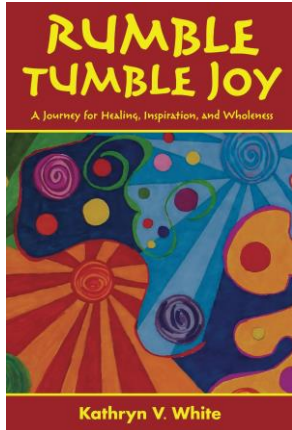


# PRESS RELEASE



## FOR IMMEDIATE RELEASE

Seattle, WA

## CONTACT

Use the [online contact form](http://www.kathrynVwhite.com) on [www.kathrynVwhite.com](http://www.kathrynVwhite.com).

## ADDITIONAL INFORMATION

Visit the "Media/Press" webpage at [www.kathrynVwhite.com](http://www.kathrynVwhite.com) for photos, endorsements, social media links, and other information.

## ISN'T IT TIME TO LOVE YOUR BODY?

Society sets impossible standards for women and girls today.

Denigrations such as "saddlebags," "cankles," "chicken neck," and "thigh gap" have become common and increase female body shame and disgust.

Anorexia, bulimia, bullying, and cosmetic plastic surgery have increased as females attempt to meet distorted, digitally-manipulated images of female perfection.

And a steady stream of violence against women leaves us frightened, drowning in feelings of failure, and at war with our own bodies.

But it doesn't need to be like that. We don't need to face the challenges of being female in silence or alone.

***Rumble Tumble Joy: A Journey for Healing, Inspiration, and Wholeness*** is one woman's response, told in prose and poetry, to this disparagement and wounding. With honesty and courage, Kathryn V. White shares her most intimate thoughts and experiences as she moves away from pain to healing and wholeness.

Powerful and inspirational, this book can be used by readers to:

- Explore their feelings about themselves.
- Examine their body-image and self-esteem issues.
- Look at how their perspectives are shaped by the media and stories they've heard or read.
- Help them love and accept themselves.
- Honor their life challenges as steps in their personal growth.

Beautifully illustrated and full of wisdom, ***Rumble Tumble Joy*** provides new insights and healing with every reading and makes a perfect gift for yourself and others.

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The included discussion guide provides thought-provoking questions for personal reflection or group conversations, making *Rumble Tumble Joy* ideal for journaling, book clubs, women's groups, support groups, college and university classes, retreats, writing workshops, and healing circles.

Reading *Rumble Tumble Joy* will inspire and empower those on their journey for self-esteem. Sharing it with others will help create a community of support.

### **PRAISE/ENDORSEMENTS/TESTIMONIALS**

*"Rumble Tumble Joy* provides a window into the soul of its author, Kathryn V. White, and demonstrates how one woman's story can supply a pathway of healing for many others. Kathryn's willingness to share her process of transformation will help women everywhere to find their own voices and their own liberation from society's false expectations.

The included Reader's Discussion Guide offers thought-provoking questions to aid readers in their quest for personal awareness and growth, centered around what it means to be a woman in today's world. I highly recommend this book for individuals as well as for study groups who are dedicated to helping girls and women gain true acceptance of themselves."

—Len Leatherwood, Writer, Teacher, Texas Licensed Professional Counselor

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"I believe that any woman could benefit from reading *Rumble Tumble Joy*. I sat in a room with a group of women ranging in age from 16 to 56 who all had experienced some form of self-doubt, self-depreciation, harassment, abuse, and/or regret.

By reading this book together, we started a conversation that led to both tears and laughter. The room was filled with so many silly insecurities that it was almost comical once said aloud. Not only opening up ourselves, but having the opportunity to hear about others who had similar feelings and shared history, was a very powerful, healing experience. And, at the end of our time together, we all walked away smiling! What else could we do, but Rumble, Tumble, Joy!"

—Crystal Goade, Graphic Designer, Seattle, WA

### **ABOUT THE AUTHOR**

Kathryn V. White is an author and artist who enjoys sharing her adventures in expansion through her art and writings. Her dream is her creations help transform our world to be a wiser, healthier, and more joyful place to live. Find out more at: [www.kathrynVwhite.com](http://www.kathrynVwhite.com).

### **BOOK DETAILS**

**TITLE:** *Rumble Tumble Joy: A Journey for Healing, Inspiration, and Wholeness*

**AUTHOR:** Kathryn V. White

**PUBLISHER:** Om Mandala LLC

**PUBLICATION DATE:** September 2014

**PAPERBACK PRICE:** \$16.95

**PAPERBACK LCCN:** 2013904935

**PAPERBACK ISBN:** 978-1-939964-02-1

**WHERE SOLD:** Amazon.com

**PAGES:** 102 pages

**BOOK DIMENSIONS:** 9x6 inches



**FACT/SELL SHEET FOR**  
***Rumble Tumble Joy:***  
***A Journey for Healing, Inspiration, and Wholeness***

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*A Journey for Healing, Inspiration, and Wholeness*

**AUTHOR:** Kathryn V. White

**CATEGORY:** Self-Help/Women's Studies/Writing

**TARGET MARKET:** Women, Book Groups, Writing Groups, Book Clubs, Support Groups, Healing Circles, College & University Classes (e.g., Women's Studies), Retreats, Writing Workshops, Women's Groups, Counselors

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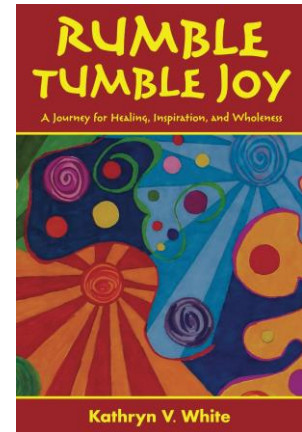
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—Len Leatherwood, Writer, Teacher, Texas Licensed Professional Counselor

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“Using poetry and prose, White takes readers inside her personal journey of transformation, acceptance, and wholeness. Through the passages, White wrestles with and finds contentment with her weight, her face, her skin, and her body.

We witness adoration and intimacy in the poem, ‘I Can’t Wait.’ We catch glimmers of past pain in ‘Thunder Thighs’ ...We are encouraged to practice self-love in the daily affirmation, ‘Full of the Honey of Yourself.’ White’s journey is filled with moments of joy, pain, sorrow, anger, and love, and readers—women of all ages—can use **Rumble Tumble Joy** to embark on their own journey of appreciation and acceptance of themselves and others.

This book is ideal for women’s groups, student groups, support groups, and retreats. The 26-question discussion guide offers a starting point for individual reflection or group conversation. The insightful Q&A and ‘Reflections on Transformation’ illuminate the author’s intent for writing such a deeply personal, moving book. Blank pages at the end are an invitation for readers to begin their own reflection.” —Africa Hands, Reviewer, *San Francisco Book Review* (Rated 4 out of 5 stars)

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“Kathryn V. White has shared her exquisitely painful and beautiful journey to wholeness. The honesty of her poetry and art reflect her courage, commitment to heal, and desire to support others. **Rumble Tumble Joy** is an inspirational resource for anyone seeking self-acceptance and healing.”

—Kimberly Petersen, MA, LMHC

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“In this intimate volume, Kathryn V. White’s innovative writing and its result, a marvelous book of searing prose, is provocative—and completely compelling.

—Marlee LeDai, Editor, Author of *Go Girl, Finding Adventure Wherever Your Travels Lead*

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“**Rumble Tumble Joy** is a wonderfully healing read for those who struggle with body image issues. Kathryn takes the reader through her own personal journal of ‘body loathing’ but what’s wonderful is how she is able to confront the mistruths about her physical self which are expressed through very personal revelations...Kathryn has created a path for those who feel that they can never escape the prison of negative body image.” —Tony Hansen, MA, LMHC

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“**Rumble Tumble Joy**, with its gorgeously whimsical design, is as much a pleasure to look at as it is to read. Between its art-filled covers, Kathryn V. White’s writing is honest, poignant, and speaks with a simple purity that will resonate with any woman who wrestles with body image issues, any woman who seeks healing and self-acceptance. This is one book you’ll want to keep close at hand, on your nightstand or next to your favorite reading chair.”

— Amber Lea Starfire, Author of *Not the Mother I Remember: A Memoir*

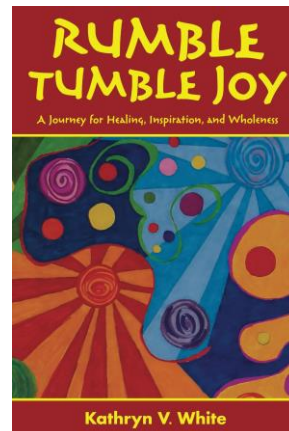
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—Crystal Goade, Graphic Designer

## MEET THE AUTHOR—KATHRYN V. WHITE



Kathryn V. White's creativity takes form as fiction, non-fiction, poetry, collage, mixed media, drawings, and paintings.

Travel in Europe, China, New Zealand, as well as studying at Oxford University, camping and hiking in Alaska, swimming with dolphins in New Zealand, enjoying Huichol art in Mexico, and bicycling cross-country in the USA with two women friends have widen her perspective and nurtured her curiosity.

Deeply dedicated to her personal and spiritual growth, Kathryn supports these in others. She is continually drawn to the beauty of nature, the breathtaking expansiveness of the universe, and the miraculousness of life.

Her dream is that her writings and her art help transform our world to be a healthier, wiser, and more joyful place to live.

To this end, she makes colorful art, shares life-affirming short stories, and has she has written ***Rumble Tumble Joy: A Journey for Healing, Inspiration, and Wholeness***. This beautifully written and illustrated book is specifically for females who struggle with body-image issues and want to become more self-accepting. Praise and testimonials for her book can be found at:

<http://www.kathrynwhite.com/books--rumble-tumble-joy.html>

Kathryn has a particular fondness for colorful autumn leaves, Gerber daisies, animals of all kinds, and cupcakes with butter cream frosting (the more frosting the better!).

Please visit her website at [www.kathrynVwhite.com](http://www.kathrynVwhite.com)



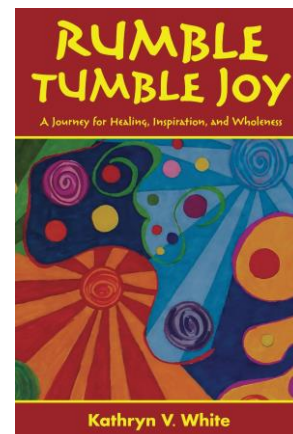


## INTERVIEWS WITH KATHRYN V. WHITE

Author Kathryn V. White always enjoys the opportunity to discuss her new book, *Rumble Tumble Joy: A Journey for Healing, Inspiration, and Wholeness*.

The following is a list of questions for an interviewer to ask Kathryn:

- 1) Can you tell us a little about yourself?
- 2) Why did you write *Rumble Tumble Joy*?
- 3) Who is your intended audience?
- 4) How will this book help the reader?
- 5) What was the hardest part about writing this book?
- 6) Who are some of your favorite authors?
- 7) What experiences have you had with low self-esteem and negative body image?
- 8) What is keeping people, especially women, from fulfilling their potentials?
- 9) What is your next project?
- 10) What advice do you have for aspiring writers?
- 11) How does your book relate to your spiritual practice or other life path?



### **Book Details & Other Information**

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