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Columnist Attacks Dirty Dozen With First Book

Immediate Release

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For More Information, Contact:

Patty Kimball, 614-270-5420, TheDogAteMyPlanner@columbus.rr.com

Columbus, OH— Pat Snyder, a humor columnist, “recovering attorney” and new book author, says that the average overbooked life has a dozen kinds of disrupters she calls “dogs” and that a hearty dose of laughter and 74 “leash laws” can rein them in.

In her just-released book *The Dog Ate My Planner: Tales and Tips from an Overbooked Life* (Two Harbors Press, Minneapolis) Snyder takes on the dirty dozen with humor: electronic devices, kids and pets, fashion, modern medicine, self-help gurus, quick fixes, home construction projects, holidays, food preparation, shopping, and romance.

“First we have to laugh at the mess,” she says, “then try to get it under control.”

Snyder started writing about her overbooked life a decade ago to save her sanity while she was practicing law, raising children, and taking care of ill family members. Her “Balancing Act” humor column appears online and in a chain of 22 suburban papers published by Suburban News Publications around Columbus. The book, which includes both columns and life balance tips from herself and her readers, is part of a personal mission to help the overbooked lighten up.

“Laughter helps us cope with stress,” she says. “And in uncertain times, when the economy has taken a nosedive, we can’t afford to take a nosedive in our attitudes.”

She compares life to hang-gliding, a sport she once tried. “If you look up, the wind will carry you. If you’re looking down, Wham! You’re going to crash land.”

Snyder admits that looking up has been a challenge for her the last several months. In May, just before the book was first scheduled for release, her husband, a long-time diabetic, died unexpectedly.



MEDIA RELEASE

Page 2 of 2

“I took a break,” she says. “Grieving, like laughter, is important. But the two are very close in some ways. We cry over the person we miss. We laugh remembering the fun times. Both are helpful. Both are a release.”

In honor of her late husband, she’s also working to get the book into the hands of those who are ill and their caregivers. At a book launch party in Columbus Sunday, September 13, each purchaser will receive a “Waiting Room Copy” of *The Dog* to pass along to a doctor’s office. The World Laughter Tour, which Snyder serves as a certified laughter leader, has offered the same buy one- get one deal to its 7,000 laughter leaders, as part of a “Campaign to Humorize Health Care.” And Snyder is offering the same deal, while supplies last, to those purchasing *The Dog* through the book’s web site, www.TheDogAteMyPlanner.com

Along with the book, Snyder is also offering speeches and workshops geared toward lightening up and making the most of life’s downturns.

The Dog is available through local bookstores and online retailers. Autographed copies are available – with customized messages for the overbooked – through the book’s website, www.TheDogAteMyPlanner.com. While supplies last, a second “waiting room copy” will be shipped with each book purchased from the book’s website.

A media kit for *The Dog Ate My Planner* is available online at <http://www.patsnyderonline.com/media>

Request a review copy of the book or an interview with Snyder by contacting TheDogAteMyPlanner@columbus.rr.com