



Carol Edmonston
Author & Inspirational Speaker

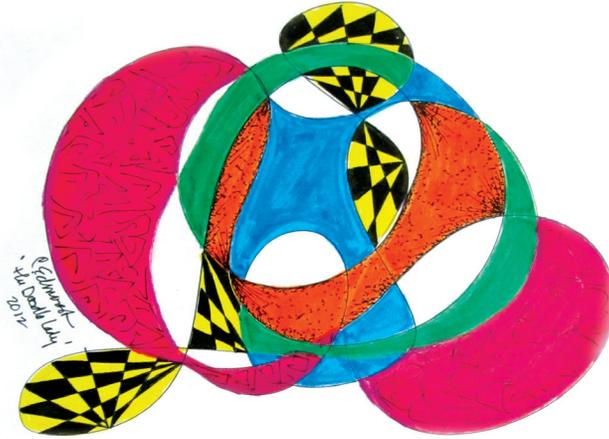
Carol Edmonston has been profiled in the New York Times and has appeared in *Woman's World*, *ElleGirl*, and *Women's Health & Fitness*, among others. Her story appears in *Chicken Soup for the Breast Cancer Survivor's Soul*. Carol has authored two books: *Connections ...the Sacred Journey between Two Points*, and *Create While You Wait...a Doodle Book for All Ages*. She shares her message with children and adults both here and in the UK. Her mission is to change the world one doodle at a time.

"Difficulties in life do not make your life bitter. They exist to make your life better."

Carol Edmonston

How Doodling Saved My Life

Carol Edmonston, a two-time breast cancer 'conqueror' has spent the last decade exploring the power of Doodling. She credits Doodling with saving her life. Like others in high stress situations, she was scared and terrified, living in the world of "what ifs." But she not only survived, but lives a full life teaching others how to do the same, whatever the challenge, with pen and paper in hand. The doodles she designed had redesigned her.



STORY IDEAS:

- ◆ Creative Ways to Help Kids Focus and Reduce Hyperactivity
- ◆ How Stressed out Folks can Cope for Under a Buck
- ◆ 6 Simple Tips for Surviving Challenging Times
- ◆ The Upside of Cancer – Doodle Your Way from Fear to Faith
- ◆ Famous Doodlers: JFK, Picasso & cartoonist Syd Hoff
- ◆ The Magic of Doodling – increase productivity & improve memory
- ◆ Don't Turn to Drugs or Drink – just pick up a pen
- ◆ Stress: A \$300 billion Industry – Doodle your way to peace of mind
- ◆ Healing Through Creativity - how pen and paper can be the best medicine
- ◆ Doodling - a creative makeover for the Type A personality

CAROL EDMONSTON

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