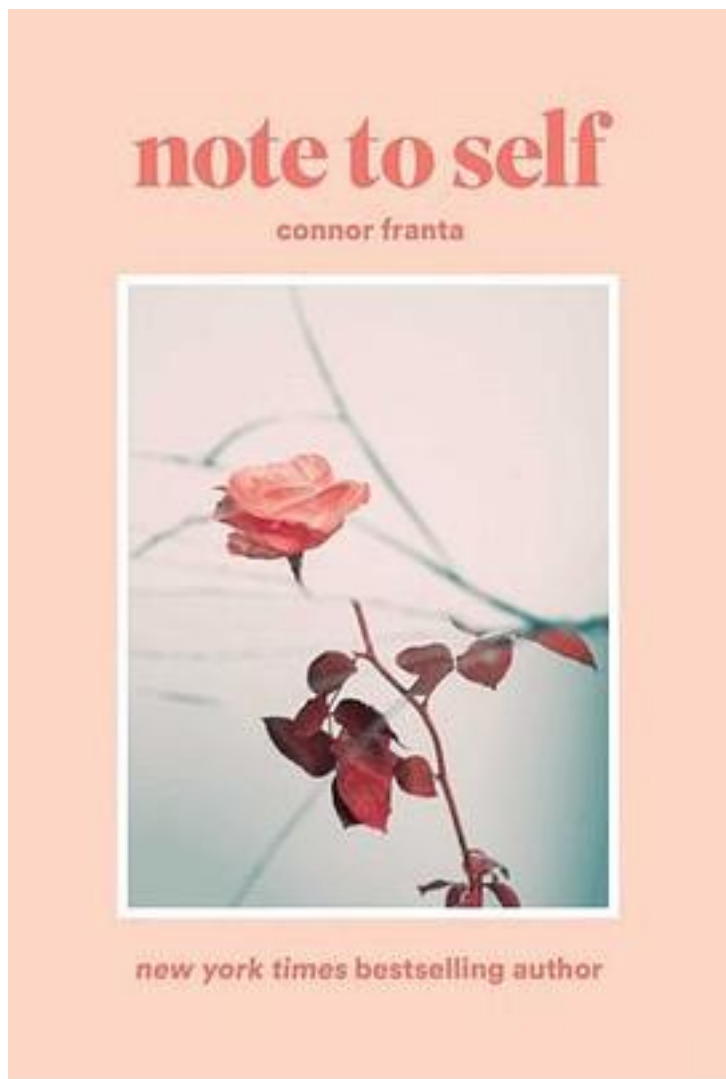


Note to Self



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Thirty inspiring women share the enduring lessons they have learned from the defining moments of their lives. Life rarely works out exactly as we plan. Rejection by a cherished friend, the onset of an unexpected illness, struggle with body image and self-perception -- these experiences may challenge us, but our triumphs come to define us. We find comfort, joy, tears, and laughter in the wisdom, insight, and empathy we gain. In "Note to Self," thirty dynamic women share their inspirational stories with writer, director, and television and film producer Andrea Buchanan. Celebrities such as Grammy Award-winning rock star Sheryl Crow and Emmy Award-winning actress Camryn Manheim join stuntwoman Stacy Courtney, football player Katie Hnida, seventy-year-old HIV-positive grandmother Beverly London, and alcoholic-turned-interventionist Candy Finnigan to reflect on their unforgettable stories of redemption. Punctuated by tears and laughter, these poignant tales are full of incredible strength, invaluable knowledge, insurmountable odds, helpful survival instincts, amazing willpower, humiliation -- sometimes on a national level -- and a hefty dose of humor. These unstoppable women emerged stronger, wiser, and more successful from the often painful and humbling turning points in their lives. While none of their unique stories will fit neatly on a sticky note you can tape to your wall, each of them carries an indelible message that can.

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