

• FOR IMMEDIATE RELEASE

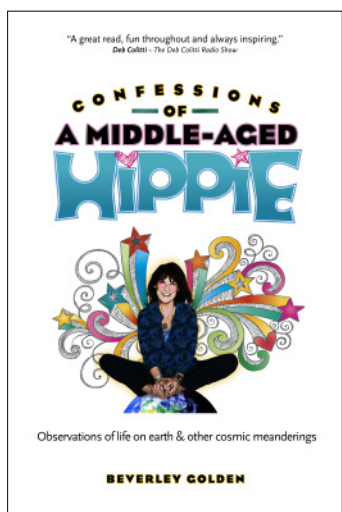


Beverley
Golden
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Press Release

Entertainment Industry savant Beverley Golden releases new book packed with laughs and vital observations about life, love and loss.

Toronto author and Huffington Post writer Beverley Golden's new humorous and intuitive memoir, *Confessions of a Middle-Aged Hippie*, teaches us not only about hope and fulfillment, but also how to find a way to survive when reality looks like it's against you.



November 19, 2013 | Toronto, Canada | The popular Internet article that placed modern-day hippies in four categories — “neo-hippies,” “granola children,” “techno hippies,” and “rippies and yunkers” — now needs a fifth category for “fully confessed hippie” author Beverley Golden.

In counterculture fashion, Golden's newly released memoir, *Confessions of a Middle-Aged Hippie: Observations of life on earth & other cosmic meanderings* (Motivational Press, 2013), hits a variety of cultural hot buttons: money, sex, food, relationships, motherhood, health, medicine, celebrities, entertainment, metaphysics, alternative medicine and healing.

“If you like real stories that come rushing off the page as an avalanche of resonating insight, she is the perfect author for you,” says former president and publisher of *Time Canada*, Mike McGrath of survivor and self-proclaimed “paradigm shifter”

Beverley Golden. Golden brings us *Confessions of a Middle-Aged Hippie*, an honest, inspiring and ultimately hilarious memoir detailing her various experiences navigating health issues, relationship qualms and her career in the entertainment industry.

Golden, who has written everything from magazine articles to song lyrics, writes this book in a unique format; an interview with the fictional media tycoon and top-rated talk show host, Erings B. Skye, based on Oprah Winfrey. Golden narrates her own tales of adventure and hardship through the death of a parent and her own near-death, her TV-star daughter's premature birth, her seemingly endless health battles, her chance encounters with celebrities and her astute realization that she is the only one who controls her rose-colored-glasses world view and her destiny.

“When I was critically ill and not expected to make it, I astounded mostly everyone, took the most unconventional route and somehow came out ahead,” the author writes. “I enjoy putting myself out there and using my occasionally taboo life stories to inspire conversations that shift paradigms and ultimately change the world,” she adds.

Publisher Justin Sachs of Motivational Press says, “*Confessions of a Middle-Aged Hippie* is a manual for living life on one's own terms, chock full of photos and '60s, '70s and '80s nostalgia that speaks to so many readers today.”

The book is available at Amazon.com, Amazon.ca, Chapters/Indigo, Barnes and Noble, and other online sellers at a suggested retail of \$19.95. For media inquires and author interviews please contact:

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To learn more about Beverley Golden, please go to www.beverleygolden.com