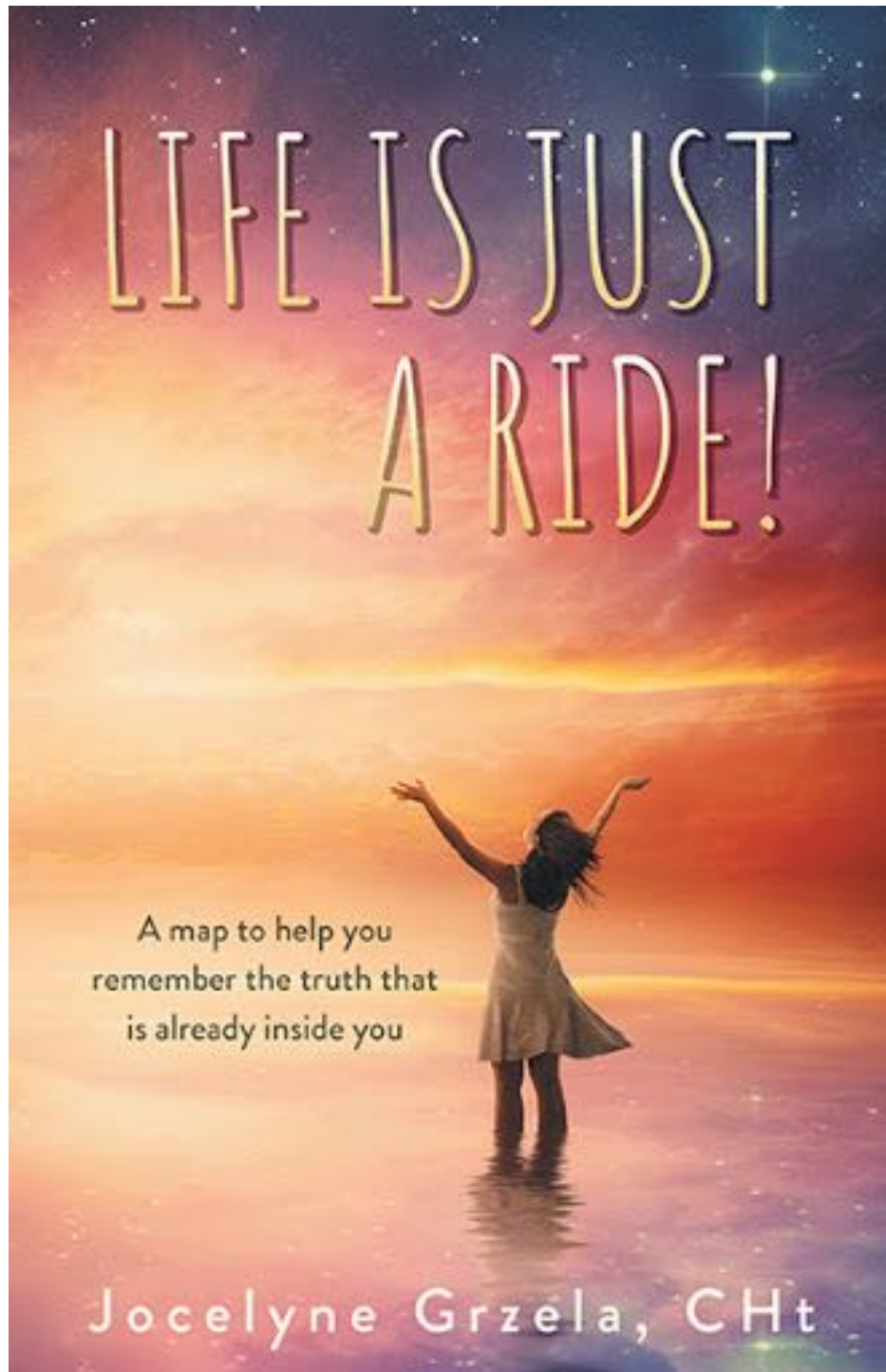


MEDIA KIT FOR

# **LIFE IS JUST A RIDE!**

A map to help you remember the truth that is already inside you

By Jocelyne Grzela, CHt





## ABOUT THE BOOK

*LIFE IS JUST A RIDE!* By Jocelyne Grzela, CHt

“Who are we and why are we here?”

“Is life an illusion and are we mere characters in this movie we call life?”

“What are the themes and patterns of your life story?”

“What beliefs have shaped your life, and are you still holding on to them?”

These are some of the questions to which Jocelyne Grzela has spent her life looking for answers. *Life is Just a Ride!* is the author's journey of searching for the Truth. Many of us have been searching for answers, especially in today's world. We're all trying to make sense of it all, and it can be confusing and overwhelming.

This book brings together methodologies and practical tools that have been there for us since we incarnated, but may have forgotten. When we arrive in this world, many tools are made available to us to guide us as we set out on our journey. Once we find these tools, and use them to connect the pieces, we begin to create a map to help us see through the illusion of the ego in order to understand who we are, and what we're doing here. We are provided with what we need to begin enjoying the game we have chosen to partake in.

Through her own strenuous challenges of loss, divorce, trauma, and a brush with death, the author demonstrates how to stop taking life so seriously, and enjoy the ride. First you will learn how to recognize the patterns that keep showing up in your life, which will lead you to unmask what beliefs you are still holding on to, that continue shaping your life. Then you'll learn the difference between desiring and allowing, and what the purpose of karma is really all about. This path will take you from one of self-improvement to one of self-acceptance. Lastly, you'll learn how to see through the game of the ego by using the tools and exercises provided, and develop a clear map of your true identity and purpose in this life story.

This inspirational memoir is meant to encourage you to find your own truth, to help you realize that you have a choice to live in fear, or live free as you were meant to be. The practical information and suggestions provided will help you remember who you are, and demonstrate that you can start over at any age, and live a life filled with joy and self-acceptance, a true heaven on earth.

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## ABOUT THE AUTHOR

Born and raised in a small town in Northern Ontario, Canada, Jocelyne grew up in a loving family of thirteen children, of which she is the youngest.

Though she initially pursued a career as a school teacher, Jocelyne's search for the mysteries of life, the universe, and our place in it, led her on many different paths. She later worked as a radio broadcaster, an office manager, and business owner. Jocelyne moved from Canada to the United States in 1989. She obtained her Hypnotherapist and Past Life Regression Therapist certification from the Association for Research and Enlightenment in Virginia Beach, VA in 2001. She ran a successful practice in Florida from 2001 to 2004, then in Colorado from 2004 to 2005. During this period, she also conducted several workshops on meditation, hypnosis, and reincarnation.



Her desire to make a difference, combined with her entrepreneurial spirit, opened the way for her to co-create a tropical rainforest replanting business in 2005, but following an unexpected series of events, Jocelyne moved back to her native country in 2010. She continues to share her gems of wisdom with those who are put on her path. She lives in Ottawa, Ontario. Visit her at <https://jocelynegrzela.com/>

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## QUESTIONS AND ANSWERS

### **Q: Why did you write the book?**

The purpose of this book is to help the readers unmask and eliminate the beliefs shaping their lives and create a map to better understand who they are and why they are here.

I have extensive experience in this field, from my own life journey and from the many great skills acquired as a hypnotherapist. Now I have the potential to reach more people worldwide with their own journey to find deeper meaning in their lives with the many practices and concepts I share in this book. Through my personal stories, readers will see a little piece of themselves reflected back to them.

### **Q: What genre is the book?**

An inspirational teaching memoir that includes spirituality, mindfulness, meditation, self-acceptance, alternate realities, and the metaphysical.

### **Q: Who is this book for?**

More specific to interests than age. Readers with interests in spirituality, mindfulness and meditation, self-acceptance, alternate realities, and the metaphysical, who are looking for deeper meaning in their lives. Those with an open mind, open to thinking outside the box, who are curious about the true deeper experience of life and are ready to dip their toes in - or dive right in.

### **Q: What makes this book different than all the others?**

Everyone thinks they have the answer in their book. I show the readers how to find the answers within themselves. This book is meant to inspire readers to find their own truth, not another set of beliefs. *What if life is supposed to be a fun ride in an amusement park, and it's supposed to be fun?* This book is at the same time, entertaining, educational and emotional. It brings together methodologies and detailed practical instructions to overcome life's challenges, helping the readers see through the game of the ego so they can reach a better understanding of who they really are. It teaches the readers to be the observers of their lives and to stop taking themselves so seriously, because life is just a ride!

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## MARKETING PLAN

**Overall strategy:** Many people have been searching for answers, especially in today's world. We're all trying to make sense of it all, and it can be confusing and overwhelming. "Life is Just a Ride!" shows the readers how to find the answers within themselves, to discover who they are and why they're here, and how to play this game we call life, by unmasking and eliminating the beliefs shaping their lives. It's a practical guide with real stories of life challenges and real applicable methodologies to get through them.

**Target audience:** People with interests in spirituality, mindfulness and meditation, self-acceptance, alternate realities, and the metaphysical, who are looking for deeper meaning in their lives. Those with an open mind, open to thinking outside the box, who are curious about the true deeper experience of life and are ready to dip their toes in - or dive right in.

**Competition:** Self-help, self-improvement books. But memoirs that offer real, practical methodologies to create a map of who we are and why we're here, are uncommon.

**Bookstores:** TBD

**Book launch:** a book launch is planned when the city's precautions for the pandemic situation is lifted.

**Media kit:** This media kit will be made available to radio, TV, and printed media outlets.

**Online presence:** Website, Facebook, Goodreads, and others

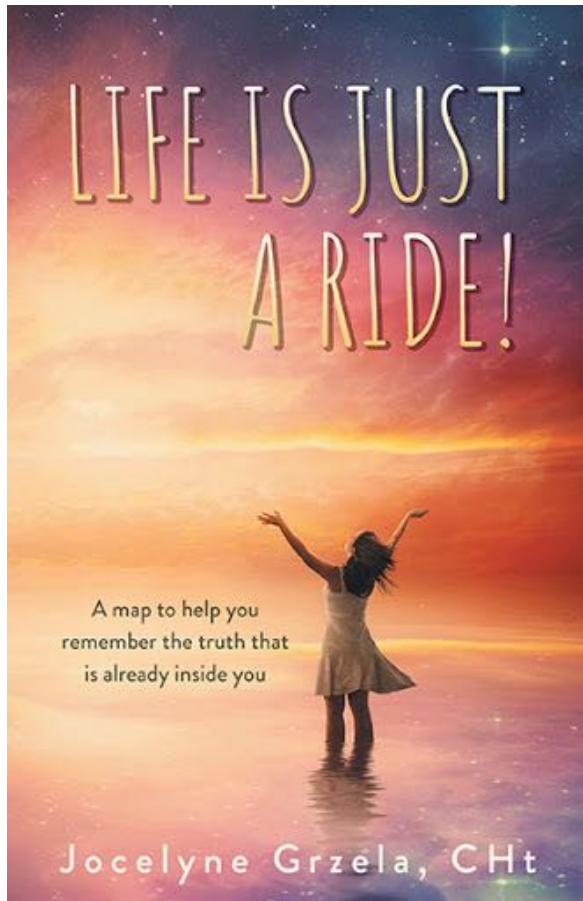
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## ORDERING INFORMATION



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### Bisac Categories:

Body, Mind & Spirit, Inspiration & Personal Growth  
Body, Mind & Spirit, Ancient Mysteries & Controversial Knowledge  
Biography & Autobiography, Personal Memoirs

### Search Keywords

Jocelyne Grzela, Life is Just a Ride, Meditation, Mindfulness, Finding meaning, Self-acceptance, Alternate realities

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