



TALK: Friday, July 5, 2024, 11 am

My Story...Your Story.

*An entertaining and inspiring Talk
by Author Barbara Espinosa Occhino*

(Enter a free raffle to win a signed book)

The first time Barbara submitted three true stories to a major publisher, to her utter surprise, all three were published. In this talk, she shares her experience and encourages aspiring writers.

Hear amusing and heart-warming excerpts from her published stories:

- * A hysterical escapade about the consequences of her mischief as a parade clown
- * A poignant tale of how a small act of kindness revealed its impact 12 years later
- * A meeting with a stranger whose advice changed her life and led to her marriage

Learn about amazing studies on how kindness and laughter:

- * reduce depression, pain, and stress hormones
- * improve immune function
- * increase feelings of happiness

Discover how you, too, can be a published author!

- * pick up tips on how to emotionally engage readers by writing authentic stories to touch their hearts
- * learn how to craft a good story (a strong hook, the conflict or challenge, and a meaningful resolution)
- * understand the submission guidelines and expectations to get published in the Chicken Soup for the Soul series. Distributed by Simon & Schuster, their books are in the NYTimes #1 bestseller list and have sold over 600 million copies with translations into more than 40 languages.

About the author: Barbara has over four decades as an award-winning marketing copywriter and is widely published in books, magazines, and print media. She has conducted book signings at Barnes & Noble and charities and was interviewed live on WGCH radio and Non-Fiction Chat with Tina. She was a featured author at the 2023 Writers Read live show at City Winery in New York City. Barbara has extensive public speaking experience, serves as an adjunct professor at Norwalk Community College, and is a volunteer mentor and competition judge for high school business students. Born in Cuba, her writing is inspired by the people and places that have colored her life in the US and abroad.