

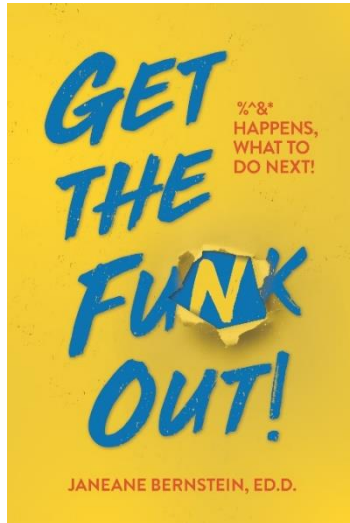
# JANEANE BERNSTEIN, ED.D.

Radio host and author pens

**“GET THE FUNK OUT: %^&\* HAPPENS, WHAT TO DO NEXT!”**

*Published by Post Hill Press and distributed by Simon & Schuster - June 25, 2019*

Author and radio host of *Get the Funk Out!* shares how to change your narrative when life lands you in a funk! Because what if the worst thing that ever happened to you turned out the best thing that ever happened?



We all go through ups and downs in life. How do we deal with life's messy moments, and what makes some people more resilient than others? And how does something so awful seem to have a flipside?

## Advance Praise

"We've all been there. The falls and rises of growing up, making something of ourselves, entrepreneurship, and more—it all takes a toll on even the mentally strongest. I loved meeting Janeane Bernstein and reading her book *Get the Funk Out!* The story is refreshing and real and encourages us to own up and reach our full potentials."

– **Winnie Sun, Wealth Whisperer, CNBC Financial Adviser Council, Forbes Contributor, Co-Founder of Sun Group Wealth Partners**

"Finally, a common sense approach to an all too common malady. Ms. Bernstein has assembled the tools to overcome our personal demons in words that are clear and concise. When I find a good book, I usually 'can't

put it down' but *Get the Funk Out!* demands time to absorb the inspirational stories and ponder the question of how faith can be so strong."

– **Gary Pihl, former guitarist for Sammy Hagar and current member of the band Boston**

"I love this book! A radically transparent look that teaches us to face life's hard knocks—instead of running away—and heal from the gifts that emerge from truth This is a bedside keeper to remind you that grass grows through concrete."

– **Bryan E. Robinson, Ph.D., Psychotherapist and Author of "#Chill: Turn Off Your Job and Turn On Your Life"**

"The power of self-esteem is on full display in *Get the Funk Out!* Janeane Bernstein pulls together an unlikely cast to write a prescription for dealing with life's large and small challenges. Finding joy on the journey is possible, no matter how rocky the road."

– **Richard M. Cohen, New York Times Best Selling Author of "Blindsided" and "Strong at the Broken Places"**

"Janeane has written a book that aims to help anyone navigating the funky pitfalls of life, illustrated with a wide assortment of anecdotes and her experience, all of it filled with humor and compassion."

– **Kathy Valentine, musician, composer, writer**

"Janeane uses her own personal stories, plus interviews with a variety of mental health professionals to explore life's persistent funks. Personable and engaging, she shines a light on the darkness many face in everyday life, illuminating a way out."

– **Vicki Peterson, founding member of The Bangles, Guitarist, Writer, and Singer**

Janeane Bernstein's "Get the Funk Out" came to me the exact moment I needed it most. Funny, kind, and spot on, everyone who has ever felt hopeless, deflated, or just happened to have a bad day will walk away stronger and more positive after reading Janeane's kick ass book; a true labor of love infused with empathy and wit.

- **Laurie Lindeen, author of Petal Pusher**

## The Back Story

After losing her childhood friend in 2010, Janeane belly flopped into a horrible funk. She turned to all sorts of outlets but realized that she needed to throw herself into something meaningful and inspiring. In 2011, she started hosting and producing a talk radio show called "Get the Funk Out!" on KUCI 88.9fm, where she had been a DJ since 2007. Janeane's guests shared stories and advice on how they overcame life's funks - personal and professional, and what great things happened after they moved past a tough time. The show helped her heal and provided an outlet for others to share their stories and advice. These meaningful conversations became the foundation for "[Get the Funk Out! %^&\\* Happens, What to Do Next!](#)" The book features stories and advice from twenty-four show guests.

## Potential talking points:

- What inspired Janeane to write "[Get the Funk Out! %^&\\* Happens, What to Do Next!](#)"  
What are some ways someone can identify that they are in a funk and what to do next?
- How to turn grief into something healing, and perhaps a new beginning
- How parents can help their kids through a rough patch
- Why pampering yourself should be a priority
- Being happy all the time is impossible, but pinpointing things that contribute to your happiness is key
- How helping others shifts our mindsets
- How to nurture your relationships and kick the toxic ones to the curb
- How to listen to your creative voice and design a life that makes you more resilient to life's ups and downs

"[Get the Funk Out! %^&\\* Happens, What to Do Next!](#)" is the perfect book for anyone looking for ways to focus on self-care, mental, physical and emotional well-being, and how being resilient and creative in your life can build life-long habits that build resilience.

## About the Author

Janeane Bernstein is a writer, on-air personality, voice actress, and researcher. She earned a doctorate from Boston University and received degrees from Syracuse University. In 2011, she started "[Get the Funk Out!](#)" on KUCI 88.9 FM: UC Irvine after losing her childhood friend; this began to heal her own grief, and quickly turned into an outlet for others to share their own personal and professional stories. She has always loved writing, learning electric guitar, and other creative pursuits that feed her soul. To learn more about Janeane and "[Get the Funk Out!](#)," visit: [www.janeanebernstein.com](http://www.janeanebernstein.com) and the show blog: <http://getthefunkoutshow.kuci.org>

## Follow Janeane Bernstein:

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