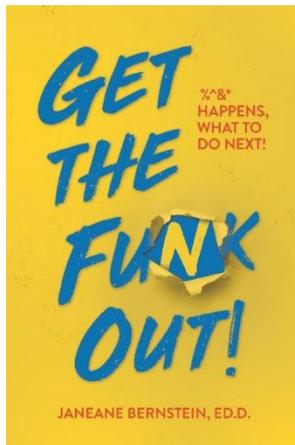




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"The story is refreshing and real and encourages us to own up and reach our full potentials."

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

"Finally, a commonsense 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"

"Definitely the kind of book that will wake you up to your own possibilities. GET THE FUNK OUT shows that pushing forward yields the greatest rewards."

– Cyrus Webb, Media Personality & Author

***Get the Funk Out! %^&* Happens, What to Do Next!* by Janeane Bernstein, Ed.D. explores the upside of landing in a funk and the importance of self-care, mental health, and personal development**

(June 2019) – What if the worst thing that ever happened to you turned out the best thing that ever happened? *Get the Funk Out! %^&* Happens, What to Do Next!* takes a personal and professional look at the importance of self-care, mental health, personal development, creativity and the impact on our emotional, physical and mental well-being. Published by Post Hill Press and distributed by Simon & Schuster, Janeane Bernstein shares how to change your narrative when life lands you in a funk.

This inspiring and insightful book features 24 radio show guests from Janeane’s talk show, *Get the Funk Out!* which began in 2011 on University of California Irvine’s station, KUCI 88.9fm. 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.

The featured guests from Janeane’s show share personal stories of loss, tragedy, second act careers, health scares, new beginnings, career challenges, overcoming incredible odds, and more. Thrown into the mix is solid advice on how we can overcome life’s unexpected personal and professional curveballs and move forward in a positive direction. *Get the Funk Out! %^&* Happens, What to Do Next!* tackles the challenges of unexpected changes, the fear of new beginnings, the misconceptions of mid-life and the hurdles faced by teens, tweens and in-betweeners. Self-care, personal development, resilience, mental health and emotional health are some of the key topics.

“In 2011, I began hosting and producing a talk show called *Get the Funk Out!* I needed something meaningful in my life to help me move forward in a positive direction. Hundreds of show guests have shared stories and advice on how they overcame life’s funks - personal and professional, and what great things happened after they moved through a tough time. The show helped me heal and provided an outlet for others to share their stories and advice. These meaningful conversations became the foundation for my book, *Get the Funk Out! %^&* Happens, What to Do Next!*”

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 2009, she completed the Screenwriting Program at UC Irvine and in 2018 was a finalist in the LA Femme International Film Festival. She has always loved writing, learning electric guitar, and other creative pursuits that feed her soul.

To learn more about Janeane’s book, listen to her recent interviews, and view her event calendar, visit: www.janeanebernstein.com.
Radio show blog – <http://getthefunkoutshow.kuci.org>.

Facebook: [Janeane.bernstein](https://www.facebook.com/janeane.bernstein) | Twitter: [Momz_rock](https://twitter.com/Momz_rock) |
Instagram: [janeanebernstein](https://www.instagram.com/janeanebernstein)

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