

PAT SNYDER

ABOUT THE AUTHOR



For more than 40 years, Pat Snyder balanced full-time work as a journalist and then as a lawyer, with raising children and caring for ailing family members.

“My salvation came when I started writing a humor column about the craziness,” she says. “Pretty soon, the angst started to look like great material. Laughing about it made a huge difference in my life.”

The column, called “Balancing Act,” has appeared regularly for nearly a decade in Suburban News Publications, a chain of 22 weekly papers in the Columbus, Ohio, area, where she lives, and provides much of the material for *The Dog Ate My Planner*.

“The column has been therapeutic for me and for my readers. Besides learning to see the light side of my own life, it’s been a relief to see that I was not the only one who was not living the picture-perfect life. It’s worked that way for readers, too. They’ll come up to me and say, “Wow. That’s me. I thought I was the only one.”

In her columns and in *The Dog*, Snyder confesses to multiple missteps as she tries to master the overbooked life. In a piece called “Please. No More Great Material,” she describes hosting a family reunion just weeks before her husband, a long-time diabetic, was to have his leg amputated. In another, she invents a system called “speed shopping” that involves using the car trunk as a refrigerator for lunch-hour grocery runs.

From her readers and much trial-and-error experience (“mostly error,” she says), Snyder also passes along some short practical tips in *The Dog* to avoid the messes she’s managed to get herself into.

“Follow them or not,” she says, acknowledging that an entire chapter of her book is devoted to confessing how she’s gotten herself tangled up following book-length advice from the likes of Stephen Covey and David Allen. “In the end, you have to do what works for you.”

Now a “recovering lawyer,” Snyder writes and speaks full-time on the importance of using humor and laughter to reduce stress and boost creativity and productivity. She also leads laugh-ins as a certified laughter leader with the World Laughter Tour (<http://www.worldlaughtertour.org>),

“Writing full-time feels like going happily home after a very long trip through the contentious world of law,” she says. Before law school, as a reporter for the *Akron Beacon Journal*, she won state and national journalism awards. When her marriage to the late Bob Snyder made him both an unsuspecting stepparent and first-time parent, the two of them co-authored a Sunday column for *The (Cleveland) Plain Dealer* on the challenges of stepfamily living. Her account of their adventures combining his Hanukkah traditions with her Christmas ones was published in the book *Cup of Comfort for Christmas*.

Pat lives with all the dogs that eat her planner in Columbus, Ohio. Her online home is <http://www.PatSnyderOnline.com>.



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