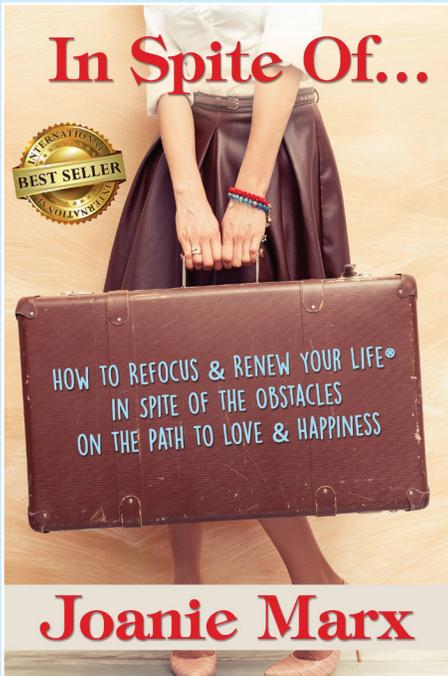


# Joanie Marx

## *How to Refocus & Renew Your Life®*

### *In Spite of the Obstacles on the Path to Love & Happiness*



In spite of your achievements in life, do you remain curiously and even frustratingly unfulfilled? In spite of your efforts to create the life of your dreams, do you feel that love, youthful exuberance, and happiness remain devastatingly elusive? If you can relate to these obstacles, you are not alone.

Whether you are a Baby Boomer or the child or grandchild of one, there is a good chance the inner beliefs you have about yourself are generationally shared. According to #1 Amazon best-selling author, Joanie Marx, these beliefs were shaped by *The Seven Myths of Love & Happiness™*, which Marx first introduced in her uplifting memoir, *Facelifts, Money & Prince Charming: Break Baby Boomer Myths & Live Your Best Life*.

Marx dives deeper into what the myths are and how to break the rules that enforce them in her sequel *In Spite Of... How to Refocus & Renew Your Life® In Spite of the Obstacles on the Path to Love & Happiness* another best-selling book. Marx delivers eye-opening insights that are eloquently woven into inspiring true stories for overcoming your life's biggest obstacles with the help of the Six Steps to Refocus & Renew Your Life™.

From learning how to unpack your emotional baggage to unlocking the power of your true self, *In Spite Of...* will show you that doors of opportunity can be opened at any time and at any age when you Refocus & Renew Your Life®.

#### **SEGMENT IDEAS/TALKING POINTS JOANIE MARX CAN DISCUSS:**

- 1) What are the Six Steps to Refocus & Renew Your Life™ and why is this so important in the time of this pandemic?
- 2) What are The Seven Myths of Love and Happiness™?
- 3) What is the secret to rewriting your life story—The Hollywood Way™?
- 4) How do you quiet your inner critic, so that you can hear the voice of your true self?
- 5) What are the tips and guidance you need for unpacking your emotional baggage without fear?



#### **JOANIE MARX IS AVAILABLE FOR INTERVIEWS**

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#### **ABOUT JOANIE MARX**

An inspiring presence in the world of entertainment and a pioneer in business, Joanie Marx has enjoyed over 30 years as a full-time character actress in Hollywood. Her credits include the 2009 theatrical release “Funny People” starring Adam Sandler and Seth Rogen; numerous shorts and dozens of theater productions. Marx is the co-founder of a multi-million-dollar consumer product business. She is a graduate of the University of California, Berkeley, with a degree in Psychology.

Marx is also known as a Baby Boomer Advocate and Storytelling Magician™ and is on a mission to revolutionize the way all generations perceive love, aging, success, and happiness. She is a two-time best-selling author of *Facelifts, Money & Prince Charming: Break Baby Boomer Myths & Live Your Best Life* and her current release *In Spite Of... How to Refocus & Renew Your Life® In Spite of the Obstacles on the Path to Love & Happiness*, an international best-seller in five categories in five countries. *In Spite Of...* is also available as an audiobook. Marx lives in Los Angeles.

For more information visit <https://joaniemarx.com>