

Carol Edmonston

SPEAKER, AUTHOR, ARTIST

DOODLE AWAY YOUR STRESS!

MINDFULNESS THERAPY TO HELP YOU DEAL WITH LIFE'S CHALLENGES

In chaotic times, people are searching for simple, beneficial ways to release stress and deal with life's difficulties. Rather than reaching for a drink, why not reach for a pencil and paper?

Carol Edmonston believes doodling is fun and meaningful way to improve the quality of your life. With over 20 years of inspirational public speaking experience Carol shares valuable insights into the health and financial benefits of living a joy-filled and stress-free life in today's hectic times.

A two-time breast cancer survivor, Carol's story has been featured in the Chicken Soup Series and profiled in the *New York Times*, *Woman's World*, and other publications. Her message is widely received as a tangible benefit for those searching for answers to life's stressors. She shares her mindful methods in her new book, *The Healing Power of Doodling*, believing "the artistic expression of doodling is a way to weave ancient wisdom into everyday life by making the present moment sacred." Carol is a sought-after speaker/presenter.

KEYNOTE, LUNCH & LEARN, SEMINARS/WORKSHOPS INCLUDE:

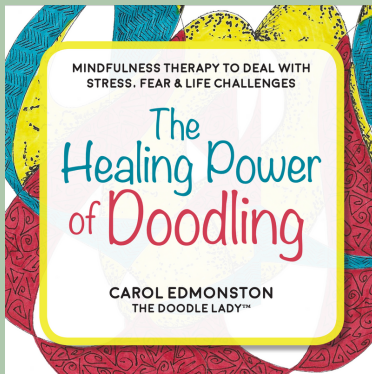
Carol is available to speak to health and wellness groups, professionals, teachers, educational conferences, inspirational meetings and groups, fundraisers, etc.

- How to Use Doodling to Prevent Meltdown & Burnout
- Five Powerful Benefits of Doodling — Draw Your Way to Peace and Tranquility
- The Upside of Cancer — Turn Fear into Joy and Doubt into Confidence
- A Remedy for Hyperactive Kids! A Parent's Tool to Help Children Focus and Gain Control
- Doodle your Way Out of Anxiety — Creativity Can Help You Cope with Crisis.

Edmonston is the author of two other books: *Connections: The Sacred Journey Between Two Points*, *Create While You Wait*, and also has a DVD entitled *Sacred Doodles*. She received her B.S. in physical therapy from the University of Southern California and is the former Orange County, CA co-ordinator for the National Just Say No Club program for kids, supported by former First Lady Nancy Reagan.



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BOOKING INFORMATION

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