

# Valerie Gangas

available for  
interviews  
about her  
book



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# Suggested Interview Questions

How do you define "enlightenment"?

What does the book's title mean,  
"Enlightenment Is Sexy"?

Why did you write this book?

Who would benefit from this book?

Once you have begun down the path of awakening,  
of enlightenment, what's better about your life?

What do you say to those who claim to be  
too busy to live a more enlightened life?

What are the main topics your book touches upon?

What do you mean by "Stop Being Married to Results"?

What are "Emotional Vampires?"

Why do people need enlightenment in today's world?

How did you get interested in the topic of enlightenment?

Chapter 9 is called "Write it Down and Make it  
Your Reality." What do you mean by that and how can  
something we write down become reality?

How do you "Destroy What No Longer Works For You"?

You live the reality you write about in your book, but how do you  
respond when someone thinks they could never do it?

## VALERIE'S STORY

2011, Winter. I've just finished my first twenty minutes of meditation. I open my eyes and realize everything I ever knew was wrong.

In this moment, I experience a spiritual awakening, in the purest sense. My universe begins to resemble one huge Monet painting. Every tree becomes my best friend. All so completely unexpected. All so incredible.

Soon, I am working at Oprah Winfrey's TV studio, talking with her and her staff about Transcendental Meditation (week after week, month after month). Suddenly finding myself in a flow of epic situations, I begin feeling an unbelievable sense of peace and joy.

I "get" the importance of these experiences and begin documenting it all. A new stream of consciousness arises and crystal clear thoughts pour forth. I have no idea where they originate. I only know their power—and how my world now is very different.

One day, Oprah looks towards me and says to her top executive, "I want what this girl has." Um, yeah. Oprah. Talking about me. Did I mention I feel awesome?

The positive changes in my life continue rolling in like waves. For starters, I wrote a book, travel the country regularly, and meet incredible humans—constantly. I am thankful beyond words for this amazing life I'm now leading.

Who I am and what I'm about is why I wrote **Enlightenment Is Sexy**. This is the book I wish someone handed me when I was young and just getting my feet wet in the world: a simple guidebook to get



**“There is no doubt that living from the inside out is the only way to roll.”**

and stay top-to-bottom centered, in both the spiritual and material dimensions of life. A “life manual” chock-full of no-nonsense pointers and hands-on examples of “how to” navigate your way through many of Life’s mysterious pathways (e.g., dating and love, following the Universe’s “signs,” how to avoid “emotional vampires,” etc.), as well as massive amounts of inspiration and encourage-

ment to fuel you and urge you forward when you're in the midst of transitioning into a new and better life OR if you're longing for “something more” and need in-the-trenches assistance.

What I want to emphasize is this: authenticity is the key. I didn't get where I am today by chasing what's trendy, following the herd or holding up a mask. I let all that burn up in a blazing fire one day. That is, what I let go of when I awakened was literally everything. If and when we meet, that's what you'll get—the real me I was born and sent here to be.

So, I'm recommending you do likewise. As you walk through this book's pages, all you really need to bring to it is your deep desire to find and live your own truth—and a willingness to breathe more freely, have more fun, and laugh more often. Yes-in-deed-y, *Enlightenment Is Sexy* proclaims it's time to claim your joy . . . NOW!

My message, who I am, and what my book is about is simply this: an extension of positive mental-emotional-spiritual energy in all directions, which springs from my desire to connect with other mortals who, like me, have discovered that life is all about consciousness, freedom, finding what you love to do and doing it—all the while, spreading the love!

I believe the deep understanding of wholeness that graces my life could only come from me connecting to the Cosmos within. My most heartfelt wish is that you connect yourself to your inner Cosmos, so that every single day, you're having a blast!

Enjoy the ride.

FOR IMMEDIATE RELEASE



## **New Book Proclaims Enlightenment is Sexy (and You Can Start Living It Now)**

“Living life from the inside out is the only way to roll.”

Valerie Gangas, author of the critically acclaimed *Enlightenment Is Sexy: Every Woman's Guide to a Magical Life*, is helping at-risk populations of people learn to meditate, and thereby develop the inner tools for them to “write their story the way they want it.”

Valerie’s message is direct, potent and to the point: “This is it, the time and place to catch a glimpse of the truth and hunt it down, make it your own. It’s about breaking away from every single idea or belief that’s no longer serving you, got you in a holding pattern or keeping you from expanding your joy or sharing your gifts with the world. It’s about looking inside yourself for answers to the questions that must be asked and developing full-fledged confidence in the Universe’s goodness and constant support of whatever you want. It’s about choosing to be guided by our intuition always and realizing we’re complete as we are, that everything in this Universe exists within us. Yes, it’s time to embrace that mystery—we are stardust and we are golden—and realize ‘enlightened’ is the sexiest thing a person can be.”

Read a sample chapter (and find out more about what Valerie is up to) at:

[www.enlightenmentissexy.com](http://www.enlightenmentissexy.com).

-ENDS-



# A brilliant book by a bright star of a person

Endorsement by  
Jack Forem, bestselling author

*Enlightenment is Sexy* is a brilliant book by a bright star of a person. I met Valerie Gangas about a year ago and spent part of an afternoon talking with her over a cup of tea. I was immediately impressed by the quality of her being, the light that shines out of her, her powerful loving presence, and her wisdom. And her spunkiness! — by which I mean her openness, love of life, courage to be herself, adventurousness and fearlessness. She was fun-loving and completely natural, yet when it came to talking about life, meaning, and purpose: very deep. Best of all, I believe she would be embarrassed or totally uninterested in any of these words of praise, because she has clearly transcended considerations of personality and entered a bigger mode of being, where her strongest motivating desire is to serve others and make the world better.

I believe more and more people like Val will be showing up as global consciousness rises, bringing enlightenment, creativity, harmony, joy — and this growth of individuals is what will save the environment and transform the world.

There's an old saying that example is the best teacher. You can try to teach or guide or convince someone of something — or you can simply be an example of what you want to convey, you can live it. Val lives a higher truth, and she has managed to convey that in the pages of her book.