

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



Easier Ways to a Happier Life

EMILY FLORENCE

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 "a breath of fresh air," "beautifully written," and "superb."

"I know first-hand how challenging, messy and downright hard life can be," says Florence. "I also know, when we look for it, there's so much we can find to be thankful for and so much we can do to create more happiness, love, calm and ease in our days – 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:

- Be happier - no matter what's going on around you.
- Find the courage to live a life that's true to you - starting now!
- Go easier on yourself and enjoy your life more - guilt free.

"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."

Packed with inspiration and real strategies, **Even Better** will show you how you can, once and for all, create a life that's even better. And it's easier than you may think!

## 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**, **Yahoo Finance**, **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.

As the founder and former CEO of EveryDay Happy, she had the honor of leading a lifestyle community that was recognized as a **Forbes Top 100 Website for Women** and a **w3 Award Winner for Best Writing and Best Lifestyle Website**.

Prior to becoming an author, Emily worked as a publicist on award-winning films and iconic TV shows including American Idol, Gilmore Girls, and So You Think You Can Dance.



Emily spends her time between Ojai, California and Kauai, Hawaii with her family and her dog, Harper.

Learn more and sign up for her newsletter at [www.EmilyFlorence.com](http://www.EmilyFlorence.com)

## 5 FUN FACTS ABOUT EMILY

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

2. 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.

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

4. 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.

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

## WHAT EARLY READERS ARE SAYING ABOUT EVEN BETTER:

### **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 ABOUT EVEN BETTER:

## **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.

## **This book is a gem!**

Gigi NYC

Even Better is a gem! It covers everything we deal with in modern life from being too hard on ourselves and creating packed and hectic schedules, to managing relationships and our social media and technology consumption, to grieving losses and remembering to try to be good people to others. This book has something for everyone and offers tons of insight and relatable examples. Reading it will absolutely make you feel even better!

## **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!

## 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:

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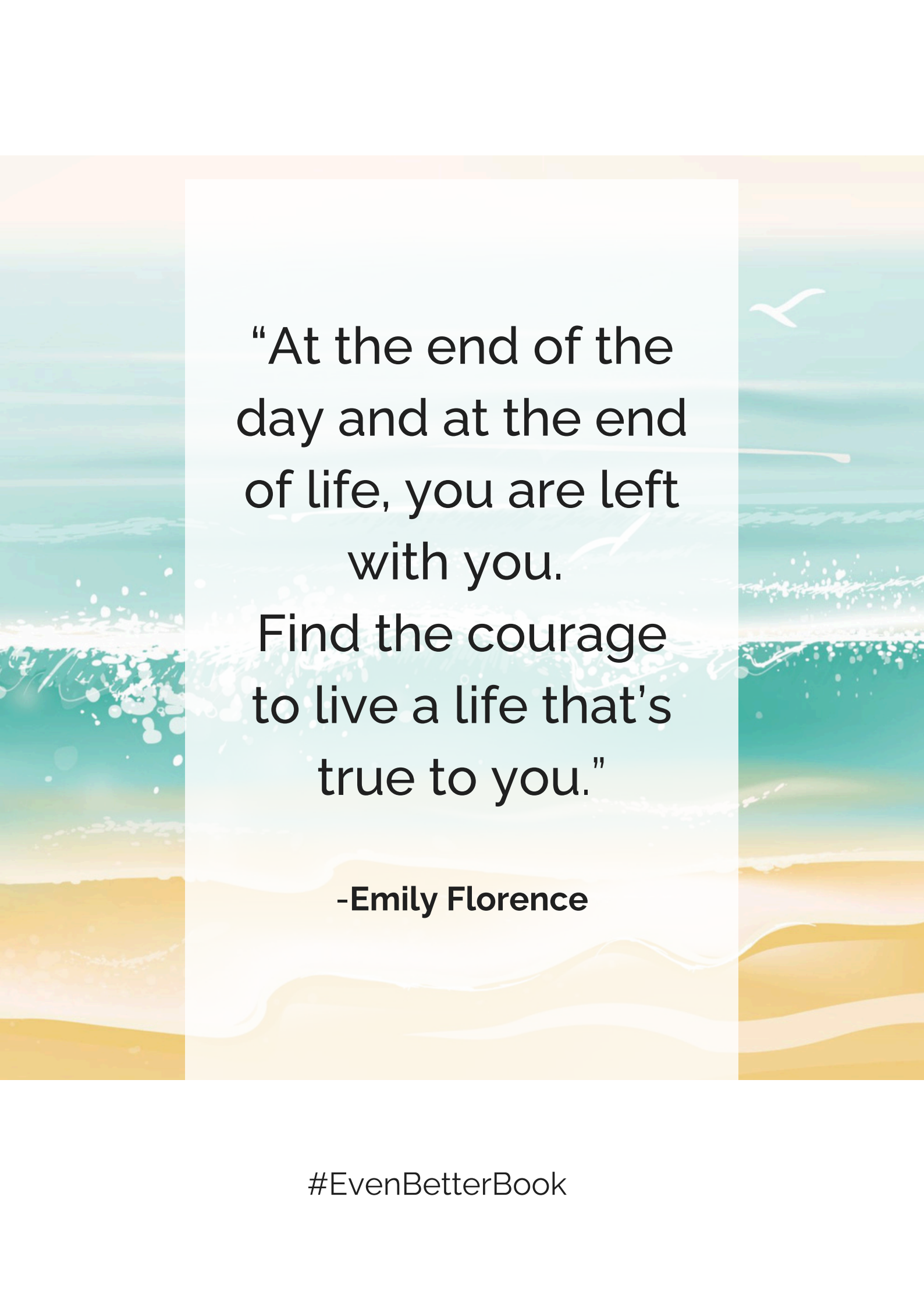
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“At the end of the  
day and at the end  
of life, you are left  
with you.

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

**-Emily Florence**

#EvenBetterBook