

BARBARA (B.JOY) BREWSTER
Sample Press Release

Tewantin-based author and speaker, Barbara (aka B.Joy) Brewster includes after her name the letters "PSoL", "SA" and "LoF". These acronyms describe who she is - a "Passionate Student of Life," "Spontaneity Addict" and "Lots of Fun" and represent what she considers her most valuable education--Life Experience.

Barbara's life is a true inspiration on many levels. Born in California, she immigrated to Australia, alone, at age 22, in 1967. She currently has citizenship in both Australia and the USA. Just a few of her adventures include hitchhiking across continents; publishing three inspirational books; hosting a restaurant in Afghanistan; recovering from multiple sclerosis; co-founding the Coastal Caring Clown Group, and touring Russian hospitals and orphanages as a clown with doctor/clown, Patch Adams who says: "The most revolutionary thing you can do to change the world is to be a happy person."

This month Cooroy is lucky to have Barbara host two workshops--both held on Saturday, 19 April at Cudgerie Homestead B&B. Barbara says, "If your are suffering from 'Adult-itis,' if responsibilities and stresses dull your natural sparkle, if you've forgotten how to play (or maybe never learned how), or if it's been a long time since you really laughed, come to "The Power of Play (POP!), morning workshop. You'll learn fun, simple ways to shift dull energy to relaxed, light energy and discover your own power to revitalize, relax and renew your sparkle, health and creativity."

"In the "Rambunctious Writing," workshop, you'll reconnect with and expand your wit, whimsy, imagination and flow of ideas. Whether or not you are a writer, you'll delight in and be amazed at the power of playful writing--and you may even unveil some surprising personal insights. At both of the workshops you'll laugh a lot and also take home some tools to implement lightening up and being more creative in your everyday life."

Available locally, Barbara's books include "Journey to Wholeness" which chronicles her journey when diagnosed with multiple sclerosis; "Down Under All Over" which is redolent with her enthusiasm at returning to Australia after recovering from MS and oozes with gratitude for the country, the people and the spirit of the place; and "Love or Growth; Why not Both?—A Woman's Dilemma" which speaks to the dilemma she faced in being with a wonderful husband who loved her but who could not celebrate or support her passion and need for growth.

For more information about Barbara visit her website www.barbarabrewster.com.