



About the **book**

Queen for a Day: Recapturing Your Happiness One Birthday at a Time

A *BirthDay Queen* is a woman who is clear that the day she was born is a day worth celebrating.

The topic of birthdays always evokes strong emotions – most women either love them or would love to forget all about them. Wherever you stand, Life Support Coach Linda Sacha helps you fully rejoice in the day of your birth. A passionate advocate of “self-perpetuated happiness,” Sacha wrote *Queen for a Day* after years of denial and disappointment when it came to her own birthday. She shares her personal journey of revelation and celebration with warmth, honesty and compassion. Reading *Queen for a Day* is like having a heart-to-heart talk with a wise best friend. Sacha shows you how to:

- Give yourself permission to celebrate and move into action to create it;
- Become the supreme ruler of your happiness; and
- Get in touch with your unique way of celebrating.

Filled with inspirational testimony from women around the world revering the anniversary of their arrival, engaging introspective questions, plus a straight-from-the-heart journal to map out memories and make a few new ones, *Queen for a Day* invites you to make your own unique brand of magic happen year after year.

“I love this book --reading it gave me some deep insights, ideas and more importantly permission! Permission to give MYSELF permission. It's time we took some time to just be cherished and step aside a few moments from all our responsibilities; drink from the well and refresh ourselves.” F. Chang, Designer

Title: *Queen for a Day*
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To Arrange an Interview:

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