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QUEEN OF YOUR OWN LIFE

The Grown-Up Woman's Guide To Claiming Happiness And Getting The Life You Deserve

KATHY KINNEY & CINDY RATZLAFF

Surfing the internet late one night for the phrase “hot feet” and reassurance that she wasn’t dying but was merely a “woman of a certain age,” Kathy Kinney, best known for her iconic television role as Mimi Bobeck on The Drew Carey Show, was shocked to discover site after site with tag lines like “Now that you’re a Crone...” Horrified, she called her friend Cindy Ratzlaff, a veteran publishing executive, with the bad news that they were Crones. Not surprisingly Cindy didn’t want to be one either.

This late night incident set these two long-time best friends on hilarious, sometimes tearful but always honest journey of self-discovery. ***QUEEN OF YOUR OWN LIFE: The Grown-Up Woman's Guide To Claiming Happiness and Getting the Life You Deserve*** (Harlequin Nonfiction; April 2010; \$18.95 U.S./\$21.95 CAN; Hardcover) invites the reader to a “girlfriends only” party with Kathy and Cindy as their hosts, offering a light-hearted guide to proclaiming self-sovereignty with a step-by-step plan that culminates in the ultimate rite of passage: “a kick-ass Crowning Ceremony.”

On the journey to Queenly self-proclamation, Kinney and Ratzlaff say a woman must learn to give *herself* seven gifts:

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- ❖ **Claim your beauty and feel your power** with the deceptively simple but powerful tool of “acting as if.”
- ❖ **Clean your mental closet and find your Queen voice** by telling the Mongol Horde in your head you don’t accept them and will no longer listen to what they say.
- ❖ **Admire yourself for who you’ve become** by creating your own “Windy Mountain Moment” or life-altering experience.
- ❖ **Build deep fulfilling friendships with other women** and evaluate the nurturing qualities of your “Ladies in Waiting.”
- ❖ **Establish firm boundaries that will strengthen all of your relationships** and learn to ward off the “Huns at the Border.”
- ❖ **Discover the simple trick to finally being happy** with a “gratitude maintenance program.”
- ❖ **Proclaim yourself Queen of Your Own Life** with a Crowning Ceremony that suits your style.

Drawing on their own life experiences—from childhood to today—Queen Kathy and Queen Cindy offer candid, frequently poignant, and amusing and often embarrassing anecdotes that underscore these gifts. ***Queen of Your Own Life*** becomes a transformational journey about self-reliance and friendship. Helping women hold up a mirror to see their best self—*“a woman who has been made wiser and stronger by the journey, who is beautiful just the way she is and who is more than capable of creating a life for herself that is filled with joy.”*

Kinney and Ratzlaff have been overwhelmed with the powerful transformations they’ve seen at their Crowning Ceremonies as women open up to one another, share their hopes, dreams, fears and struggles. They want to share the uplifting message of ***Queen of Your Own Life*** with every woman everywhere who could use a friendly reminder that they’re fabulous, just the way they are.

Queen of Your Own Life has an accompanying website—www.queenofyourownlife.com—where women can learn more about Crowning Ceremonies and print out their own Crowning Ceremony cards, certificates, coats of arms, and more. They lead 4-day intensive Queen of Your Own Life workshops at Miraval Resorts, a world-class destination spa in Tucson, Arizona and have partnered with philosophy® on a special Queen of Your Own Life boxed set of bestselling philosophy products. The Queens are active on Facebook and Twitter as well and can be found at <http://Facebook.com/QueenofYourOwnLife> and <http://Twitter.com/Queenofownlife>.

About the Authors

Kathy Kinney is best known for her iconic role as Mimi Bobeck in the long-running *The Drew Carey Show*, and is now appearing in a recurring role on *The Secret Life of the American Teenage* on ABC Family. She has acted in over a dozen films and guest-starred on numerous television shows. Kathy, whose background is in improvisational comedy, toured with Drew Carey and the Improv All Stars for the USO in Iraq and Saudi Arabia and may still be seen performing with Drew and the All Stars in Las Vegas. Currently co-producing a project for children on the Internet aimed at furthering literacy and keeping alive the joy of books and reading, Kathy may also be seen at www.mrsp.co in the title role of Mrs. P.

Cindy Ratzlaff was named to the prestigious *Advertising Age* Marketing 50 list for the blockbuster launch of *The South Beach Diet* in the same year that Steve Jobs made the list for the launch of the iPod. A veteran publishing executive, Cindy created marketing and publicity campaigns for more than 100 *New York Times* bestselling books including Dr. Perricone's *The Wrinkle Cure*, Jorge Cruise's *8 Minutes in the Morning* and Dr. Shapiro's *Picture Perfect Weight Loss*. As president of her own marketing and brand strategy firm, Brand New Brand You, she specializes in using new social media platforms to increase brand awareness.

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GROWN-UP WOMAN'S GUIDE: To Claiming Happiness and Getting the Life You Deserve

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By Kathy Kinney & Cindy Ratzlaff

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