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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?*

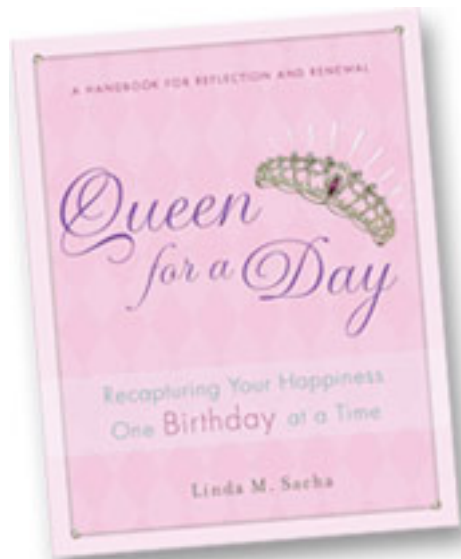
If you answered yes to any of the above questions, chances are you've got a mean case of the birthday blues. Luckily, life coach Linda M. Sacha has just the thing to remedy this serious ailment in her book **QUEEN FOR A DAY: Recapturing Your Happiness One Birthday at a Time (Gotham Books; on sale December 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 beautifully 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
Recapturing Your Happiness One Birthday at a Time
By Linda Sacha
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 Lake Helen, 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.