

QUESTIONS FOR L.L. KIRCHNER

STORYTELLER, YOGI, SOBER AF

As a journalist with more than two decades in recovery, Kirchner can speak to getting stuck on the hamster wheel of “wellness” believing she was flawed, and how she changed the narrative.

She can talk about:

- What she learned about marriage at a sex cult
- How sexual empowerment was key to overcoming trauma
- What early menopause led her to discover about internalized misogyny
- The wellness influencer scam machine



An award-winning screenwriter and author of the forthcoming **Blissful Thinking**, L.L. Kirchner's first memoir, **American Lady Creature**, was named one of Bustle's "11 Books to Battle the Blues."

She's a live on-air host on the Home Shopping Network, & runs a live, monthly storytelling show, True Stories.

Her work can be found in The Washington Post, The Rumpus, and Salon among many others.

She lives in Florida with her dog Hartley and her favorite husband. More at www.LLKirchner.com. On socials everywhere @llkirchner_.

Questions for LL:

- What are some key takeaway from your experiences?
- Where did you learn the most?
- Why do you think you didn't end up staying at any of the cults you visited?
- What meditation style do you now practice?
- In your book you say you went on this quest to maintain your sobriety. Do you think your quest was necessary to stay sober?

Check out my free offerings for your listeners:

- A free 5-day story course
 - The intro to my book
 - A quiz to discover your meditation style
- And more...

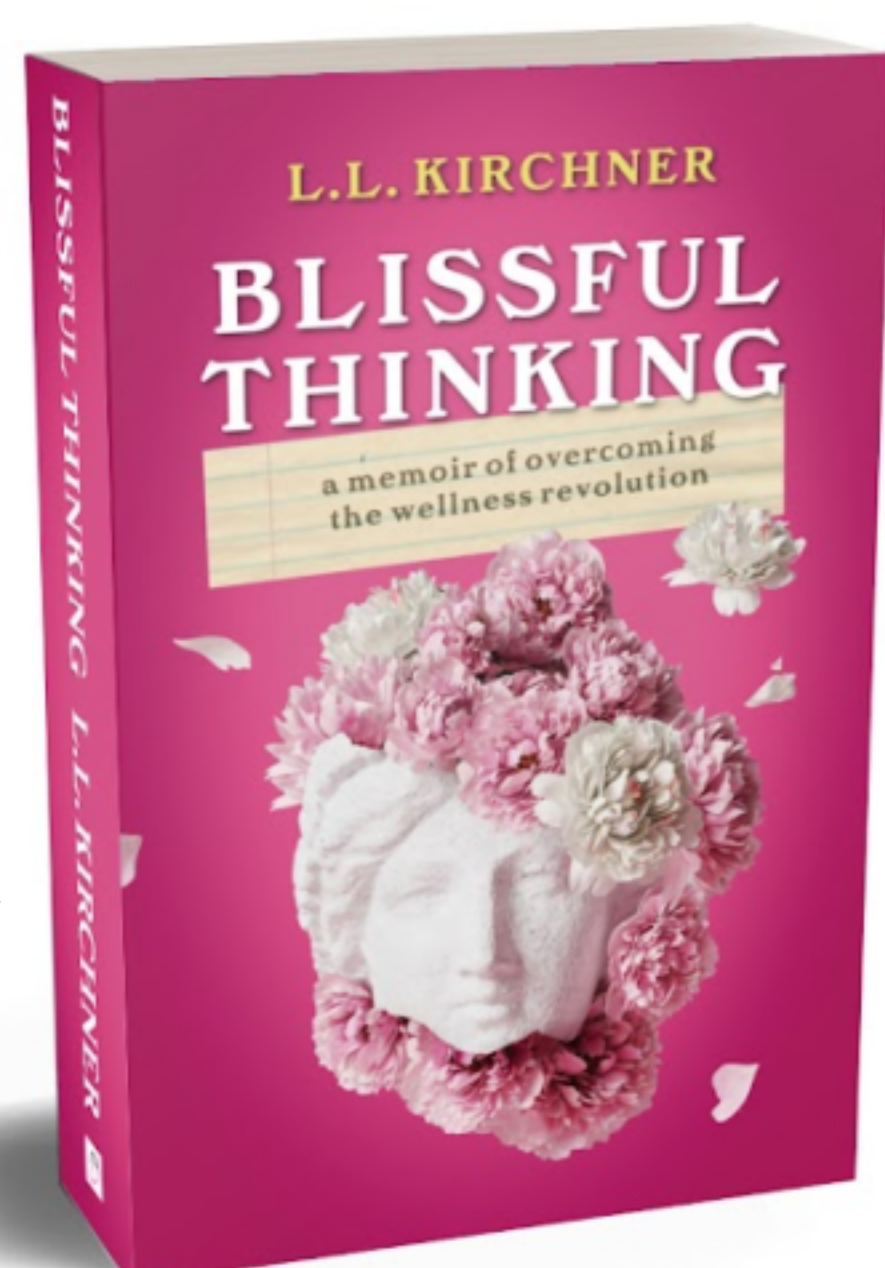


Contact MORE@LLKirchner.com

BLISSFUL THINKING: A MEMOIR OF OVERCOMING THE WELLNESS REVOLUTION (Motina Books, 9/26/23)



Order the book



NEVER GIVE UP...

Blissful Thinking is the sweeping story of the search for nirvana that took L.L. Kirchner from university halls in the Persian Gulf to the streets of Manhattan to a sex cult in India.

Between her family's gym and the years she'd spent in substance abuse recovery, Kirchner felt grounded in physical and spiritual wellness. Then her husband demanded a divorce. Over the telephone.

To avoid a return to her addictions the author tries yoga, meditation, chanting — all the things meant to cultivate bliss and regain trust in the universe. Each brings some relief, but her search for the answer outside herself ignores the fact that her painful family dynamics remain unresolved. Until she discovers the gift her mother had always given her—hope.

Kirchner captures the terrors and joys of searching for radical honesty — and a second date.