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## NEWS & ANNOUNCEMENTS

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### Gal Pals Prove Wine + Inspired Activities = Creative Experiences for Mind, Body, Soul and Funny Bone in New Book, *Drink Wine and Giggle*

**Charleston, SC (OPENPRESS) October 2012** -- When the three Drink Wine and Giggle gals (aka DWAG queens) began to fashion their girlfriend retreats into more meaningful experiences, they realized they were doing more than just bottling their own fun. "It broadened our perspectives and taught us a lot about our true selves so that we could proceed with confidence to fashion lives that felt more genuine to us," claims author Julie Smethurst, one of the intrepid trio. Realizing they were onto something, the ladies proceeded to invent—and test—101 hilarious and horizon-expanding activities in order to encourage other women seeking a more genuine and joyful life. "It's no coincidence that our lives expanded in tandem with the agendas of our girlfriend get-togethers. Through the activities we came up with, we discovered a formula for personal growth that produced moments of meaning where our random yearnings and aimless wanderings finally made sense," adds co author Lynne Everatt. Deb Mangolt, co author #3, confirms, "When we planned our retreats we didn't know about the research data on friendships. All we knew was that whenever we got together, our lives improved! We want our readers to share in that experience."

With activities like "Mock Therapy," "Girlfriend Time Capsule," "Mud Pie on Your Face" and "Rap it Up," readers will find romping through this friend-fest an intoxicating adventure!

#### About Drink Wine and Giggle

Drink Wine and Giggle (101 ways girlfriends can connect, have fun and be inspired) combines friendship and personal growth in a collection of easy-to-follow activities that have been tested and proven to turn girlfriend get-togethers into life-shifting experiences.

The activities in Drink Wine and Giggle include short projects, exercises or excursions. The book is divided into four sections—mind, body, soul and funny bone—with twenty-five activities in each. The perfect get-together companion, Drink Wine and Giggle is dedicated to encouraging new adventures and fresh insights.

#### About the authors

**Lynne Everatt** is the author of the Leacock Award-nominated *Emails from the Edge* and a former Globe and Mail columnist. Having experienced two career directions, first as a finance and marketing manager then as a writer, Lynne is aware of how important it is to spend your life doing the things you love. It is the drive to do the things she loves in a way that supports other women that makes Lynne passionate about *Drink Wine and Giggle*. The book is about realizing the mind, body and soul's potential—a quest Lynne shares—but it is the funny bone that she is most drawn to. Lynne loves to make people laugh.

As an Event Planner, Certified Professional Coach and Licensed Zumba® instructor, **Deb Mangolt** brings her positive attitude and bubbly personality to turn family reunions, corporate team-building events and women's retreats into memorable and intoxicating experiences that demonstrate the power of true compassion. Her former career in corporate finance has taken her across North America from Ohio to Tennessee to Toronto and finally to Charleston, South Carolina where she resides with her husband. A devoted hospice volunteer, member of the Charleston Center for Women and an avid golfer and runner, Deb completed the Kiawah Island Marathon in less time than it takes to fly from New York to California.

**Julie Smethurst** is a finance professional, wife, mother and girlfriend. As a Chartered Accountant and finance consultant, she helps her clients optimize business and finance opportunities. Prior to becoming a consultant, Julie spent twenty-two years working for a top accounting firm and a global pharmaceutical company. With a longing to continuously grow in her own life and to help others, it's no wonder that Julie found a way to help women through *Drink Wine and Giggle*. When not embroiled in high finance or coming up with activities to share with girlfriends, Julie can be found practicing yoga, hitting at the tennis club with her family or curled up reading a book.