

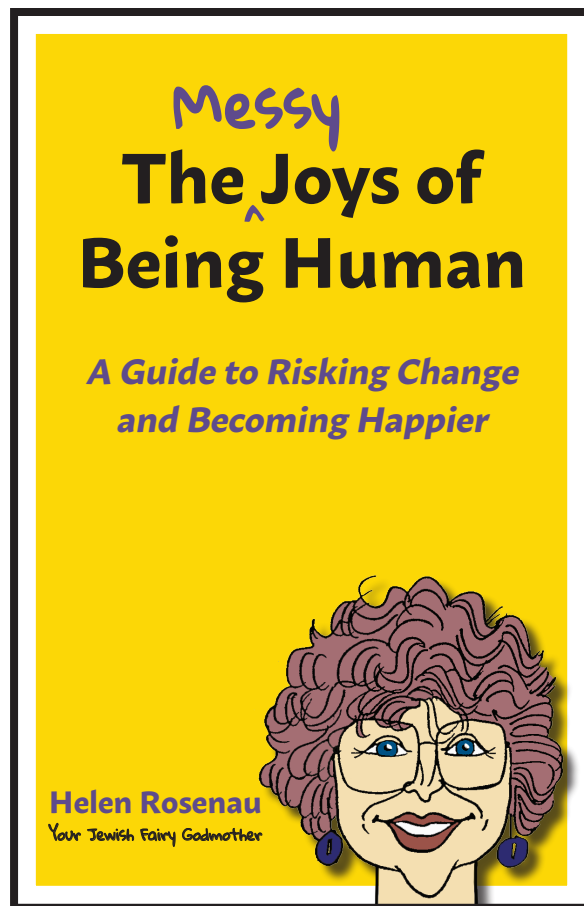
The Messy Joys of Being Human

A Guide to Risking Change
and Becoming Happier

For Immediate Release

In or out of a relationship, job hunting or retiring, in a life transition, or wrestling with Big Questions, a joyful life can feel elusive. After two decades as a life coach and in her “Ask Your Jewish Fairy Godmother” advice column, Helen Rosenau embraces the deeper, more complex struggles of fellow messy humans.

Through stories from her life and columns, plus insights, coaching, and cheerleading, Rosenau walks the walk towards self-knowing with you. She’ll help you get brave enough to risk change, and toss old crap that keeps you stuck. *The Messy Joys of Being Human* offers tools to create more joy in your life—because life will always be a glorious mess and you will always be beautifully human.



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ABOUT HELEN ROSENAU, Your Jewish Fairy Godmother

Helen Rosenau has black belts in brainstorming, schmoozing, and chutzpah, as well as degrees from the University of Pennsylvania and UCLA. She’s a new age soul with old world wisdom, earned as a college professor, statistical researcher, and consultant, and on her own life journey. Since 2002, her advice columns have been published from New Jersey to California, Canada to Florida. “Ask Your Jewish Fairy Godmother” reaches 150,000 readers weekly. From 2012-2015 Helen also blogged weekly about Jewish mysticism. For more info, visit kabbalahglass.com and yourjewishfairygodmother.com.

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