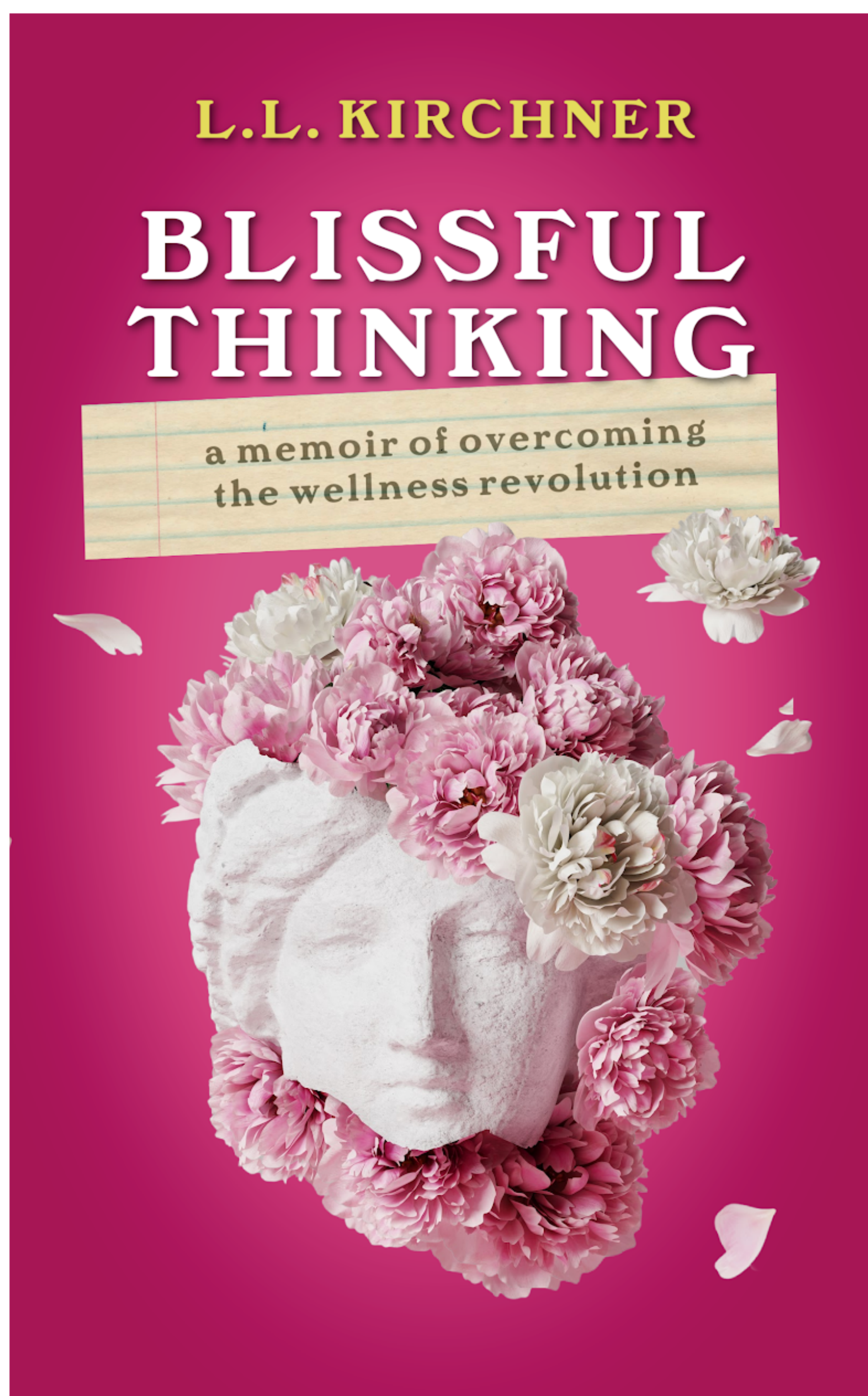


BLISSFUL THINKING: A MEMOIR OF OVERCOMING THE WELLNESS REVOLUTION

ABOUT THE BOOK



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ADVANCE PRAISE:

"A joyful ride through a life both deeply lived and fully examined. Kirchner's fluid voice and masterful control of narrative are delightful companions on a journey through America, Qatar, India, the mind, and, most importantly, the heart."

—Eva Hagberg, author, **How to be Loved**

"A refreshingly honest take on the idea of what wellness even means."

—Ophira Eisenberg, Comic, former NPR host and author of **Screw Everyone**

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

Between her family's health club and more than a decade in substance abuse recovery, Kirchner felt versed in physical and spiritual wellness. But when her husband demanded a divorce over the phone, she feared a return to her addictions.

She tried yoga, meditation, chanting — all the things meant to cultivate bliss. Each brought some relief, but it wasn't until she visited a psychic that she knew her life had changed.

In a memoir that's both rapturous and page-turning, Kirchner captures the terrors and joys of searching for radical honesty — and a second date.



ABOUT THE AUTHOR:

An award-winning screenwriter and author of **American Lady Creature** and **(My) Change in the Middle East**, named one of Bustle's "11 Books to Battle the Blues," L.L. Kirchner is a wellness expert appearing with the Home Shopping Network, runs a monthly storytelling show and is a frequent podcast guest.

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

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