

# Tamela Rich

*Author | Speaker | Adventurer*

*Sharing Life Lessons from her North American Motorcycle Tour*



Traveling the country with a pink bra strapped across the windshield of her motorcycle, Tamela heard hundreds of stories about cancer. Invite her to share some of the stories from her book with your audience.

**She'll make you laugh, cry, and think about your life.**

## ***8 Lessons from Friends Who Faced Cancer***

Tamela will share these 8 poignant lessons from her book, *Live Full Throttle*, in 60-90 minutes:

- The Healing Power of Joy
- Gratitude Eases Pain
- Laughter Lightens Tragedy
- You're Terminal Too, Embrace It
- When to Fight, When to Flow
- Art Restores
- Relationships Are Fluid
- Channel Sorrow into Service

## ***Custom Presentations to Motivate Your Audience***

Each presentation is centered around Tamela's "8 lessons" and is customizable for your audience and event.

- Keynotes
- Workshops for professionals
- Continuing education presentations
- Conversations for caregivers

*Customize these topics for your audience and event*



### **Tamela Rich**

980.428.9193

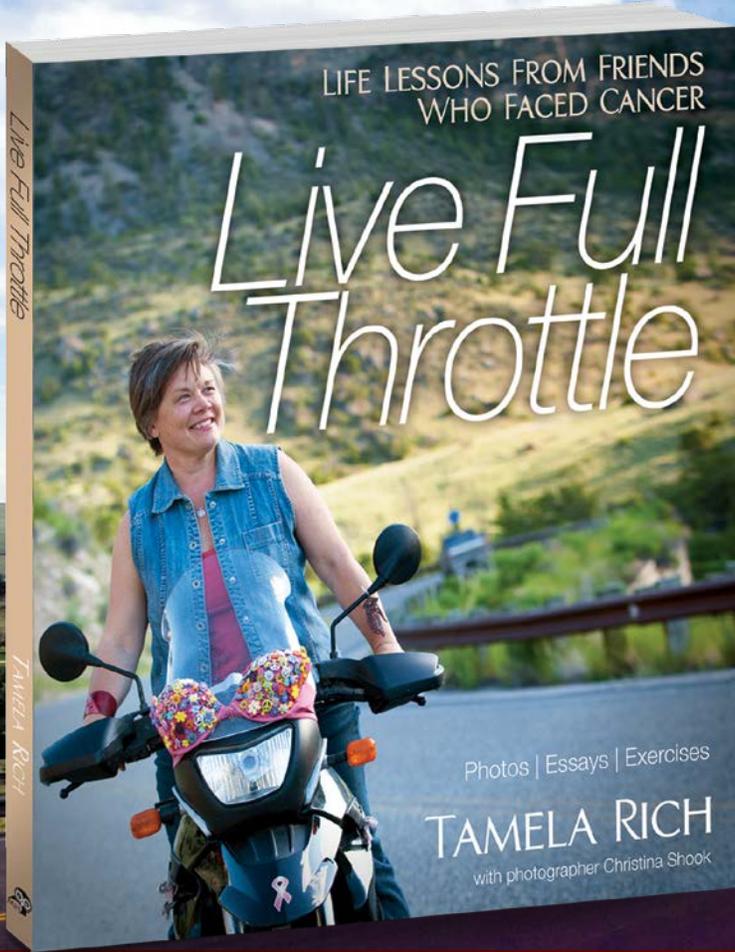
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The people and places Tamela Rich encounters on her cross-country motorcycling adventures fuel her books, articles and keynote speeches. Her book, *Live Full Throttle: Life Lessons From Friends Who Faced Cancer* won three national book awards.

**Call 980.428.9193 today to discuss how Tamela can best communicate with your audience.**

# Live Full Throttle



Tamera based *Live Full Throttle* on her motorcycle travels across the U.S. and Canada with a pink bra strapped across her windshield. On the road, she met and interviewed women facing cancer with grace, humor, moxie and joy. These inspiring stories will change your outlook on life.

The book includes 100+ pages of full-color photographs along with exercises following each of these stories.

**Book \$25**  
**Companion Guide \$5**



“Magnificent stories, movingly told, with compelling copy and striking photo spreads. It’s a real page-turner.”  
—National APEX Grand Award for Publishing Excellence

Ask about the *Live Full Throttle*  
Companion Guide.

This 24-page workbook  
contains lessons and exercises from  
*Live Full Throttle*  
plus bonus Capstone exercises.



**Pre-order your copies today and receive a discount on speaking fees! Call 980.428.9193**