

# S:

# SUZEN FROMSTEIN



EXECUTIVE SPEECHWRITER

KEYNOTES/WORKSHOPS

CORPORATE ENTERTAINER

Suzen@SuzenFromstein.com 416.471.3845

- 1 -

## **MEDIA ADVISORY**

For immediate release

June 24, 2024

### **WHEN LIFE GIVES YOU LEMONS, MAKE LAUGHTER**

*Author bares it all in a Collection of Coping-With-Reality Comical Essays*

**Markham, Ontario** – Breakups, work woes, single parenthood, cash flow contests, and ominous medical diagnoses, “you know, just another day,” jokes Suzen Fromstein author of *Punch Lines*, her 5<sup>th</sup> book. As an author, speechwriter, and humorist, Suzen invites you to join her through the laughter, the tears, and the quirks of her evolving life. “I’ve spent a lifetime weaving and bobbing through life and I’ve captured every deliciously gory detail,” Suzen quips with a wry smile.

The Big Think magazine describes being funny as possibly one of the best things you can do for your health and asserts that having a sense of humour is like your mind’s immune system. “Let’s face it, sometimes laughter is the best medicine, unless you have diabetes, in which case, that would be insulin.”

### **Sample Paragraphs**

#### **Chapter 1: Personal Growth**

“As if MS wasn’t enough, the doctor, always a beacon of sunshine and light, informed me that I also had osteoporosis and stenosis. Multiple Sclerosis, Osteoporosis, Stenosis – was the universe playing Scrabble with my health?” (essay title: *Punch Lines*)

“When the big day came, the wedding ceremony went off without a hitch; my aunt brought the vino and my brother the light bulb. Perhaps more importantly, my husband’s grandmother, who didn’t speak a word of English, thought the rabbi was a priest.” (essay title: *Calendar Girl*)

“As I regaled my colleagues with my adventures, they congratulated me, claiming no one has the full senior management experience until they have been fired at least once. Who knew termination was the workplace initiation I never signed up for?” (essay title: *Bosses*)

## **Chapter 2: Single Parenting**

“The main floor bathroom was stubbornly locked. Apparently, (the boys’ friend) had decided to participate in an impromptu polysomnogram. The only thing missing was the electrodes. When he finally awoke after my persistent shaking, he proudly informed us he did not have sleep apnea.” (essay title: Boys Will be Boys)

“Apparently Search and Destroy decided to get in some midnight target practice. The interesting thing was, that if it wasn’t for the flashlight they used to survey their handiwork, they might have escaped detection. Unfortunately, my sons seemed to have inherited my desire for public recognition and bright lights. Sorry, guys!” (essay title: All Cracked Up)

“We are a very close family and extended family, and spend a lot of time together. We live our lives like the three musketeers - all for one and one for all, and expect you to do the same! Which is why I hope you have a very large table , because we’re all coming to your house for dinner next Friday night. And, we’re sleeping over!” (essay title: Mother of the Groom Speech)

## **Chapter 3: Dating Through the Decades**

“Prince Charming was so pale and pathetically thin, I could have lifted him up, and carried him across the threshold. I wanted a man and they sent me a chicken. If I wanted a chicken, I would have ordered Kentucky Fried, and it would have been cheaper too. (essay title: 30, Single and Ready to Mingle)

“After six years of arguing about the amount of attention he bestowed upon his ex, his mother, and his two seemingly flawless daughters, we called it quits. Lo and behold he managed to tie the knot with someone else within six months. I couldn’t help but wonder if my unofficial job title was Relationship Boot Camp Instructor. Preparing Your Partner for a Happily Ever After.”(essay title: I’m 40 and Tired of Peaking by Myself)

“Freshly diagnosed with MS, I was feeling as vulnerable as a marshmallow at a bonfire. Convinced I was now as romantically appealing as a beat-up piñata I welcomed any man who showed a hint of interest. Cue Mr. Mystery – a part-time ex-military, part-time consultant, and a full-time concierge in a fifties dive. If my life were a movie this would be the part where the audience shouts, “Don’t go into the basement!” (essay title: 60 and Contemplating Surrender)

## **Humor & Business Presentations**

Suzen has also included a detailed roadmap on how to add humour to everything, especially boring, dry, and data heavy, business presentations.

## Some Early Reviews

“...While the grass is always ‘yellow’ on Suze’s side of the hill...you’ll be green with envy at her positive and thirsty attitude toward life,” says veteran communicator, **Bob Pomerantz, President, Your Life Productions.**

**Barb Amsden, author of How to Laugh at Death & Taxes** says, “...From the same author as *The Grin Reaper: A Humorous Look at Death & Dying*, Suzen’s *Punch Lines* could just as well be subtitled *A Humorous Look at Life and Living...*”

According to **Roger Caesar, Founder, Caesar Empire Speaking and Coaching, 2014 Toastmasters Humorous Speech Champion**, “...Suzen Fromstein uncovers comedic gems hidden within life’s darkest moments...”

For further information contact:

Suzen Fromstein, 416.471.3845, [suzen@suzenfromstein.com](mailto:suzen@suzenfromstein.com), [www.suzenfromstein.com](http://www.suzenfromstein.com)

Suzen Fromstein’s 5 published books including *Punch Lines* are all available on KDP and on Smashwords (search Suzen Fromstein)

## Suzen’s Books

