shows give you the inside secrets on how to get yourself on television and radio so you can sell books.

To find out more info on Karen and Barbara, please visit:
<http://www.mediawise-consulting.com>

**Wednesday, September 23 -- WNBA-LA & District 52
Toastmasters Speakers Bureau event on:**

"PRESENTING YOUR WRITING"

Public Presentations & How To Do Them
Using, Body Gestures, Pauses, Eye Contact
Increase your Book Sales with Effective Reading
Light Snacks: WNBA Members & Toastmasters - \$6.00 Public
is invited: General Admission \$10.00

Glendale Central Library
6:30 - 9:30 p.m.
222 E. Harvard
Glendale, CA 91205

**Sunday, October 4 -- Ordinary Women, Extraordinary Lives @
the West Hollywood Book Fair Sponsored by Women's National Book
Association (Los Angeles Chapter) and WNBA National Reading
Group Month**

Behind every ordinary woman is an extraordinary woman waiting to be unleashed...with an triumphant story to shout from the rooftops. Books about Jane Austin and Charlotte Bronte inspire thoughts of class distinction, money vs. love, power vs. authenticity, and the sacrifices a person must make in order to attain an admirable status in society have we changed that much?

A panel of extraordinary speakers will be co-moderated by Women's National Book Association (LA) president, Kelly Sullivan Walden, author of, "I Had the Strangest Dream" and TV host and author of "How to Be Funny". Paul Rvan. with a book signing to follow.

Electronic Press Kit, aka the EPK?

The EPK is designed to present your manuscript, book, or idea to producers in the best possible light. The Sizzle Reel will easily convey your idea into a visual form. These Sizzle Reels can be placed on your website or compressed to send in an e-mail to agents, producers, studios and directors. Additionally, having a Sizzle Reel on your website will attract readers to your book.



Lucia's Dating & Relationship tip:

www.theartoflove.net

Dating is like walking across a minefield. The main difference is that minefields are strewn with mines (literally) that aren't visible, whereas in dating the mines (figuratively) are marked with red flags. The more red flags you ignore, the more scars (baggage) you will end up with as you cross the minefield of dating.



Melinda Woolf's soul-centered tips on Abundance

www.iamsoulcentered.com



For a list of panelists and more information on the event, please visit: <http://www.wnba-books.org/la/>

For more info on WNBA's National Reading Group Month, please click here to read the press release.

West Hollywood Park
647 N. San Vicente Blvd.
West Hollywood
The book fair is from 10:00 am to 6:00 pm
The panel will be from 11am-12pm

Sunday, October 18 - WNBA-LA READS ITS OWN with member Lisa-Catherine Cohen

Following her reading at WNBA/LA's Extraordinary BookWoman Day in June 27 and at IWOSC READS ITS OWN, Lisa-Catherine Cohen now invites you to join her at Book Soup in West Hollywood for an evening of WNBA/LA READS ITS OWN.

If you would like to participate or attend, please email Lisa-Catherine at lcc@lisa-catherine.com ASAP, because space is limited!

You need to provide a two to three-sentence bio, and a picture for the program.

Book Soup
8818 W Sunset Blvd
Los Angeles, CA 90069-2125

Upcoming Events

Ordinary Women, Extraordinary Lives @ the West Hollywood Book Fair Sponsored by: Women's National Book Association (Los Angeles Chapter) and WNBA National Reading Group Month

Behind every ordinary woman is an extraordinary woman waiting to be unleashed...with an triumphant story to shout from the rooftops. Books about Jane Austen and Charlotte Bronte inspire thoughts of class distinction, money vs. love, power vs. authenticity, and the sacrifices a person must make in order to attain an admirable status in society...have we changed that much?

Our extraordinary panelists will shine light into these themes that still run through our lives, and they will inspire you as

Jodi Seidler
www.makinglemonade.com
Jodi's tips for single parenting: Keep a Journal to Ease the Way: Empty Nesters have to be careful not to email, text or call our kids TOO much. Journal writing is great for cathartic reasons, but also allows us to feel our feelings without making our children feel responsible for our feelings in missing them.



Julie Spira's Cyber-Dating Tips
www.CyberDatingExpert.com

Cyber-Dating Tip #4 Sign up for more than one site and see which one you receive more responses from that fit your criteria and then narrow it down. There are over 2500 online dating sites to choose from now, so there is something for everyone.



Marcy Morrison
www.careerswithwings.com
Trust your gut/believe in yourself. Marcy's Five Steps to Living Your Passion in Your Career

Many times our gut is telling us that what we are currently doing isn't working for us anymore, but we are blocked with moving forward because we fear that it is too hard to change or we think that we are throwing away years of experience. There are so many ways that we can transfer our skills and knowledge to a new career path that we are truly passionate about. The truth is that it may be hard work to change, but it's only short-term for a long-term investment into doing something that lights your fire each day.



that still run through our lives...and they will inspire you as they offer insight into the victorious nature of women:

- Estherleon Schwartz, author of "Tears of Stone"
- Syrie James, bestselling author of "The Lost Memoirs of Jane Austen" and "The Secret Diaries of Charlotte Brontë"
- Dorie Carter, author of, "We Are Rich"
- Diana Birchall, author of, "Mrs. Darcy's Dilemma: A Sequel to Jane Austen's Pride and Prejudice"
- with a special poem by Sharmagne Leland-St. John, author of "Quill & Parchment"

The panel will be co-moderated by Women's National Book Association (LA) president, Kelly Sullivan Walden, author of, "I Had the Strangest Dream" and TV host and author of "How to Be Funny", Paul Ryan, with a booksigning to follow

What: West Hollywood (WEHO) Book Fair
When: Sunday, October 4, 2009
Time: The book fair is from 10:00 am to 6:00 pm

The panel will be from 11am-12pm

Where: West Hollywood Park, 647 N. San Vicente Blvd., West Hollywood - Check it out at www.weho.org/bookfair

PAUL RYAN here inviting you to join all the BraveHeart Women coming in from around the world for the BRAVEHEART RISE event on October 2, 3, 4 2009 at the Westin Hotel, 5400 Century Blvd. Los Angeles, CA 90045.

As I'm producing the BRAVEHEART AWARDS on Saturday night October 3, and producing new episodes of A BRAVEHEART VIEW on October 2 and 3, (featuring an interview on Oct 2nd with WNBA-LA president, Kelly Sullivan Walden.) BraveHeart founders Ellie and Charles Drake have offered Los Angeles friends of Paul Ryan a \$250 discount for the event, making it \$247 instead of \$497 for the entire weekend. This transformational, inspiring, and empowering weekend will give you the opportunity to create strategic partnerships and friendships. BraveHeart Celebrities participating in BraveHeart Rise include Courtney Cox, Mariel Hemingway, Maria Maples, Kim Kiyosaki, Lainie Kazan, Carol Channing, Delta Burke and Rolonda Watts.

Don't miss the video invitation at: <http://tinyurl.com/RISENOW>

**Feel Good Fast - Monday, November 2nd
21 days the Feel Good Guru Way**

If you've been looking for a diet overhaul or a chance to get groovin' to a cleaner, greener, leaner lifestyle with expert support, now's the time!



Paul Ryan

www.paulryanproductions.com

Impersonate other people:

When you're walking into a market and somebody has a funny walk in front of you, go around the corner and imitate them immediately. You and three friends can also imitate each other in a simple improvisational scene. Each one of you is designated to play somebody else in the group, and call each other by those new names. You'll howl as you see somebody else portraying you.

Moira Nordholt, founder of Feel Good Guru, would like to invite you to participate in her autumn online community-based, plant-powered 21-day cleanse for body, mind and planet. Feel brighter & lighter in time for the holidays...

WNBA members get 50% off Feel Good Fast, which starts anew on Monday, November 02.

Join dozens of others from around North America on the path to a lifetime of wellness through seasonal cleansing with real food. You'll have access to specially designed menus, delicious plant-powered recipes, private community blog, evening chat, personalized videos & fitness with a master trainer too!

<http://feelgoodguru.com/feelgoodfast>

When you sign up, enter the promo code wnbalaautumn09 for your special discount.

BOARD MEMBERS

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Kelly Sullivan Walden
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Suzanne Kleinbub
Vice-President:
Melinda Woolf
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Ruth Light
Membership Co-Chairs:
Suzanne Kleinbub and Ruth Light
Recording Secretary:
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Kelly Sullivan Walden
Annual Auditor:
Holly Shaffer

[Join our Mailing List!](#)

Important Website & Newsletter News

Attention longtime members of WNBA-LA!

If you would like to be included in our [Meet Our Members](#)" , "[Member Books](#)" or "Members Only" pages for our [WNBA-LA website](#), please send our web mistress Terri Negron (webmistress-la@wnba-books.org) the following information:

Meet Our Members Page:

- Your Name
- Your Website (if applicable)
- 100-word description of you
- A thumbnail jpg photo of you (72 dpi, 125 pixels x 125 pixels-approx)

Member Books Page:

- Your Name
- Title and subtitle of your book
- Publisher, publishing date, and list price
- A 100-word description of your book
- URL to direct the public for information or to purchase your book
- A thumbnail jpg of your book cover (72 dpi, 125 pixels x 125 pixels-approx)

Members Only Page (login required): This section includes free gifts from other members (ie, audios, cds, consultations, etc. - if interested in participating send:

- Your Name
- Name of Product
- Description of Product - 25-50 words
- Image of Product (72 dpi, 72 pixels x 55 pixels-approx)
- Value of Product
- How to access the product via URL, phone call, or email

Newsletter Expert Tips section: Interested? Please send to our newsletter editor Inessa Freylekhman (fengshuifromtheheart@yahoo.com) this information:

- Your Name
- Your Photo (72 dpi, 125 pixels x 125 pixels approx)
- Your URL to direct traffic
- Name of Tips
- approx. 25-50 words for each tip

Updated Features on our [WNBA-LA website](#):

[Home/News/Events](#): Check out our **new feature** of rotating author's books with clickable links to purchase! Plus, find out what's happening in our member community. Stay updated on recent and upcoming events as well as member news: Who has just published a book? Who's preparing for book signing? Who's hosting a media event?

[Become a Member/Member benefits](#): What benefits do I enjoy as a member of WNBA? We are getting great results with our new online membership application form for new members: www.wnba-books.org/la/membership.php

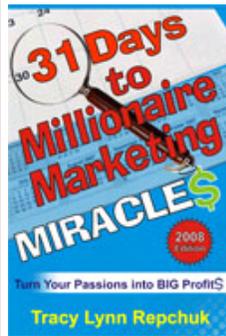
Pass it on... To join WNBA, it's as simple as 1, 2, 3:

1. Click on the "[Join Now](#)" button
2. Fill our on-line application and press "submit" button
3. Pay Your Membership fee through our secure website (\$40 + \$2 convenience fee, total=\$42) Or if you prefer, you may send a check for \$40 to: WNBA-LA, 944 Centinela Ave. Santa Monica, CA 904031.

NEW! Members Only Area: Featuring gifts from other members, a new member directory and much more! (email Terri at: webmistress-la@wnba-books.org for login info)

[Newsletter Archive](#): Missed a newsletter? Just download it as a PDF. You can also download the [Newsletter Submission Guidelines](#) & WNBA style sheet. Refer to these guidelines and send your story off to Inessa Freylekhman, fengshuifromtheheart@yahoo.com

Member Book of the Month



AUTHOR TRACY REPCHUK - 31 Days to Millionaire Marketing Miracles - How to Profit from Your Passions 31 Days to Millionaire Marketing Miracles is the direct blueprint to internet marketing profits. It guides you through the steps you need to take, the tools you need to use, and what you need to do to achieve success. Reveals the truth about this billion dollar industry, and how to streamline it for recurring riches for life. It takes the power of Quantum Leap Thinking and combines it with down to earth Internet Marketing mastery to turn your passion into profits.

Paperback; Publisher: InnerSurf International

Publishing - \$17.95

Click [here](#) to purchase book

If you like to have your book featured, check the [Website/Newsletter](#) section for details on how to submit your books to our "[Member Books](#)" page on our website.

Featured Member of the Month

Six Questions for Tess Cacciatore

1. Who am I?



I am passionate about children, youth and the future of our planet. I am the founder of the World Trust to mentor future leaders (www.worldtrust.org). I am an International public speaker and motivational workshop leader, mainly for youth. And, I am a children's book author for the little one in me that I hope to never lose sight of in this crazy world of getting older.

2. My favorite read is... I love thought-provoking scribbles on a page, that come to me in the middle of the night...divinely inspired. I love poetry from the youth that I work with who inspire me to be a better person. I love authors in long form who can take me on a journey that far surpasses the imagination... and that can be a challenge, as my imagination is pretty wild!

3. One personal/professional accomplishment in my life that I'm proud of is... I received a great honor in 2003. It was the Medal of Excellence out of Geneva Switzerland, in conjunction with the work that I do with youth.. this award was given to me at the United Nations in Geneva.

4. My secret talent is... I love to cook.. combining food, culture and entertaining my family and friends - and then there is an opening to talk about the latest best "read" as we enjoy the culinary experience of food and wine.

5. An experience that changed my life... every time I get the privilege to travel with my work on behalf of the World Trust, I am driven that much deeper into my commitment to the youth. This past August, my trip to Ghana was yet another life-changing experience. Check them out at www.youngleadersnetwork.org

6. My advice to other WNBA/LA members is... keep it real, keep on writing, learning, exploring and exciting each other for the challenges that face us all. Join WNBA if you haven't already, as we are going to be going on a lot of great rides together to make our mark in the National arena. I'm proud as heck to join my dear friend, Kelly Sullivan Walden at the helm of the LA chapter... I am determined and excited to jump in full force to all that she has set up, as well as bridge the past to the future...

So that's it for October. Please note that the deadline for submissions to the November newsletter is **Thursday, October 17**. Please refer to the submission guidelines and formatting requirements posted on our WNBA-LA website: [CLICK to download](#)

Feel free to contact me with any questions or concerns: Inessa Freylekhman -- fengshuifromtheheart@yahoo.com

Thank you for your submissions!

Inessa Freylekhman
Newsletter editor