

BESTSELLING AUTHOR | PODCAST HOST

theshineproject.com



About Ashley LeMieux

Ashley LeMieux is the founder and CEO of The Shine Project and bestselling author of her debut memoir "Born to Shine." Her most recent project is the release of her highly anticipated second book, *I AM HERE* (May 2021), where she guides readers out of fear and into freedom. Ashley has been through the searing pain of contested adoption, the death of a child, and the struggle of infertility that many women experience. However, she also knows the healing power of sharing your story. That's why she started The Shine Project, an online community for women to find support, resources, motivation, and community to triumph over the challenges in their lives. She has empowered hundreds of thousands of women to find purpose in their pain and is the host of the top-rated podcast, *The I Am Podcast*. Her online community has inspired her to share the triumphs and tragedies life has handed her and to help others find the courage to keep going. Ashley is on the board of directors for the National Angels, a nonprofit whose mission is to walk alongside children, youth, and families in the foster care community through intentional giving, relationship building, and mentorship. Ashley lives in Phoenix with her husband and two dogs. You can connect with her and a community of supportive women on Instagram at @AshleyKLeMieux, and online at theshineproject.com.

Why Ashley LeMieux?

- Ashley is the bestselling author of "Born to Shine," her powerful memoir and inspirational guide where she shares her story of loss while offering up the life-changing lessons she found in the darkest season of her life.
- Ashley has devoted her life to helping others embrace and share their inner light. As an entrepreneur, she has changed countless lives through The Shine Project, an innovative company that combines empowerment, connectivity, purpose, and style.
- An inspiring and relatable speaker and writer, Ashley has changed lives by sharing her own story of infinite love and loss.
- With more than 400K followers on social media, Ashley has become a go-to source of inspiration and encouragement for women worldwide.
- After facing sepsis during pregnancy, Ashley was forced to deliver her child alone. This experience is one that gives Ashley a unique and powerful perspective on loss and how to recover from it.
- Ashley LeMieux is no stranger to pain and grief. She has been through the searing pain of contested adoption, the death of a child, and the struggle of infertility that many women experience.



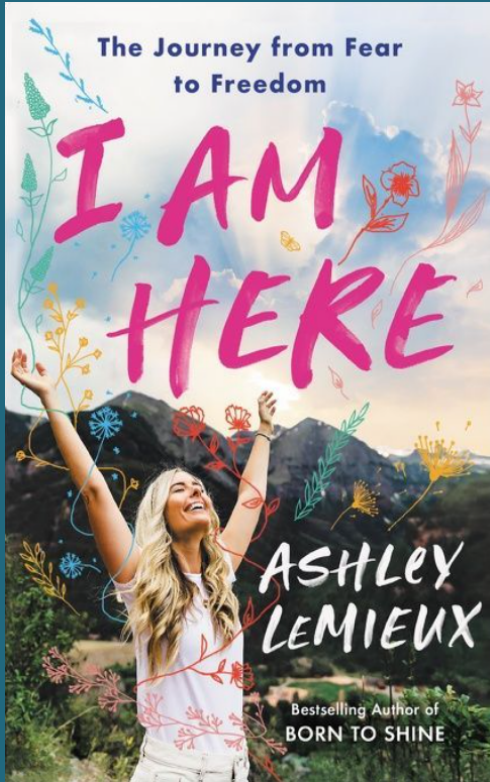
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I AM HERE

The Journey From Fear to Freedom

<https://theshineproject.com/i-am-here/>



HarperOne | ISBN: 9780063027800 | \$21.00

About I AM HERE

Following her bestselling memoir, "Born to Shine," Ashley LeMieux shows how she found healing and transformation, even in difficult seasons. I AM HERE empowers readers to get "unstuck" through the process of reframing your thoughts, reimagining your future, and reclaiming your power. Continuing this journey, Ashley introduces the process of "Clarity Mapping," a tool that walks women through setting intentions, understanding why you are worthy of the life of your dreams, identifying the things you carry that no longer serve you, noticing the people you can serve, and finally, identifying the truest version of yourself. If you've been looking for help to create a plan to start moving toward your dreams, this book has all the inspiration and useful tools to get you where you want to go.

Why I AM HERE?

- Through her incredible story (including details she's never publicly shared before), Ashley shows how she found healing and transformation by reframing her thoughts, reimagining her future, and reclaiming her power - and how we can, too.
- In I Am Here, Ashley shares the unique Clarity Mapping Tool she created after fighting her way out of deep despair. The tool helps determine priorities and create a plan to start moving toward your dreams.
- I Am Here will help you: reframe your thoughts, reimagine your life, reclaim your power, help you become "unstuck," understand the root of your problems, develop tools for clarity, and create affirmations.
- Ashley's aim in I Am Here is to make the process of moving from the uncertainty in pain to making it accessible and possible to flourish within it.
- I Am Here encourages readers to cultivate inner strength by working through seven affirmations such as "I am a fighter" or "I am free."
- Ashley suggests five questions to guide one's daily routine: What is my intention? Why am I worthy? Who can I serve? What can I set down? Who is the truest version of myself?



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Suggested Interview Questions

- What motivated you to write *I Am Here* and share your story?
- In the book you walk people through your Clarity Mapping Tool, which you developed while working to get yourself out of deep despair. Can you share more about what inspired you to create this new way of thinking?
- The Clarity Mapping Tool helps people reframe their thoughts to better determine their priorities. Can you tell us a little bit more about how this tool works?
- You believe in the power of spoken affirmations. How have these affirmations helped you and why do you think they could help others?
- In the book you encourage asking yourself five daily questions to guide your routine. How did you develop those questions and how have they helped you become more intentional with your day?
- What is your number one piece of advice for people going through the type of despair you went through yourself?
- Ultimately, what do you hope readers take away from *I Am Here*?
- What other projects are you working on?

Suggested Interview Topics

- Ashley LeMieux shares new details of her powerful story that she has never publicly shared before
- Her unexpected loss of a child in the hospital during COVID-19 and complications while pregnant
- How to work through pain and despair to come out the other side healed and transformed
- The power of daily intention-setting
- How verbal affirmations can change the way you see yourself
- How Ashley's unique Clarity Mapping Tool changed her way of thinking and how it can guide others
- The importance of prioritizing mental health and self-care
- The power of community in surviving difficult times



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