

'Even Better' is the Feel-Good Book of 2024. - Yahoo



Good Day Publishing

Every so often, a book comes along that you want to keep by your side to return to. Each bite-sized chapter in this refreshingly uplifting book by award-winning writer Emily Florence is brimming with practical tools, big A-ha's, and simple ways to create more happiness, love, calm, and ease in your days.

Even Better is composed of 101 sections that you can devour in minutes. Each one is filled with thoughtful advice and relatable stories and covers a range of topics from "Choose More Joy" to 'Re-Think Success' to 'Scroll Social Media with Care' and 'Love Yourself No Matter What'. The book reads like a modern guide to a more meaningful life and is being hailed by early readers as "inspiring," "beautifully written," and "superb."

"Life is messy," says Florence. "We all face dark days and hard times, but there's so much we can do to create more moments of true happiness and peace—no matter what's going on around us. That's what this book is about."

Florence's witty and heartfelt life stories are woven throughout the book, and from page one, it will make you feel like you're talking with an old friend. As one early reader says, "Emily's genuinely real and makes you feel empowered. The writing is honest, and the content is timely. Whether you're facing a big career shift or just need a midday pick-me-up, this book is a go-to for conquering anything life throws your way."

Even Better helps readers:

- Find the courage to live a life that's true to you.
- Believe in yourself and know you're worthy and deserving.
- Slow down and enjoy your life more—guilt free.
- Find things to appreciate—even when it's hard.

"Life is precious, and it goes fast," says Florence. "It's all too easy to let the little disruptions or dramas take up our time and energy and send us off purpose. That's why you have to wake up each day and deliberately choose more happiness. **Even Better** provides simple tools anyone can use to feel better about themselves and about life. And it's easier than you may think!"

WHAT EARLY READERS ARE SAYING:

A fantastic book that's bound to make a big splash!

Amber B

This is a fantastic book that's bound to make a big splash! The sections are brief, timely, relatable and the writing is superb! The author makes a genuine connection with the reader from page one and continues to deliver throughout the book. My favorite part is that the sections cover everything we go through in life and offer real, practical advice and takeaways. This will be one of those rare books I'll keep on my shelf and return to. Highly recommend!

Absolutely LOVE this book!

Jenna

There's so much I love about this book.

1. It's an easy, fun read that you don't want to end!
2. It's inspiring and made me excited to live an 'even better' life. As someone who reads self-help & personal growth books often, I can say with certainty the advice and tools presented here are easy and brilliant!
3. It's motivational and hopeful at a time when the world can use more positivity.
4. It's beautifully written and the author writes in a way that makes you feel like you're chatting over coffee with a good friend.
5. It made me genuinely happy every time I picked it up.

This is a definite 'feel-good' book!

WHAT EARLY READERS ARE SAYING:

Feel-good, inspiring book – a must-read!

Sarah

Loved, loved, loved this book! Reading it feels like a conversation with your best friend or wise older sister. The author does a fantastic job of imparting lessons in a way that's inspiring and fun, never preachy. I highlighted and bookmarked my way through my first read, and I know I'll be picking it up and going back to different chapters depending on my mood. No matter what stage of life you're in, you'll find some gems to learn from and be inspired by. This book is made for anyone who wants to add more fun, joy and happiness to their life — it would be a perfect gift, or gift for yourself!

An inspiring step-by-step to a better life

Grace MD

More than any other self-help or personal growth book I've read (and believe me, I've read them all!) Even Better reads like a step-by-step to a better life. The writing is beautiful, honest and relatable and the content is timely. I found it remarkable to see how much power we do in fact have to shape our own lives. This book is inspiring and enlightening and I highly recommend it.

Comforts like a dear friend

Paige

This book felt good for my soul. It's warm, heartfelt, witty and beautifully written. With every page you feel better about life and better about yourself!

MEET AUTHOR EMILY FLORENCE

Emily Florence is an award-winning writer, journalist and certified life, life purpose and career coach. She has been featured in major media outlets including Forbes, Entrepreneur, The Huffington Post and the Los Angeles Business Journal.

Emily has a Master of Arts degree in Broadcast Journalism from Emerson College in Boston and a Bachelor of Arts degree in Cultural Anthropology from the University of California at Santa Barbara. Her first company, EveryDay Happy, an online lifestyle community was named a Forbes Top 100 Website for Women and a w3 Award Winner for Best Writing for a Lifestyle Website.



Emily Florence and Harper

Emily spends her time between a town in California and an island in the state of Hawaii with her family and her dog, Harper.

Learn more and sign up for her newsletter at www.EmilyFlorence.com.



[@EmilySFlorence](https://www.instagram.com/EmilySFlorence)

AS SEEN IN

Forbes

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LOS ANGELES
BUSINESS JOURNAL

AWARDS

- Forbes Top 100 Website for Women
- W3 Award Winner - Best Lifestyle Website
- W3 Award Winner - Best Writing for a Lifestyle Website

CAREER

- Entertainment publicist for Award-Winning TV Shows including American Idol, So You Think You Can Dance, Gilmore Girls and more.
- Creator of the DIY PR Course.
- Certified Life, Life Purpose & Career Coach.
- Founder of EveryDay Happy - An Award-Winning Lifestyle community helping people create more joy, self-love and ease in their lives.
- Creator of the Love Yourself More Program.
- PR, Publicity & Business Consultant.

5 FUN FACTS ABOUT EMILY

1. I can say the alphabet backwards in under 10 seconds flat.

2. I dropped out of law school after four days. I had no idea what I wanted to do with my life when I finished college and law school was something I applied for and got into, so I went. And even though I felt really cool saying, 'I'm going to law school,' by my third day I knew it wasn't something I wanted. And if I stayed, I'd only be doing so to prove to everyone that I could do it.

That was the moment in my life when I realized at the end of the day it didn't matter what people thought or said about me; what mattered was how I felt. In making the decision to leave, I chose to live my life for me.

3. I've been lucky to call 9+ special places 'home' so far in my life including: Ojai, CA, Florence, Italy, West Hollywood, Beverly Hills, Boston, New York City and an island in the state of Hawaii.

4. At 20 years-old, I took a quarter off from college and went to Europe for several months by myself. The first month I lived in a flat in Florence, Italy with seven other people – I was the only American. The remainder of my trip I traveled everywhere I could.

That experience changed me to my core. Everything about it from traveling alone half-way across the world, to meeting new people, seeing other ways of living, learning how to depend on myself, and not complaining because I didn't have anyone to complain to. I highly recommend everyone travel solo.

5. I have the cutest, sweetest and silliest Labrador pup on the planet, named Harper, who completely has my heart.

CONTACT

To schedule an interview with Emily, request a review copy of 'Even Better' or to print an excerpt or create an article based on this important book, please contact:

Sophie Parker

Director of Publicity
Good Day Publishing
226 W. Ojai Avenue
Suite 101-404
Ojai, CA 93023

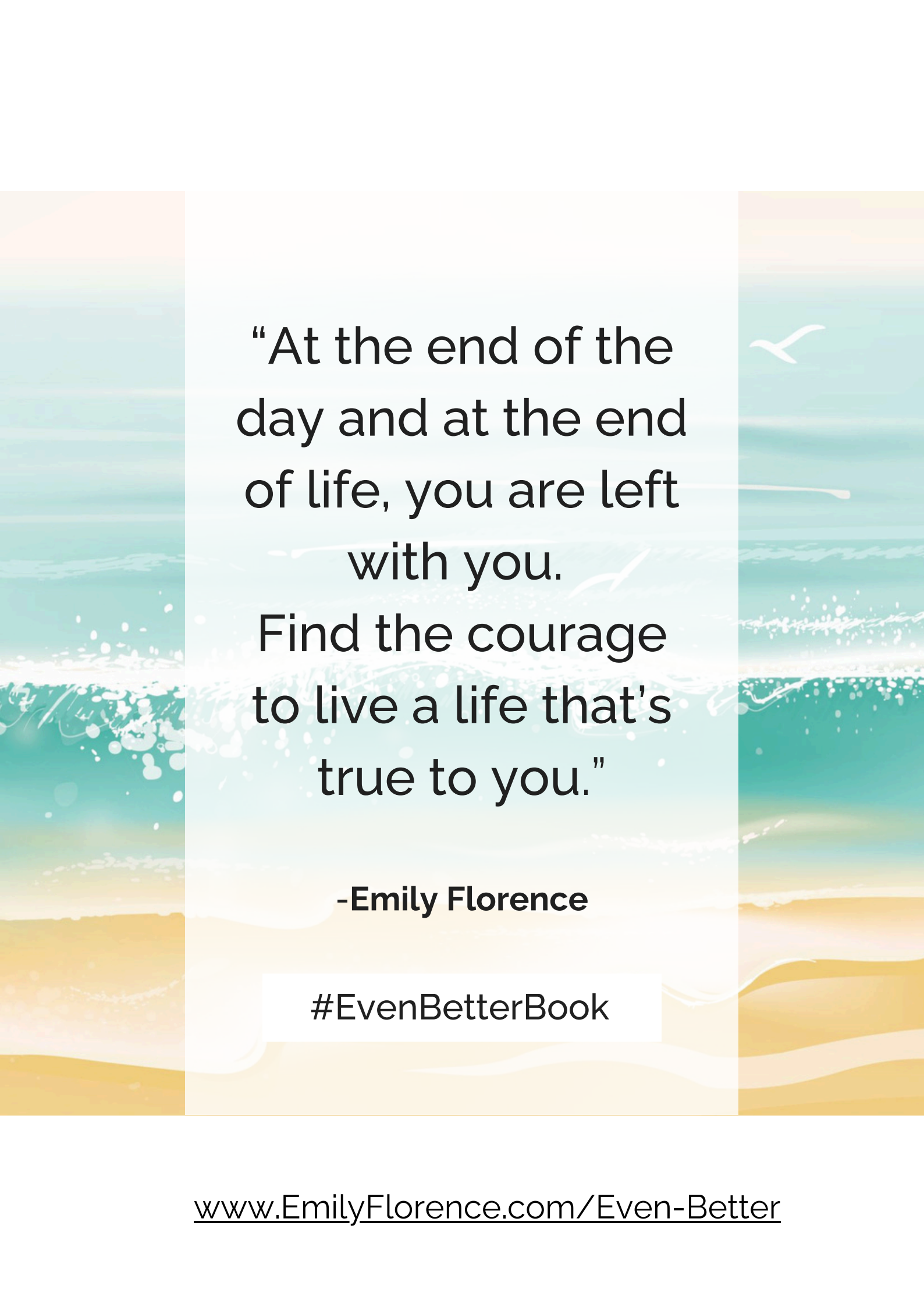
Email: [Sophie @GoodDayPublishing.com](mailto:Sophie@GoodDayPublishing.com)
Phone: (805) 387-3311



Emily Florence

Author of *Even Better: Easier Ways to a Happier Life*

Email: Emily@EmilyFlorence.com
Phone: (310) 801-7778



“At the end of the
day and at the end
of life, you are left
with you.

Find the courage
to live a life that’s
true to you.”

-Emily Florence

#EvenBetterBook

www.EmilyFlorence.com/Even-Better