



About the Book – <http://www.beachchairdiaries.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.

Workshop Leader

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

Publisher's University and National Writers' Union has also hired Janet to teach; Selling To Retail Stores. Grub Street Writers and Boston Centre for Adult Education have hosted the workshop: Sales Boot Camp for Authors.

Interviews and Other Media Events

NPR interview 6/2008 with Dr. Barton Goldsmith

NECN! News Air Date: 2009 Joe's Patio watch at NECN

Brookline Access Television Air Date: 2009 Host: Melita M. Nasca, Ph.D.

"Travels Through Space and Time" Three authors watch at batv.org

Interviewed 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 for more info on Bob and his self-promotion advice.

Spoke at Metrowest Downtown Women's Club 9/2008

Taught teleseminar to NWU members 9/21/08

Taught workshops at the Spirit of 76 Bookstore, 2009, 2010

Taught workshops at the Boston Center for Adult Education, 2010

Podcast

Download "Be Your Own Super Hero"

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

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

9/2008	Colby-Sawyer College Currents
10/2008	Cape Cod Life Review
7/12/09	Dayton Beach News Journal
11/7/08	SuffernLibrary.org
4/30/09	The Caregiver's Blog
5/11/09	Interviewed www.writingporch.com
6/29/09	IJustFinished.com

Sales Rep

Since 1984 she's worked full time as a sales rep selling women's accessories to boutiques, gift shops and catalogs throughout New England. The items sold are Baked Beads jewelry, scarves, hats, David and Young scarves and gloves, socks, leggings and tights from Foot Traffic, wallets, coin purses from Shag Wear, Swop flops, Silver Jewelry www.debrashepard.com, Off the Wall Jewelry, Hope and Words accessories and How to Live cards and products. Please email Janet at: spurr1@msn.com for more info.

Affiliations

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