

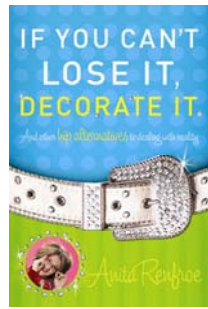
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Comedienne Shares “Hip Alternatives to Dealing with Reality”

Author of *The Purse-Driven Life* Anita Renfroe shares humor and insight on beauty, life and losing five pounds in *If You Can't Lose It, Decorate It*

Atlanta, GA—Anita Renfroe sees life differently—in a humorous, quirky way.



The popular Atlanta-based comedienne offers women a much-needed relief from the pressures of life in *If You Can't Lose It, Decorate It* (NavPress). Renfroe's views on dealing with reality make it nearly impossible for women not to lighten up and laugh.

Renfroe's a hip, midlife mother of three with a MySpace account, a best-selling author of books like *The Purse-Driven Life*, and a comedienne who speaks to thousands of women each year at conferences like Women of Faith™— she's even been featured on CNN. In *If You Can't Lose It, Decorate It*, Renfroe infuses her hilarity and attitude to tackle some of life's greatest challenges with a sassy perspective on:

- **There's Something Wrong with Everything:** “I have a love/hate relationship with my cell phone. I am conflicted because I alternately wonder how we ever functioned without them and exactly how I might smash mine to cause it the most horrible death. This is largely due to the phenomenon known as ‘the drop-out zone.’”
- **Cyber-friendships:** “MySpace is a place to invite and deny friends who you think are worthy to be on your page. You can rate your friends too. Do not venture into MySpace if you have thin skin because you will get denied. It's the Internet version of seventh grade.”
- **Feeling Older:** “I feel my age when I can't see things or when I realize that practically all the restroom stalls are too far away from wherever I am. It's not they've been relocated, it's just that my perception of the imminent danger of the distance has changed.”
- **Age and Fashion:** “If you over the age thirty and looking for style tips in Teen People you may be in serious denial. If you're under fifty and you are still wearing a jumper from 1986, wearing anything from ‘Flashdance,’ or you are a home school mom and have a bow in your hair, it's time to visit Goodwill. Not to buy but to drop off!”
- **If Love is Blind, That Explains a Lot:** The single girls are looking for someone to say, “You complete me,” and the married girls are thinking, “Mr. Completes Me is annoying the stew out of me.” Maybe love *is* blind (and if you're single, maybe that's why it can't find you).”
- **If Money Grew on Trees, We'd All Be Staunch Ecologists:** “Traditional wisdom says that ‘money can't buy you love.’ But I've had money and I've had no money, and I can tell you from experience that money can, indeed, buy you a better brand of misery.”

Through it all, *If You Can't Lose It, Decorate It* calls for a cease fire from all of the impossible standards of beauty, personality quirks and childhood issues that women have been struggling to change their entire lives—encouraging women to “move past acceptance to celebration, one dance step at a time.”

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Anita Renfroe is a comic force to be reckoned with, blending a potent mix of sass, edge and humor. She is the best-selling author of *The Purse-Driven Life*, *A Purse-Driven Christmas*, and *If It's Not One Thing, It's Your Mother*.



Anita's infectious personality, wisdom and honesty shine in everything she does, entertaining and inspires thousands of women (and a few secure males) each year, speaking at conferences like Women of Faith™.

A mother in midlife, she gets her inspiration from her amazing husband, John, her mom, Kay, and her three highly verbal children, Calvin, Austin and Elyse. For more information, visit www.anitarenfroe.com.

About *If You Can't Lose It, Decorate It*:

If You Can't Lose It, Decorate It: And Other Hip Alternatives to Dealing with Reality by Anita Renfroe. Published by NavPress. March 2007, 148 pages, paperback. ISBN: 978-1576839942, 8 x 5.5 x 0.2.

About NavPress:

NavPress is the publishing outreach ministry of The Navigators. For more than 25 years, NavPress has specialized in producing trustworthy Bible studies, books, magazines, and the best-selling contemporary language bible, *The Message*. NavPress imprints include *THINK* books, *Piñon Press* books and *Discipleship* and *Pray!* periodicals.

For an interview with Anita Renfroe, contact Ben Laurro at Pure Publicity at Ben@purepublicity.com or 818.753.4056

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Suggested Interview Questions

Anita Renfroe, author of *If You Can't Lose It, Decorate It*

1. What does 'reframing our realities' mean for women?
2. Is 50 *really* the new 30? Are we as young as we feel? How can we age gracefully?
3. You write how many women believe they're "just plain ordinary," but you say that all women are living an "incredible life" right now. How can we realize that? What are the benefits to seeing the good in life?
4. How can we 'lovingly discipline' kids? How can we 'decorate' our children?
5. While culture puts unobtainable expectations on women and their self-image, how can women learn how to *celebrate* their bodies?
6. What about "money, stuff and The Rat Race?" What's better: To live to work, or work to live? Should money determine our happiness?
7. You write about IQ, education, and the tendency for all people to focus on what we can't do. Why do we do that?
8. "True friends are like the family you wish you had." What's the value of friendships? How important is it to have friends who are different than us?
9. We can't change our families and where we've come from. If we have a difficult family history, how can we deal with collateral damage?
10. Is happiness a choice? What is the 'resiliency factor'?
11. You write, "Maybe love is blind (and if you're single that may be why it can't find you!). What is your advice for single women? How can they live fully?"
12. What is your advice for married woman who have discovered that 'happily ever after' was probably a bit inaccurate? What are the 'real' things of marriage?
13. What advice do you have for moms? Why are family meals important for children?

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Quotable: *If You Can't Lose It, Decorate It* by Anita Renfroe

If You Can't Change the Picture, Try a New Frame:

"I also believe that more may be *right* with life than we have been conditioned to see. I'm not sure if the glass is half full or half empty (I've found that if I stare at said glass long enough, it is usually both). I'm just saying that you can choose a better-looking glass for the half full/half empty contents." (17)

If All the World's a Stage, Can I Get Oprah's Lighting?

"Most of us (women) feel as if our bodies have betrayed us through some cruel metabolic joke, hormonal upheavals, and the effects of time and gravity. Learning to celebrate our bodies is a tall order." (21)

If You Can't Beat 'Em, Tickle 'Em:

"I am grateful to live in an age when ignorance is purely elective. If we desire to know something badly enough we can know it. Endless streams of significant knowledge are accessible on the Internet. A person can become an 'expert' in a matter of weeks." (52)

If Blood is Thicker Than Water, One is Much Better for Swimming:

"According to a study published by The Lancet Neurology, people with large social circles often score higher on tests and stave off dementia longer. So it's officially medically proven: friends make you smarter. Any woman knows this is true because the web of knowledge that is weaved through a single conversation between more than two friends greatly expands your personal knowledge based...there's just another reason to plan the next girls' night out! (58-59)

If Love is Blind, That Explains a Lot:

"As little girls we get the Complete Dream Package reiterated to us over and over and over again. In the fairy tales, in the movies made out of the fairy tales, in the lunchboxes from the movies from the fairy tales, the message is the same: A whirlwind romance will result in an effortless wedding immediately followed by 'happily ever after.' If this were true, all the beautiful stars who marry other beautiful stars should have the formula down." (85)

If You're Happy & You Know It, You're Probably Annoying Someone Who Isn't:

"I believe that we all come with a 'happiness quotient.' Abraham Lincoln once said that most folks are about as happy as they make up their minds to be. I find this interesting coming from a man who struggled with bouts of severe depression and was married to a woman with manic-depressive tendencies. President Lincoln had embraced this truth: You may have a default emotional state, but you have the power to choose if you allow it to control you." (77)

If Love Is Blind, That Explains A Lot:

“As the days of marriage unfold we may have been jolted into the realization that things weren’t exactly as we imaged they would be ... There will come a time when the illusions that were so deeply held in the beginning will be one by one replaced by a lifetime of things that are real: sacrifice, trust, faith in each other, and a love that has stood the tests of time.” (93)

Parenting on *Groundhog Day*

“As a former mother to multiple simultaneous preschoolers let me say that some days are just like the movie *Groundhog Day* where Bill Murray gets to live the same day over and over and over again. It feels like that—the same Cheerios, the same apple juice, the same questions, the same laundry. I’m not saying that it’s not wonderful, just r-e-a-l-l-y familiar (blink, blink).

If Blood is Thicker Than Water, One is Much Better for Swimming: “Your family is sorta like your body—you get what you get and you get to do with it what you can. Friends? Sometimes you pick them, sometimes they pick you.”

If All Your Friends Set Fire to their Cubicles, Would You?

“There are many of us who work to live. We go to the job, do whatever it takes to get the paycheck, in order to do what it is that we love to do. Then there are others of us who live to work. Work is the thing we love to do, and we would do it whether or not anyone paid us a penny for our time.” (107)

If Time Waits for No Man, It Certainly Takes Women for a Ride.

“Age (and the various expensive methods of staving off its effects) is not just an American pastime- it’s become our cultural obsession. Youth is worshipped or dismissed, depending on who’s talking.” (118)

If You Can’t Decorate It, Lose It.

“All of heaven is pulling for you to move past acceptance to celebration, one dance step at a time. This is your life, girl. Lose what you must. Learn to accept what is unchangeable. Then decorate like crazy!” (146)

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