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# Marni BATTISTA

## **MEDIA KIT**

ENTREPRENEUR, AUTHOR,  
TRANSFORMATIONAL LIFE DESIGN  
SPECIALIST, PODCAST HOST, AND  
RADICAL TRUTH SEEKER



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Hi,

**I'M MARNI!**

**I AM A LIFE DESIGN SPECIALIST,  
A PODCAST HOST, AND AN AUTHOR.**

My forthcoming book, *Your Radical Living Challenge* shares the true story of my own life's wakeup call and how after raising three kids and building a successful business, my husband and I threw out the script and started over. Redefining the next chapters of our lives, we craved meaning and change, so we sold our home and traveled the U.S. in an RV. All the while, I recalibrated my approach to life by filtering it through the lens of 7 key questions that anyone can use to bring more meaning into their lives.



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# THE BOOK

WELCOME TO A  
**NEW WAY OF**

*Living*

Discover the 7 spiritual question  
that will transform your life at  
any age.

AVAILABLE ON:

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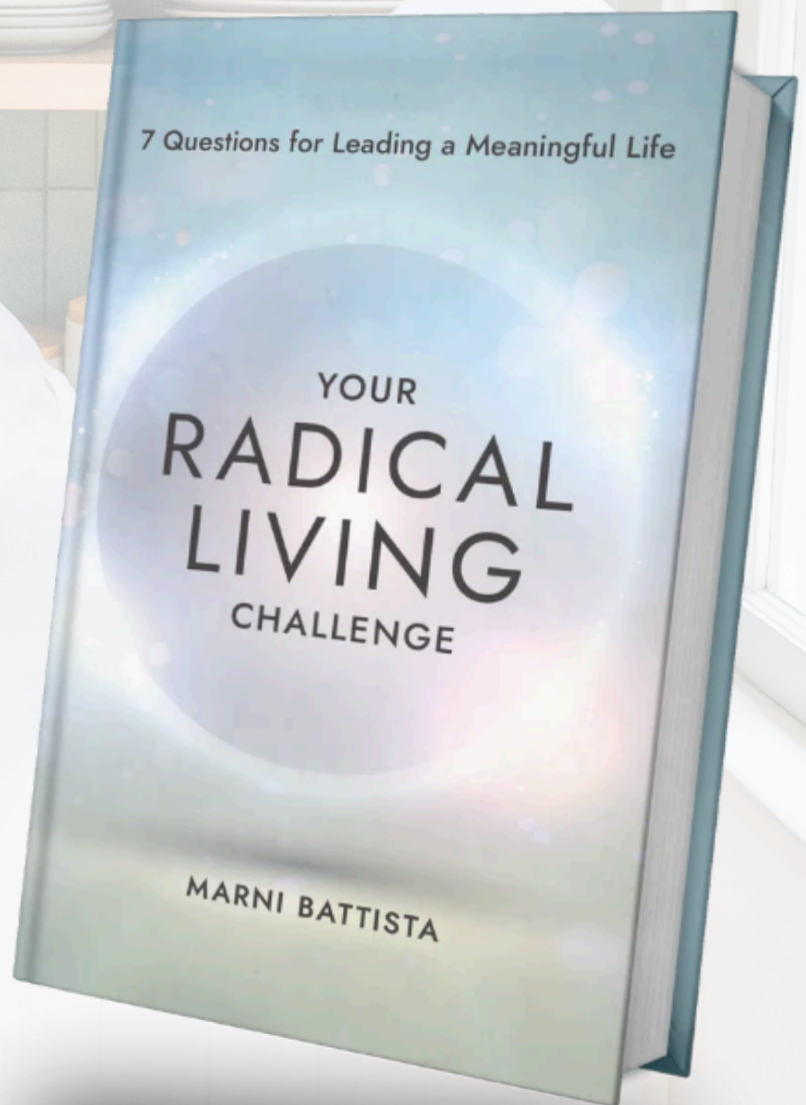
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# MY LIFE'S WORK

## *on your shelf*

Are you feeling stuck, unfulfilled, or sensing there's more to life than your current routine? "The Radical Living Challenge" is your wake-up call to break free from societal expectations and create a life that genuinely excites you.

In this groundbreaking book, transformation expert Marni Battista shares her personal journey of reinvention at 54 and introduces a powerful framework for authentic living.

Packed with practical exercises, real-life examples, and research-based strategies, this book offers a unique approach to personal growth that works at any age or life stage.

Whether you're navigating midlife transitions, facing an empty nest, contemplating a career change, or simply craving more from life, "The Radical Living Challenge" provides the tools and inspiration to transform your life from the inside out.

Don't wait for "someday" to start living the life you love. Accept the challenge today and embark on your journey to radical, authentic living.

**Through seven core spiritual questions, readers are guided to:**

- Identify and challenge self-limiting beliefs
- Reconnect with their true passions and purpose
- Develop unshakeable self-worth
- Make courageous decisions aligned with their authentic selves
- Create a life of joy, meaning, and fulfillment



# BIOS

## FULL

Marni Battista is an entrepreneur, author, transformational coach, podcast host and radical truth seeker. Her straight-to-the-point podcast and page turning books drop beautiful pearls of wisdom that not only will make you laugh, but also provide life-changing stories of triumph and courage to stop letting life live you, and to start LIVING a life that's beyond your wildest dreams.

Battista's essays have appeared in the LA Times, The Jerusalem Post, Happiful Magazine, Huffington Post and more.

She has also appeared on the Dr. Phil Show, On Air With Ryan Seacrest, Home and Family TV and Loveline with Dr. Drew.

Battista is currently living with her husband and two cats, Simon and Fergus Katz, in different destinations the world 'round as they continue their Radical Living Challenge which is the, the topic of her book which will be published by Hay House in February 5, 2025.

FEATURED IN :

Dr. Phil

COSMOPOLITAN



GLAMOUR



## SHORT

**Marni Battista** is an entrepreneur, author, transformational life design specialist, podcast host, and radical truth seeker. Her honest, relatable, and down-to-earth podcast and writing drops pearls of wisdom that not only inspires laughter and insights, but shares radical life-changing stories of triumph and love. She's on a mission to help women harness the courage to stop letting life live them, and start LIVING a life that's beyond their wildest dreams. Battista and her work have appeared in the LA Times and The New Yorker, the Dr. Phil Show, On Air With Ryan Seacrest, and Home and Family TV. Her new book, *Your Radical Living Challenge: 7 Questions for A Meaningful Life* is coming on February 5, 2025 from Hay House.

# TALKING POINTS

*Screw The "Should Life."*

*LIVE LIKE YOU'RE ON PERMANENT VACATION  
WITHOUT SACRIFICING YOUR RESPONSIBILITIES OR YOUR SELF-RESPECT*

## WHAT IS THE SHOULD LIFE?

- WHAT IS THE SHOULD LIFE AND WHY ARE SO MANY PROFESSIONAL WOMEN WAKING UP IN MIDLIFE EXHAUSTED AND WAITING FOR THEIR "ONE DAY..."
- WHAT IS THE COST OF KEEPING YOUR SHOULD LIFE BEYOND IT'S EXPIRATION DATE?
- WOMEN WHO FEEL OVERWHELMED AND BURNED OUT IS A PRETTY COMMON ISSUE THESE DAYS – WE HEAR IT ABOUT ALL THE TIME. WHAT IS YOUR UNIQUE REMEDY FOR TRANSFORMING THE SHOULD LIFE INTO THE DREAM LIFE?
- HOW DOES SOMEONE STOP LIVING THE SHOULD LIFE, BUILD THE DREAM, WITHOUT BLOWING UP THE LIFE THEY HAVE NOW?



# TALKING POINTS #1

## *Big Work Big Life*

### **HOW TO OPTIMIZE FOR SUCCESS**

- WHAT IS THE KEY TO BEATING OVERWHELM & BURNOUT?
- WHAT DOES IT MEAN TO **LIVE LIFE ON YOUR OWN TERMS**—AND WHAT ARE THE THINGS THAT GET IN THE WAY OF THAT?
- HOW DO YOU KNOW IF IT'S THE 'RIGHT' OR THE '**WRONG**' THING TO DO?
- WHAT ARE THE 7 SPIRITUAL QUESTIONS FOR A MEANINGFUL LIFE & WHAT IS THE RADICAL LIVING PROCESS?
- WHEN YOU ARE THINKING OF DESIGNING A FULFILLING AND MEANINGFUL LIFE, INCLUDING RELATIONSHIPS, WHAT QUESTIONS CAN YOU ASK YOURSELF ALONG THE WAY TO STAY ON TRACK WHEN THINGS GET CHALLENGING?
- WHAT IS THE BACKUP LIFE AND WHY DO PEOPLE DO IT—CONSCIOUSLY OR UNCONSCIOUSLY?
- HOW CAN YOU TAP INTO YOUR ESSENTIAL/HIGHEST SELF?
- WHAT IS A RADICAL LIVING CHALLENGE? HOW TO DITCH THE SHOULD LIFE AND LIVE LIFE ON YOUR TERMS
- WOMEN OVER 40 ARE TIRED, BUT IT'S NOT MENOPAUSE
- FULL BANK ACCOUNT, EMPTY LIFE: HOW WOMEN OVER 40 ARE THROWING OUT THE SCRIPT

# GENERAL TALKING POINTS

- THE CHALLENGES OF MIDLIFE: HOW TO CREATE A LIFE YOU DON'T WANT TO RETIRE FROM
- HOW TO CREATE YOUR SEMESTER ABROAD IN MIDLIFE.
- HOW TO FIND YOUR PURPOSE AND PASSION OVER 40.
- HOW A NEAR CRIPPLING SKI ACCIDENT CHANGED MY LIFE.
- HOW DO YOU LIVE LIKE YOU ARE DYING?
- WRITING YOUR NEXT CHAPTER IN MIDLIFE. WHAT IS LIFE DESIGN?
- DOES YOUR WORK HAVE TO BE YOUR PURPOSE?
- THRIVING THROUGH CHANGE LIKE YOU MEAN IT
- FINDING WHAT BLOWS YOUR HAIR BACK
- LEADERSHIP AND THE 7 SPIRITUAL QUESTIONS FOR A MEANINGFUL LIFE
- HOW TO LIVE AN ALIGNED LIFE - PURPOSE, PASSION, AND PEACE. HOW TO FIGURE OUT THE LIFE COURSE AND DIRECTION THAT WOULD BEST SERVE AN INDIVIDUAL OR GROUP.
- CONNECTING WITH A SENSE OF PURPOSE AS A PERSON OR AN ORGANIZATION.
- HOW TO SUCCESSFULLY NAVIGATE CHANGE IN ANY AREA OF PERSONAL OR PROFESSIONAL LIFE.
- HOW TO SET AND ACHIEVE GOALS WITH MAXIMUM EFFICACY AND MINIMUM STRESS.
- HOW TO FIND CLARITY IN TIMES OF CHAOS.
- HOW TO BALANCE THE MULTIPLE CONFLICTING DEMANDS OF MODERN LIFE.
- HOW TO EFFECTIVELY MOTIVATE YOURSELF WITH ENCOURAGEMENT RATHER THAN CRITICISM
- HOW TO COPE WITH STRESS WITHOUT BURNING OUT OR MOVING TO BALI



# MORE INFORMATION

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