



Media contact:
Sonia Marsh

Cell Phone:
(949) 309-0030

E-mail:
Sonia@soniamarsh.com

"Freeways to Flip-Flops is a memoir that reads like a novel."

—Lan Sluder
(*Easy Belize, Fodor's Belize, Living Abroad in Belize*)

"A book that reads like a breath of fresh air."

—Lynnete Brasfield,
author of *Nature Lessons*

"Sonia Marsh and her family give new meaning to the term 'flipping out!' Sombreros off to them for showing us the roads less traveled can often be the most rewarding—even when our trips don't go as planned."

—Franz Wisner, *New York Times* bestselling author of *Honeymoon with My Brother* and *How the World Makes Love*

"I loved the story and Sonia's courage in telling it."

—Susan Pohlman, author of *Halfway to Each Other: How a Year in Italy Brought our Family Home*

(Lake Forest, California, July 31, 2012)—**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 the Central American island of Belize, a third-world country without all the comforts—or distractions—of life in the developed world.

Sonia hopes the move will bring her shattered family back together. Instead, things begin to go wrong immediately. As the days turn into months, Sonia finds herself questioning the family's decision to move on a nearly daily basis.

Today, back in the United States after her family's adventure in Belize, Sonia has chronicled her story in *Freeways to Flip-Flops: A Family's Year of Gutsy Living on a Tropical Island*. The book will be released on August 21, 2012.

Sonia also is a speaker who guides and motivates others to get out of their comfort zone, take a risk and pursue their gutsy dreams. She writes the Gutsy Living blog at <http://www.soniamarsh.com> and created the popular "My Gutsy Story" series, now an [e-book](#) that celebrates inspiring and life-changing experiences.

Sonia is available for interviews and speaking engagements on a variety of topics:

- How a Year in Belize, Changed My Family: Life Lessons
- How to Find Balance Within Your Family
- How to Get Your Kids Away From Peer Pressures and Entitlement Attitudes.
- From Materialism to Simplicity: Lessons Learned
- Don't Let Your Budget Get in the Way of Your Dreams
- Be Gutsy: Live the Life You've Dreamed About
- 5 Ways to Be Gutsy and Find Your Passion
- Secrets to Finding Your Paradise Within
- What You Need to Know Before Living the Expat Life
- How to Become a Gutsy Indie Publisher
- Successful Blogging to Build Your Author Platform (your audience)