

DISSOLVING the ANCHOR

UNTETHERING DYSPHORIA AND SELF-DOUBT
TO CREATE AN **EMPOWERED LIFE**

Online Book Launch Party Itinerary

5:00- 5:15 PM

Introduction

Event details- who's participating and outline of the event. Who the author is, company history, book description, and book journey.

5:15-5:30PM

Meet the artists

Artists will share their experience creating the illustrations, share other previous and current work and answer questions.

5:30-5:45 PM

Book Excerpt

The author will read excerpts from the book, read a poem, and will answer questions.

5:45-6:00 PM

Q&A and GIVEAWAY

Audience members who ask questions are entered into drawing to win free paperback.

6:00-6:15 PM

Supporters/Reviews

People sharing why they support book and provide their reviews and perspectives.

6:15-6:45 PM

Therapists, Counselors, Coaches

Discussion on mental health, the importance of destigmatizing mental health challenges.

6:45-7:00 PM

Q&A and GIVEAWAY

Author, supporters, and therapists will answer questions. Surprise giveaway at the end.