



**Sonia Marsh: Author, blogger,
motivational speaker and adventurer**

"Life is too short to play it safe."

Sonia Marsh Challenges You to Live a Gutsy Life

Sonia Marsh is a gutsy woman who, together with her husband and three sons, swapped a comfy, materialistic life in Orange County, California, to live a modern-day Swiss Family Robinson adventure on an island in Belize, Central America. That led to her memoir, *Freeways to Flip-Flops: A Family's Year of Gutsy Living on a Tropical Island*; the popular Gutsy Living blog; and a speaking career. Sonia now guides and motivates others to get out of their comfort zone, take a risk and pursue their gutsy dreams.



**Contact Sonia to
get energized and inspired!**

**Sonia Marsh
Gutsy Publications
23785 El Toro Road, #131
Lake Forest, CA 92630**

Cell Phone: (949) 309-0030

**E-mail:
Sonia@soniamarsh.com**

**Website:
<http://soniamarsh.com>**

Twitter: [Follow @GutsyLiving](#)

Facebook: [Become a Gutsy Fan](#)

LinkedIn: [Sonia Marsh](#)

**Facebook Group:
[Gutsy Indie Publishers](#)**

About Freeways to Flip-Flops: A Family's Year of Gutsy Living on a Tropical Island

What do you do when life in sunny Southern California starts to seem plastic, materialistic and just plain hellish? For Sonia and Duke Marsh, the answer was to sell their worldly goods and move to an unspoiled, simpler life with their three sons in Belize, a third-world country in Central America, without all the comforts and distractions of life in the developed world.

Belize was not quite the paradise Sonia envisioned. But in the face of a growing number of challenges, members of the family grow closer and learn valuable lessons that help Sonia realize that paradise is not a place—it's a state of mind.

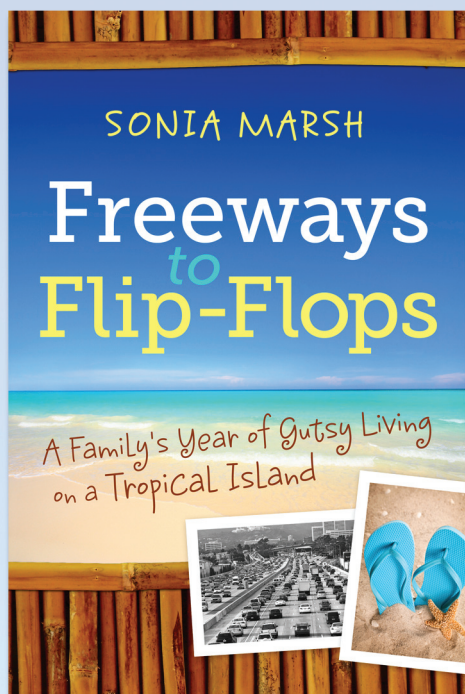
About My Gutsy Story—Mini-Anthology (e-Book)

Sonia created the popular "My Gutsy Story" series, presently posted on her *Gutsy Living* blog and on *Patch.com*. The series celebrates inspiring and life-changing stories. The e-book chronicles 14 such stories. An expanded version with 50 tales is in the works, along with a live "My Gutsy Story" event.

Sonia's Favorite Topics

Sonia can customize her topics to address your specific audience.

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Life Lessons

- **Be Gutsy: Live the Life You've Dreamed About** Sonia teaches how to step outside your comfort zone, take risks and emerge on the other side as a values-based, more confident person.
- **How to Reconnect a Family in Turmoil** Sonia describes her unique way of reconnecting her family by trading materialism for a simple life.
- **5 Ways to Be Gutsy and Find Your Passion** Are you doing what you want to be doing with your life? Sonia will lay out the actions you need to take to get Gutsy and make it happen.
- **Finding Paradise Within** Sonia describes how living on a tropical island taught her that paradise isn't a place, it's a state of mind.

Travel

- **Living the Expat Life** Sonia regales audiences with her tales of living around the world, including a childhood in Nigeria, schooling in Paris and London, and her family's adventurous sojourn in Belize.
- **Don't Let Your Budget Get in the Way of Your Dreams** Sonia shows you how you don't have to be rich to move to a Caribbean location. There are always options in life, you just need to change the way you look at things.

Literary Pursuits

- **Secrets of Self-Publishing** Sonia has been there, done that. She'll take you through the steps she followed, so you can repeat her success.
- **Blogging to Build Your Author Platform (Audience)** Sonia describes how to use your blog to create a community and build your brand.

Born to a Danish mother and an English father, Sonia speaks Danish, French and English. She credits her parents for teaching her to be an independent thinker and adventurer, and has tried to instill those qualities in her own children. Now that they're out of the house, Sonia revels in her ability to pack her suitcase in an hour and be off on her next Gutsy adventure.