

# PRAISE FOR *A Juicy, Joyful Life*

“*A Juicy, Joyful Life* is a stirring and soulful book to be savored, written in, dog-eared, and shared with friends. Read any story in this remarkable collection and you will be transported to a world that will make you laugh, cry, and grow beyond your self-imposed limits. You will know without a shadow of a doubt that you already are who you always were.”

– **Kat Tansey**, award-winning author of *Choosing to Be: Lessons in Living from a Feline Zen Master*

“My personal experience leaves me with no doubt whatsoever that authentically sharing our struggles and our victories brings freedom, joy, and inspiration to storytellers and listeners alike. *A Juicy, Joyful Life* is chock full of uplifting stories, each one followed by a series of thoughtful questions that help readers translate their inspiration into something personal and actionable. Congratulations, Linda, on ‘walking the talk’ of authenticity, purpose, and passion to create a beautiful gift for women all over the world”

– **Andrea Howe**, creator of *Hear Us Roar! 28 Stories of Everyday Women Leading Extraordinary Lives*

“In our insane quest for perfection, we women tend to dab makeup on our scars so that no one will see. These brave souls rip off their scabs and show us that bleeding has an upside: it means we are alive. I wish I had been able to surround myself with women who were this honest when I was a girl! Buy this book so you can cry and tingle and laugh out loud; then, share both the book and yourself with a younger woman. For as long as we live, we can follow and share the examples of the women featured in *A Juicy, Joyful Life* and choose love, joy, and healing.”

– **Sharon Roy**, woman, mother, author, farmer, life coach, and CEO

“*A Juicy, Joyful Life*’s powerful collection of life-changing moments is wonderful. A truly great book brings tears and laughter, followed by empowering new thoughts and inspired action. This book has it all and more!”

– **Yvonne Oswald**, best-selling, award-winning author of *Every Word has Power*

“*A Juicy, Joyful Life* is like wrapping yourself up in a big blanket of self-love that has you bursting from the inside out to be, love, and live the woman you truly are. The stories she delivers will spark your soul and fire up your heart... Yum!”

– **Christine Arylo**, author of *Choosing ME Before WE, Every Woman’s Guide to Life and Love*

“*A Juicy, Joyful Life* is filled to the brim with loving reminders that when life hands you a lemon you can *choose* to make lemonade. Savor this book. Squeeze all the wisdom you can through the journaling prompts. Make powerful choices. Your juicy, joyful life is calling!”

– **Gina Bell**, Founder of IAWBO.com, The International Association of Women in Business Online

“*A Juicy, Joyful Life* takes you into the minds, hearts, and stories of women who have felt their inner pain, moved through their healing, and expanded into their joy. Find guidance and inspiration for your journey in this insightful book.”

– **Lisa Michaels**, President, Natural Rhythms Institute

“The stories of these women—at some of the juiciest moments of their lives—spoke to me deeply. The journaling prompts make *A Juicy, Joyful Life* more than a book: it’s a mentor, guide, and loving teacher to help readers access their inner wisdom in moments of challenge and change.”

– **Lisa Tener**, national book coach, author

“This a book that can spur you on to make the most invincible choices in your life. I love the stories, the honesty, the comfort, and the brightness in these pages. I felt like I got to go to a conference, or a coaching session, or to dinner with a wise friend who had just chosen more for herself—and was going to make sure I did the same!”

– **Tama J. Kieves**, best-selling author of *This Time I Dance! Creating the Work You Love*

“*A Juicy, Joyful Life* touched my heart by allowing it to open more widely to be my authentic self. Linda, your passion for making a difference in the world is an inspiring example for all of us; your book has enriched my life more than you will ever know.”

– **Joanie Winberg**, CEO, National Association of Divorce for Women and Children

“*A Juicy, Joyful Life* is a powerful testimony to love. Squeezed into every page are slices of inspiration honoring the many facets of life. Each zesty story presents beautifully crafted mirrors affirming that within every woman sleeps a goddess. This book is a gift; reminding you that life can be as sweet as you make it.”

– **Elizabeth Harper**, author of *Wishing: How to Fulfill Your Heart’s Desires*

“This book is the companion and community that every woman needs in her journey from spiritual awakening to living fully in her purpose. In these pages are insights and wisdom from women sharing the path to a more loving, joyful, and juicy life.”

– **Alice Greene**, author of *Inspired to Feel Good: Making Healthy and Fit Choices So Rewarding and Liberating You Never Want to Stop*

“Much more than a collection of inspiring stories, Linda Joy’s *A Juicy, Joyful Life* explores the lives of extraordinary women who had the strength and courage to see the light ahead when all else appeared dark. Each empowering story encourages the reader to break away from old patterns and embrace and release the powerful woman living inside. Supportive and encouraging, Linda invites the reader to see the parallels in each story shared and take a personal journey to apply the message into their life through useful tips and thought-provoking questions.”

– **Kala Ambrose**, Explore Your Spirit radio host and author of *9 Life Altering Lessons: Secrets of the Mystery Schools Unveiled*

“The words on each page of *A Juicy, Joyful Life* were singing to me, familiar songs heard on my own personal journey, yet with new verses that tugged at my heartstrings. An immediate sisterhood was created with authors I have yet to meet but whose stories touched me deeply; kindred spirits brought together in this most inspiring and uplifting piece of work.”

– **Leslie Sturgeon**, founder and President, Women Inspiring Women, New Hampshire’s largest women’s networking organization

“If you want to be happy, take these mind vitamins now! Linda Joy does it again! *A Juicy, Joyful Life* gives you every tool and resource to rise above your problems. Turn your sour into sweet, and embrace the life you’ll love.”

– **Deb Scott**, award-winning author of *The Sky is Green and The Grass is Blue—Turning Your Upside Down World Right Side Up!*

“Thank you, Linda Joy, for gathering these stories of pain and perseverance, triumph and transformation. This book offers a simple yet profound gift: the inspiration and healing power of women sharing their journeys.”

– **Abby Seixas**, author of *Finding the Deep River Within: A Woman’s Guide to Recovering Balance and Meaning in Everyday Life*

“Traditionally, grandmothers, mothers, and sisters have told their stories, passing their wisdom along the sacred web of life. When a woman shares her story, her pain can enrich us. When she doesn’t share her story, her pain can kill her. A woman’s story can light the spark of a thousand women. Linda Joy is that woman, and her book *A Juicy, Joyful Life* is that spark.”

– **Shakaya Leone**, author of *Naked Beauty* and founder of EarthEmpress.com

“If you are ready to be daring, boldly make the choice of feeling juicy, and live the life of your wildest dreams, your journey starts right here. Open the first page of *A Juicy, Joyful Life* and savor the juicy inspiration of all the women who went before you. I recommend this book wholeheartedly to any woman who loves to wrap her arms around her joyful self and live passionately.”

– **Saskia Roell**, transformational life coach and best-selling author of *A Suitcase Full of Faith: How One Woman Found Her Dream Following the Compass of her Soul*

“This is where the juice is! Ready to make your life delicious? Get this book! It is full of true heartfelt wisdom from real women and it lifts your worries away and leaves you with a yummy feeling inside. Give yourself a gift and get this book, you will be smiling in no time!”

– **Nan Akasha**, CHT, #1 best-selling author of *Already Rich! Secrets to Master Your Money Mind*

“If you are looking for inspiration and heart-filled stories that will change your life, this book is for you. I couldn’t put the book down and was deeply touched by the honesty and depth of the stories written. Each story is filled with love and wisdom that will touch your heart and soul. I recommend it to all who are searching for a deeper spirituality and authentic juicy life.”

– **Pat Hastings**, author of *Simply a Woman of Faith*