

# Underwired<sup>®</sup>

MAGAZINE



## WIRED & INSPIRED

### THE TRUE YOU: TOOLS TO EXCAVATE, EXPLORE, AND EVOLVE

by Jennifer M. Blair, founder of Excavive Life Coaching and Underwired Magazine's Evolve columnist

A compilation of fifty-three previously published essays, *The True You* provides provocative life perspectives and life coaching exercises to help you gain insight into what is truly important in your life. Blair gives you the tools to examine who you really are; explore the depths of your own greatness while discovering how it matches your dreams and desires; and then assists you to evolve into the best version of yourself, fully living the life you want.

## Launch Party

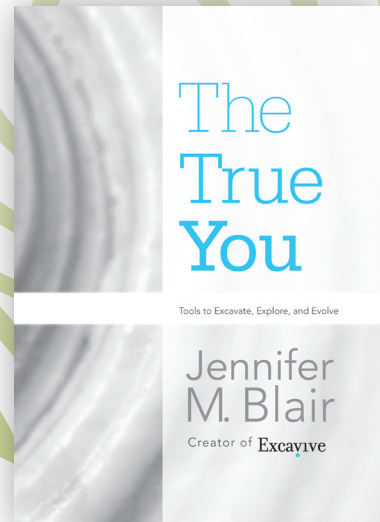
TUESDAY, MARCH 6TH

6:00pm - 6:45pm Meet and Mingle with cocktails and light nibbles

6:45pm - 7:30pm Evolving *The True You* with author Jennifer M. Blair and UW Publisher Laura Grinstead

7:30pm - 8:00pm Personal Book Signing and Celebration Toast

THE GREEN BUILDING  
732 E. MARKET ST  
LOUISVILLE, KY 40202



Tickets are \$35 and include a copy of *The True You*.  
To register call 502.403.9834 or by email [editor@uwmag.com](mailto:editor@uwmag.com).  
Please register in advance as space is limited.

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