



"My Happy Place"

Media Kit

DEBUT BOOK BY KATIE FEHLINGER

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FOR IMMEDIATE RELEASE

FORMER CBS METEOROLOGIST LAUNCHES DEBUT BOOK

My Happy Place: How I DIY'd My Own Bliss Ranks #1 on Amazon New Releases

PHILADELPHIA, PA - The 2:45 A.M. alarm was always going to have a shelf life.

Until September 2019, Katie Fehlinger had an existence that looked great on paper with a big market TV career as the morning meteorologist for CBS3 Eyewitness News. But out of the public view, she was miserable.

No one else was going to fix her situation.

In her first book entitled *My Happy Place*, Katie lays out her DIY roadmap to authentic personal bliss: how she self-audited and beat down roadblocks to actualize her most joyous path, plus her practical steps to ensure the good times keep rolling. A relatable, hopeful memoir/how-to hybrid, *My Happy Place* is for all the people-pleasers trying to take back control of their own lives.

My Happy Place: How I DIY'd My Own Bliss launches July 22nd, 2020 in paperback and ebook formats on Amazon, Barnes & Noble, Apple Books, Google Play and Kobo. An audiobook version is also forthcoming. In true DIY fashion, Katie self-published, self-promoted, and solo-produced her entire launch process.

Visit katiefehlinger.com for updated details on book orders, events and other resources.

ABOUT THE AUTHOR

Katie Fehlinger spent 15 years weather anchoring and reporting for tv and radio at both the national and local level. In 2015, she made international headlines by standing up to online haters who body shamed her on-air appearance while pregnant with twins. She's now an author, public speaker, course and content creator, and will forever be a DIY junkie. Fehlinger lives in the Greater Philadelphia area with her husband and twin daughters...and is happy.

My Happy Place: How I DIY'd My Own Bliss

POTENTIAL INTERVIEW TOPICS:

- The DIY roadmap Katie used to reinvent her life, her self-audit process and the purposeful action she took to make it happen. (FREE downloadable workbook available at katiefehlinger.com)
- Katie's battle with depression and overwhelming emotional obstacles that threatened to hold her back (plus how she beat them!)
- Steps anyone can follow to work toward curating her or his own happiest existence (even in a post-pandemic world.)

PUBLISHING DETAILS:

Category: Memoir, How-To/Self-Help

ISBN's: 978-1-7351479-0-1 (Paperback), 978-1-7351479-1-8 (Ebook)

Publication Date: July 22, 2020

Pages: 258

Price: \$15.99 (Paperback), \$5.99 (Ebook)

Trim: 5.5" x 8.5"

Available from: Amazon, Barnes & Noble, Apple Books, Google Play, Kobo

First print run: On demand

RECENT PRESS:

Philadelphia Inquirer

98.1 WOGL - "Marilyn Russell's Remarkable Women"

95.7 BEN FM - "Her Story with Kathy Romano"

96.5 FM TDY

JSC Radio podcast

Sons of Ben: The Pod podcast

Licensed to Live podcast

It's Always Soccer in Philadelphia podcast

My Happy Place: How I DIY'd My Own Bliss

WHAT OTHERS ARE SAYING

"*My Happy Place* is an entertaining, fun, and relatable read that shows what can happen when you bet on yourself and conquer the self-doubt nonsense that holds you back."

- Christine Hunsicker, Founder & CEO of CaaStle & Gwynnie Bee, star of *Project Runway: Fashion Startup*

"Katie's writing is so authentic, you don't even feel like you're reading. You feel like you're part of a great conversation. Be ready to cry a little and laugh a LOT. *My Happy Place* is both painful and uplifting, and filled with practical advice to find your own joy."

- Chris Jansen, Head of U.S. News and Publishing, Google

"Success is so much more than a paycheck. For each of us to be truly happy, our work and lives need to strike a better balance. Katie's powerful story proves the mainstream American concept of living the dream isn't necessarily everyone's ideal."

- Alejandro Bedoya, Professional Soccer Player, Philadelphia Union Captain, U.S. Men's National Team

"Katie's book is inspiring, relatable, humorous and a breath of fresh air! This is a wonderful book that will motivate you as well!"

- Dr. Jennifer Caudle, Family Physician, TV Health Expert, Associate Professor, Rowan University

ADVANCE READERS:

"So many people are going to see themselves in this story."

"This book is real life, real feelings and real solutions."

"I finished it in 2 days because it was too good to put down."

"This book came to me when I needed it most!"