



**About the Book – [www.JanetSpurr.com](http://www.JanetSpurr.com)**

### **Beach Chair Diaries: Summer Tales from Maine to Maui**

Non-fiction travel essays. Listed with Ingram Company, also available through Amazon.com

“If you focus on fun, focus on the beach, and focus on the pages of Beach Chair Diaries, you’ll find an endless summer of love and joy right in your own heart and soul.” Jack Canfield, Co-author, Chicken Soup for the Soul®

Pick up your beach chair and grab your funny bone. Get whisked away in this collection of seaside tales from Maine to Maui. Let these word waves wash over you as you laugh out loud and reflect on life in, on and around the water. You can have summertime anytime.

At the end of each short essay, the reader will find a page titled Low Tide Times, where it’s a time for reflection and remember summer memories. It’s a vacation between the pages.

### **Book Excerpts**

#### **In Search of the Perfect Beach Chair**

My idea of making a major decision while on vacation is thinking about the best position of my beach chair. Should it be upright for writing or reading, midway for relaxing or all the way down for serious tanning or snoozing?...

The perfect beach chair, for instance, one crafted from teak with an attached table. ...a step away from the pool with padding as thick as my mattress and a soft cotton cover to prevent unwanted sliding or sticking--can recline to any position including my favorite one called, "George Clooney Take Me!"

## Beach Chair Therapy

As usual, my brother and his family arrived on the scene, outfitted with beach equipment from aisle four of Wal-Mart...enough equipment to start a YMCA camp. I pointed towards the people sitting at the edge of the water and said, "Look, Serious Beach Chair People." My sister-in-law smiled and immediately moved all the beach chairs down closer to the waves. As we sat there, the waves gently lapped over our feet. I turned to my sister-in-law and niece and said, "Who needs a manicure, a massage or a therapist? I just need beach chair therapy!"

## About the Author

The Author's Essay Finding the Perfect Wave was selected and published by the Harvard Extension School from more than 1,000 entries. Ka Ching and Why Not BYOL? appeared as columns in North of Boston Magazine. Two articles were published in the Newport Independent Newspaper as well as Angel on the Dock in the Light Network.

Janet is the quintessential Beach Queen and has surfed, boogie boarded, snorkeled, kayaked, and sailboat raced 14 summers against the Kennedys from Antigua to Newport, Rhode Island, motor boated, white water rafted the Kennebec River and swam in seven of the top ten beaches in the U.S. She lived on Nantucket Island and currently lives in seashore community.

Beach Chair Diaries took about nine years to write and publish. In mid-April when the author received the first copy of her book, it happened to be one of the hottest days of the year. Her good friend, Amy and she drove the familiar mile to the beach in Marblehead to sit with and look at the book. A best-selling author, Bryce Courtney once told Janet that when she gets her book in her hands and opens it, it will fly into the world.

Those next few months were a dream come true, with the book launch party (and what a party), book signings and finally feeling as if she had made a difference with her words. She hopes that her book might spur people on to believe in their dreams and to go for it.

## 2011 Beach Book Festival Honorable Mention

### Workshop Leader and Participant

Janet is the number one, independently published author in the 40 years of business at The Spirit of 76 Bookstore in Marblehead, Massachusetts. Here are three workshops she has taught there:

Publishing Your Book

Promoting Your Book

Author's Promotional Workshop

4/2012 Speaker at IPNE, Going For Your Dreams, and How to Sell 7000 Copies of Your Book

11/2011 National Writers' Union: Selling To Retail Stores and Promoting Your Book

5/2011 Panel Leader at Publisher's University on Marketing Fiction

2010-2012 Boston Centre for Adult Education: How to Publish and Promote Your Book

2011 Northboro, Marblehead Rotaries, Colby-Sawyer College spoke on Going for Your Dream

10/2011 Boston Globe: Self Publishing Panel

9/2011 Salem Literary Festival: How to Promote Your Book

## Interviews and Other Media Events

2/2012 Books And Beyond Interview

1/2012 Jordan Rich **WBZ** Radio Interview

4/2011 Hawaii Book Blog

10/2010 Author Interview with Cathy Stucker

8/2010 Marblehead Reporter Interview

12/2009 Books And The World Interview

7/2009 **NECN! News:** Joe's Patio watch at NECN  
7/2009 Beyond The Book Interview <http://beyondthebookcast.com/a-beach-day-for-authors/>  
7/2009 Brookline Access Television Host: Melita M. Nasca, Ph.D. "Travels Through Space and Time"  
Three authors to watch at batv.org  
6/2009 Double Up Books Interview  
6/2009 Interview by Bob Baker, author of "55 Ways to Promote & Sell Your Book on the Internet" and  
"Guerrilla Music Marketing Handbook." Visit FullTimeAuthor.com and TheBuzzFactor.com  
9/2008 Spoke at Metrowest Downtown Women's Club  
9/2008 Teleseminar to NWU members  
7/2008 Giving You A Voice Interview  
6/2008 NPR Interview with Dr. Barton Goldsmith

### Podcast

Download "Be Your Own Super Hero"

<http://webtalkradio.net/2011/03/14/be-your-own-super-hero---writer-super-hero-janet/>

Always Harriet Newsletter Guest Blog

<http://alwaysharriet.wordpress.com/2011/08/04/the-treasure-of-summer-in-new-england/>

Solo Traveler Interview

<http://www.solotravelgirl.com/pack-along-beach-chair-diaries-on-your-next-trip-to-the-beach/>

### Endorsements

"You can have summertime, anytime, simply by reading this book. The author's sunny nature shines through every page, and makes you feel like you're at your favorite shore's edge – even if it's 20 degrees outside. Janet Spurr's evocative writing shows her reverence for the water and reminds you of the magical effect of being in, on or around a lake, ocean or stream. Read it and reap."  
- Sam Horn

Author of *POP*, *Stand out in any crowd*, and *Tongue Fu*

"While we are in a constant flight or fight mode, it is nice to daydream while Janet Spurr's stories take us swimming in laughter within the pages of *Beach Chair Diaries*."

-Malachy McCourt

Author of *A Monk Swimming*, *Singing My Him Song*, and *Voices of Ireland*

"Janet Spurr is irrepressible and irresistible in her approach to life and words. In these pages, you'll discover her unparalleled spirit and spunk."

-Ronda Rich

Author of *What Southern Women Know (That Every Woman Should)*

"If you love summer and fun, then you will love *Beach Chair Diaries*. Janet's words will inspire you to buy a new bathing suit, get out your beach chair and head to the nearest shore."

-Wally Amos

Author of *The Cookie Never Crumbles*, *Be Positive! Insights on How to Live an Inspiring and Joy-filled Life*

“To know Janet is to love her and you’ll know and love her after reading *Beach Chair Diaries*. Part memoir and part baby-boomer’s guide to a less stressful life. Janet’s breezy, inviting tone makes you want to find your own “beach,” even if it’s purely in your mind.”

-Melanie Rigney  
Editor

“Janet Spurr’s *Beach Chair Diaries* is a total delight. You’ll feel the breezes, hear the surf, and feel the sand between your toes.”

-Thomas B. Sawyer  
Bestselling author of *No Place to Run*, former head writer of *Murder, She Wrote*

## Reviews

7/12/2009	Dayton Beach News Journal
6/29/2009	IJustFinished.com
5/11/2009	Interviewed <a href="http://www.writingporch.com">www.writingporch.com</a>
4/30/2009	The Caregiver’s Blog
11/7/2008	SuffernLibrary.org
10/2008	Cape Cod Life Review
9/2008	Colby-Sawyer College Currents

## Sales Rep

Since 1984 she’s worked full time as a sales rep selling women’s accessories to boutiques, gift shops, museum shops and catalogs throughout New England. The items sold are Baked Beads jewelry, scarves; David and Young hats, scarves and gloves; Foot Traffic socks, leggings and tights; Hope and Words accessories and How to Live cards and products. Please email Janet at: [spurr1@msn.com](mailto:spurr1@msn.com) for more info.

## Affiliations

NWU, IBPA, IPNE, and NEIBA  
Dolphin Yacht Club Board Member 2000 to 2001  
Lecture Coordinator, Marblehead Arts/Writing Workshops and  
VP of Colby Sawyer Alumni Association.  
Ushered and Pledging Member since 1981 at Trinity Church, Boston  
Business Degree from Colby Sawyer College in 1976.