



**WE ALL HIT BUMPS IN THE ROAD. WHAT'S YOURS?**

**STORY IDEAS:**

- Taking Chances: Getting Out of Your Comfort Zone
- Finding Peace and Authenticity
- Why Change is Your Friend
- The Power of Gratitude
- Finding Courage
- The Mind Game
- Meditation
- The Role of Adventure
- Favorite Guest Stories

○ In her new book *Bump In The Road: 15 Stories of Courage, Hope and Resilience*, author Pat Wetzel shares timeless truths about navigating life.

○ This book is a compilation of wisdom, told through the stories of 15 remarkable people. From mountaineers to moms, each story is a story of courage, hope, and resilience. Their stories cover health, parenting, solo travel, mountain climbing, the power of podcasting and more.

○ *"I am endlessly curious about how people navigate life's bumps. What are the traits that make them resilient? How do they muster the courage to move forward? What guides them?"*

○ Pat's own life path has had more than a few bumps, from disability and divorce to literally learning to soar. She brings curiosity, compassion, and inspiration to her appearances as a guest and speaker.

**SHE IS AN AWARD-WINNING AUTHOR, PODCASTER AND PILOT.**

