

MEET AUTHOR

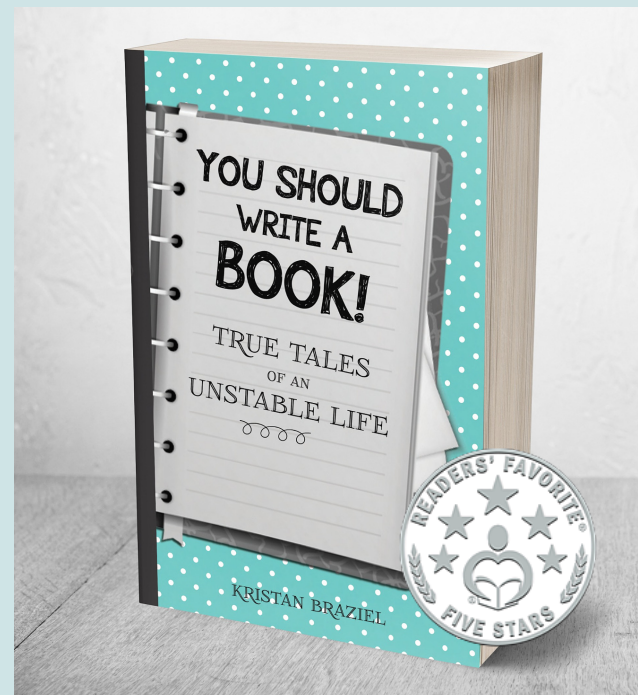
KRISTAN *Braziel*

The blogger behind *Bring Mommy A Martini* and author of *You Should Write A Book! True Tales Of An Unstable Life*, Kristan Braziel's debut novel is a humorous memoir that takes the reader through a series of calamities that began in the 1970's, and continue today.

In the book - as she does on her blog - Braziel shares her most vulnerable attempts at "normal" relationships and parenting, all of which are tinged with borderline personality disorder, making for disturbingly funny storytelling.

Braziel lives north of Austin, Texas, with her husband, two sons, and two Lab-mix rescues. When she's not writing or reading, you'll probably find her and her partner, Lilly the Therapy Dog, volunteering at local schools, or – more likely – canoodling a Mexican martini.

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THE
HUFFINGTON
POST



BLOGHER



About: You Should Write A Book!

True Tales Of An Unstable Life

Back-Cover Text

Years ago, drowning her sorrows in a giant bowl of chips and guacamole, Kristan shared yet another story of falling down on the job (no no – that’s not a figure of speech) with her college roommate, Jen, who couldn’t believe the absurd luck of this person sitting across from her. “I hope you’re writing all this down. You should write a book about all this stuff,” Jen announced.

In this collection of true tales (at least 87% of which have been confirmed as true), you’ll meet Kristan’s quirky parents, get a glimpse of some potential personality disorder mayhem, and you’ll even get a peek right in the birthing room for the delivery of her first-born child.

In *You Should Write A Book!*, Kristan shares her missteps in life with the same honest and hilarious vulnerability she uses in her popular* blog, *Bring Mommy A Martini*.

This line is the only lie in the book. Her blog isn’t necessarily popular. It’s maybe regularly read by members of her neighborhood Facebook page. But even that is doubtful.*

***This is a complete fabrication. The line about her blog’s popularity is only one in a handful of lies you’ll find in this book. Everything else is totally true.*

Product Specifications

6.0" x 9.0" (15.24 x 22.86 cm)

Black & White on White paper 182 pages

ISBN-13: 9780997208405

ISBN-10: 0997208406

Library of Congress Control Number: 2016937291

Also available: Kindle, nook, Apple, Kobo, Overdrive



Biography

Long-form

Kristan Braziel is a marketing consultant, freelance copywriter, blogger, and author of *You Should Write a Book! True Tales of An Unstable Life*.

The book, Braziel's debut novel, is a humorous memoir that takes the reader through a series of calamities that began in the 1970's, and continue today. In the book, she shares her most vulnerable attempts at "normal" relationships and parenting, all of which, the reader soon realizes, are tinged with borderline personality disorder, making for disturbingly funny storytelling.

A contributor to some of the web's most popular blogs, like The Huffington Post, NBC's Today Show Parenting Team, She Is Fierce, and BlogHer, where she was featured as an Editor's Pick, Braziel writes with a conversational voice that makes you feel like you're sharing dirty gossip over a hot cup of cocoa.

In her online blog, *Bring Mommy A Martini*, aimed at guiding people through what she calls, "the messy parts of life," Braziel shares more of her own missteps and hilarious perspective on daily life as a human being.

Braziel lives north of Austin, Texas, with her husband, two sons, and two Lab-mix rescues. When she's not writing or reading, you'll probably find her and her partner, Lilly the Therapy Dog, volunteering at local schools, or – more likely – canoodling a Mexican martini.

Short-form

Kristan Braziel is a freelance copywriter, blogger, and author of *You Should Write a Book! True Tales of An Unstable Life*.

The book, Braziel's debut novel, is a humorous memoir where she shares her most vulnerable attempts at "normal" relationships and parenting, all of which become tinged with borderline personality disorder, making for disturbingly funny storytelling.

Braziel lives north of Austin, Texas, with her husband, two sons, and two Lab-mix rescues. When she's not writing or reading, you'll likely find her canoodling a Mexican martini.

"Everyone needs this kind of honesty and levity in their lives! It's a MUST read for anyone who wants to laugh at all. So freaking hysterical...and real."

- Jennifer, Amazon review

Reviews

Readers' Favorite:



"I am so very glad that Kristan Braziel took her friend's advice and wrote this book. Some of the tales in *You Should Write a Book! True Tales of an Unstable Life* just about threw me into the path of an asthma attack with a dose of side-stitches from laughing so hard. The added touch of old photographs (accompanied by description) doubled the hilarity factor.

The style of humor used throughout is quite dry, and when the author tells you to stop reading and search Google for a lamp she once saw, of course you do it. I could not get enough of Kristan Braziel's hilarious true-life anecdotes. Laughter will forever be the greatest medicine, and this particular dose will keep those tears and snorts coming for a long time to come. I recommend this book to anybody who enjoys reading, watching, or listening to funny tales of things that have gone wrong in the past, which eventually will lead you to 'laugh about this someday.'"

--Rosie Malezer, *Readers' Favorite*

"This is just what I needed! A laugh-out-loud fun read. If you need a pick me up after a long day, this book is it! It does not disappoint."

--Anissa, *Goodreads community*

"What you will also find, though, is a bit of yourself through her stories of her childhood, her adventures in motherhood, and other day-to-day craziness. When you need a laugh, a pick me up, or a chance to just howl out loud, this is the book for you. If you have a special woman in your life who could use that laugh, this is the perfect gift."

--ILoveDoxies, *Amazon verified review*

Such a fun read!!!! I giggled through the whole book!!!! Her writing style is super quirky and fun and makes you keep wanting to turn the pages!!! Ready for a sequel!

--Cara Harstad, *Amazon verified review*

"This was an easy and enjoyable read; I couldn't put it down! If you like the books of Jen Lancaster or Jenny Lawson, you'll love this."

--Amazon customer review

Sample Questions & Answers

Q: Your stories are very self-deprecating. You tell of being clumsy, dropping things, putting your foot in your mouth, and literally falling to the ground. What inspired you to put those stories in writing, where anyone and everyone can see them?

KB: I've always been that way. It's part of my mental makeup to share mistakes I've made, or to "go public" when embarrassing things happen. I once read somewhere that this behavior is actually a form of Obsessive-Compulsive Disorder; that it's a sort of "checking" that's considered a compulsion (a compulsion to check in and have someone tell you it's okay that that's happened). Of course, this finding only solidified that I have mental illness.

Q: On that subject, you ask the reader throughout the book to help you determine whether you have something wrong with you. Is that in jest?

KB: Well, my humorous approach may make it seem so, but no. It's not really in jest. Depression and anxiety run rampant in my family, and I've suffered from both my entire life. Thankfully the depression only reared its ugly head for a few years in my 20's, then with the help of antidepressants, I was able to kick it. The anxiety part – even medicated – still lurks around every corner, and I'm constantly worrying about whether I've said something wrong or hurtful, or whether I've somehow made a fool of myself, or whether I have something wrong with my brain. So the book is my attempt at finding an answer to whether I have mental illness, thinly disguised as comedic anecdotes.

Q: The subtitle of the book is, "True Tales of An Unstable Life," but the back cover states that not all of the stories are true. What's the truth?

KB: The stories are all true. Every single one of them. I truly have fallen all those times. I really did blow a snot bubble during a class in college, and I really did add a semester of college because of it. Where things get fuzzy is the dialogue. I obviously can't remember the exact wording of conversations from my childhood, so I just recreated the verbiage of those interactions to the best of my very undependable memory. Also – many of the names have been changed so that childhood friends don't have to admit having associated with me.

Press Release

FOR IMMEDIATE RELEASE

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LOCAL AUTHOR LAUNCHES DEBUT HUMOR/MEMOIR

LEANDER, TEXAS, May 16, 2016 — Local marketing consultant and freelance copywriter, Kristan Braziel, of Leander, will debut her humorous memoir, *You Should Write A Book! True Tales of An Unstable Life*, at Half Price Books in Cedar Park on Saturday, June 4th 1 p.m. to 3 p.m.

Braziel has worked toward publication for two years while managing marketing projects for clients in her company, Braziel Media, and raising her two children. In addition, she is the founder of “Bring Mommy a Martini,” an online blog aimed at guiding people through what she calls, “the messy parts of life,” by sharing her own missteps and hilarious perspective.

The book opens with a story of the author falling in the middle of the street in her neighborhood while checking the mail, and continues by flashing back and forth between her childhood, where she battled similar attacks of clumsiness in public places, and present day. The reader will quickly realize Braziel’s attempts at being a “normal” wife and mother land her in almost unbelievable predicaments.

Praise for *You Should Write A Book!* includes this five-star review from ReadersFavorite.com: “I am so very glad that Kristan Braziel took her friend’s advice and wrote this book. Some of the tales in [it] just about threw me into the path of an asthma attack with a dose of side-stitches from laughing so hard. I could not get enough of Braziel’s hilarious true-life anecdotes. I recommend this book to anybody who enjoys reading, watching, or listening to funny tales of things that have gone wrong in the past, which eventually will lead you to ‘laugh about this someday.’”

You Should Write A Book! is available for purchase in paperback format from Amazon and BN.com (ISBN-13: 9780997208405), and in e-reader format at all major e-reader sellers (ISBN-13: 978-0-9972084-1-2).

Half Price Books is located 1335 E. Whitestone Blvd., Cedar Park, Texas, 78613, in the 1890 Ranch shopping center.

Braziel is available for interviews and appearances. For booking presentations, media appearances, interviews, and/or book-signings contact info@GingersparkPress.com.

ENDS

Bring Mommy a MARTINI



Stats

Topics

Parenting/Family - 50%
Working Mom - 25%
General Musings - 10%
How-To - 5%
Inspiration - 5%
Opinion/News - 5%

Visitors

Pages per visit - 2
Time on site - 2:07 min
Returning users - 24%

Target

Women 25-54
College grad
Married, with
children

About

With topics ranging from parenting, relationships, and the ever elusive weight loss, to the mundane (for most people) day-to-day tasks, like just going to the grocery store, Kristan Braziel turns them all into humorous life experiences, helping the reader to "keep it all in perspective."

The purpose of Bring Mommy A Martini is to share Braziel's own observations and missteps (literally), to help guide others through what she refers to as "the messy shit" life throws our way.

Sample Headlines

Stealing Cookies and White Supremacy: It's All Just A Misunderstanding - Apr 29, 2016

Cat-Like Vapor Lock (And Other Stress-Induced Oddities) - Mar 9, 2016

Public Bathroom Safety For Your Child - Feb 26, 2016

9 Pet Peeves That Don't Include Beef Jerky - Feb 23, 2016

The Problem With My Husband - Feb 19, 2016