



# NEWS FLASH

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FOR IMMEDIATE RELEASE

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**TOP BEAUTY-WELLNESS LIFESTYLE FITNESS EXPERT  
AND MOTIVATIONAL SPEAKER, CAROL WHITAKER  
ADDS TO GROWTH FRANCHISE WITH DEBUT BOOK RELEASE**

## **RIDICULOUSLY HAPPY!**

### **THE SECRET TO MANIFESTING THE LIFE & BODY OF YOUR DREAMS**

[WWW.CAROLWHITAKER.COM](http://WWW.CAROLWHITAKER.COM)

(LOS ANGELES: December 30, 2013) – *Looking to tap into your “ridiculously happy?” To live your best life ever?* The secret is right in front of you and available now! It’s the debut release from Beauty-Wellness Transformation Expert and Lifestyle Fitness Mentor, **Carol Whitaker**, appropriately titled – ***RIDICULOUSLY HAPPY! THE SECRET TO MANIFESTING THE LIFE & BODY OF YOUR DREAMS.*** A topic the author has excelled in, building international recognition, as continuing to share her tried and true “live well, feel better” principles with those keen on improving the quality of their lives. Today, the in demand Carol Whitaker brand has spun into a thriving Wellness Lifestyle franchise.

Utah based Whitaker has not only infused her vital message beyond her local market, this unstoppable expert and mentor has single-handedly transformed her signature label into a must *be-do-have* lifestyle, the world over. Her brand is hot and what’s trending for feeling good, living better – a successful platform for the author, as now reflected through her new book, ***RIDICULOUSLY HAPPY!***

With a current Google ranking that boasts a count of 3,540,000 hits, plus on Twitter with over 3,700 followers, it’s no wonder a Whitaker *body-mind-spirit* command performance has become a daily occurrence for the lifestyle fitness maven.

(MORE)

According to Whitaker, “The secret to becoming absolutely, ridiculously happy is already being conveyed to you every moment of every day. And, it’s coming right from within you.” Now, through her book, Whitaker teaches how to tap into the positive potential of physical and emotional well-being. By doing so, and here’s the bonus, one achieves lifelong dreams.

***“I am passionate about empowering women to live a ‘Ridiculously Happy’ and fit life!”***

To look at Whitaker, this beauty-wellness lifestyle expert walks her talk, *literally*. A physical vision to behold in her own right – reminiscent to that of a statuesque goddess who could be easily confused for a fitness angel who came from the heavens to share her “look better, feel good” grace with the world. *Living, and looking, her mantra where seeing is truly believing.*

The multi-tasking Whitaker represents all things to all people... Transformation Expert and Lifestyle Fitness Mentor, Wellness Consultant for ABC4 “Good Things Utah,” Motivational Speaker, Loving Wife and Mother of 3, and now Author of the new, *befitting* titled book, *RIDICULOUSLY HAPPY!*

*“Thank You!” for being such a wonderful guest on my show, “New Year, New You: Lifestyle Wellness.”  
You were the most thought-provoking, engaging, insightful and overall just a wonderful speaker.  
I think we will all be living ‘Ridiculously Happy!’ from this point forward. Again, thank you... for being an  
AWESOME guest and for sharing your advice and tips on how to live well and be ‘Ridiculously Happy!’*

*~ Sonya F. Jenkins, Host of Raven’s Closet Talk Show*

Consider Whitaker’s *RIDICULOUSLY HAPPY!* book as a perfectly timed “new you” threshold into the New Year. “If you want to improve all areas in your life then this book is for you,” offers Whitaker on the empowerment of creating change for the better. “‘Ridiculously Happy!’ holds the keys to everlasting joy, happiness, health, love and prosperity. YOU deserve to live the life you have always dreamed of... give yourself the opportunity to become all you wish to be.”

*RIDICULOUSLY HAPPY!* is a must-read, groundbreaking, step-by-step guide that starts with Whitaker’s personal journey, from which stems the life improvement tools and teachings she offers...

- The Gift of Happiness, Forgiveness
- Transforming Life from the Inside Out
- Power of Mind, Step by Step How-To’s
- Connecting with Higher-Self
- Learning Authentic Self-Love
- Release Negative Emotions, Memories
- Art of Visualization, Motivation
- Weight Reduction Life, Body Transformation
- Celebrating the New YOU
- Law of Attraction Powering Up
- Defining Dreams, Attaining Goals
- Crave Eating Clean for Life
- Positive Affirmations
- Staying in Gratitude
- Be Happier, More Joyful
- Magic of Reality Boards
- Achieve Anything Conceivable
- *Much, Much More!*

“In my comprehensive book on the physical, mental, emotional, and spiritual components of manifestation,” states Whitaker, “I show how you too can have the life and body of your dreams by harnessing the power of your spirit and the inherent energy and light inside each of us to live your life exactly as you have imagined.”

Whitaker is also available for **Motivational Speaker** opportunities of interest – empowering minds, one audience at a time. For public appearances or as a corporate consultant, please contact us about Whitaker’s availability as we are now scheduling her 2014 speaking engagements.

***“Life is magical if you choose to see the magic all around you.”***

*RIDICULOUSLY HAPPY!* is now on sale at Amazon.com. It will soon be also available as an eBook and as an audiobook.

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## **ABOUT THE AUTHOR**

Carol Whitaker specializes in balancing the body, mind and spirit in addition to health, nutrition and fitness to create a happier, more fulfilling life. Next to authoring her new book, *RIDICULOUSLY HAPPY! THE SECRET TO MANIFESTING THE LIFE & BODY OF YOUR DREAMS*, the highly sought-after Transformation Expert and Lifestyle Fitness Mentor has become quite celebrated for the amazing life-changing results she has created in her clients. Enthusiastic about life, living it to the fullest every day, and sharing her principles, Whitaker has appeared as an ongoing featured expert and motivational speaker on national media and online webzines everywhere. She is passionate about empowering women around the world to fully love and believe in themselves – steadfast in her dedication for showing how to create and manifest the life and body of their dreams. Whitaker is a happily married mother of 3 and, through her love of horses, is also an avid equestrian.

Visit [www.CAROLWHITAKER.COM](http://www.CAROLWHITAKER.COM) for more tools and secrets to discover how to live your best life ever. Also follow Whitaker on [Facebook](#) and [Twitter](#) to receive her daily tips for transforming your life today!

### **CONTACT:**

Tany Soussana, The Soussana Group  
310.633.4455 | 800.745.1025  
[tany@thesoussanagroup.com](mailto:tany@thesoussanagroup.com)