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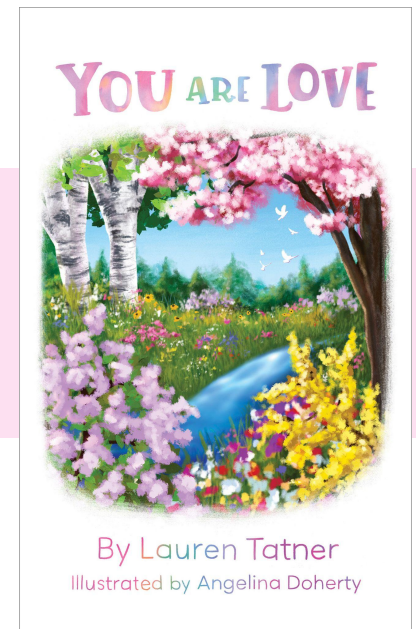
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FOR IMMEDIATE RELEASE

At a time when anxiety, fear, and loneliness are at an all-time high, this book for all ages is a much-needed love note.

*You Are Love* is an interactive illustrated book which will comfort the reader into understanding and sharing the value of self-love. The author, Lauren Tatner, is an attorney as well as an inspirational speaker and teacher who is trained in creative wellness practices.



# YOU ARE LOVE

**Montreal, Quebec, October 13, 2022** – The book's message, both simplistic and beautiful, is that love, happiness, and acceptance begin within each of us.

As a solo mother by choice of newborn twins and the granddaughter of Holocaust survivors, Lauren drew inspiration from her lineal descendants and ascendants to create a natural guide to happiness. In a rapidly changing world of rising uncertainty, insecurity and unrest, she shares this practice tool to help adults and children tune in to their thoughts and emotions, access their intuition, and allow more fun into their lives. After all, life is supposed to be fun!

You enter the world as a creative and open-minded being who is ready to live a life full of love, happiness and fun. Sadly, during one's growing up years and beyond, outside influences give rise to self-limiting beliefs and the endless external pursuit of happiness.

In a fun and engaging way, this book, coming soon in both English and French, highlights key elements that will bring you back to all that you were born knowing.



**You Are Love** is published by Law of Happy

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When Lauren, founder of Law of Happy, gives talks and leads workshops in the corporate and private sectors, she uses a unique approach that integrates elements of her diverse skills and experience.

You can visit her at [www.lawofhappy.com](http://www.lawofhappy.com)

For advance review copies or to schedule an interview with Lauren, please contact her at (647) 473-5287 or [lauren@lawofhappy.com](mailto:lauren@lawofhappy.com)