OF DIRT AND *Wildflowers*

A MEMOIR

ON GROWING THE COURAGE TO BLOOM

KYLEE J. MARSHALL

Media Kit

970-314-5373
kyleejeanmarshall@gmail.com

ABOUT THE AUTHOR

Long Bio:

Kylee Jean Marshall is a writer, public speaker, and recovering perfectionist. Of Dirt and Wildflowers is her first published book. She was born and raised on a sheep ranch in rural western Colorado and now lives in Grand Junction, CO with her husband, Travis, their children —Rylee, Candon, and Max, a golden retriever, Winston, and their black cat, George. When she is not reading and writing, she enjoys being outdoors hiking, biking, running, and skiing.

Short Bio:

Kylee Marshall is a Colorado writer and recovering perfectionist. She holds a BA and MA in English and Education and has spoken at the nation's capital as well as many other workshops and forums. Kylee speaks to the power of resilience and empowers her audiences to write their own stories.

150 Character Bio:

Kylee Marshall is a Colorado author and inspirational speaker. Her focus is on leading individuals to their own purpose and power through the lens of growth and gratitude.

BOOK SYNOPSIS

"And we don't always know it or understand it at the time, in the season, but nothing grows without a good amount of dirt."

Life is dirty and then it's beautiful and wild. Learning to overcome life's obstacles and tribulations, Kylee Marshall weaves a delicately crafted story about finding the beauty in our dirt and the courage to grow wildly. In Of Dirt and Wildflowers, Kylee helps you ...

- revisit the stories of your past—the stories that others told you, that you created, that you told yourself
- embrace the current season of your life—the day-to-day, the mundane, the present tense
- aspire toward your future—the dreams that wake you, the hopes you carry, the wild risks
- and above all, to stop being the perfectionist that is sucking the joy out of truly living

Poetic and laced with imagery, Of Dirt and Wildflowers reminds us that life is less about the dirt in which we were planted and more about the space we take up as we grow.

CONNECTIONS & CHANNELS

FACEBOOK

https://www.facebook.com/profile.php?id=100088233099449&mibextid=LQQJ4d

INSTAGRAM

@kyleemarshallauthor

LINKEDIN

linkedin.com/in/kylee-marshall-6b7282267

WEBSITE

kyleemarshall.com

NEWSLETTER & BLOG + BOOK CLUBS

Receive monthly inspiration

http://eepurl.com/ijgpyv

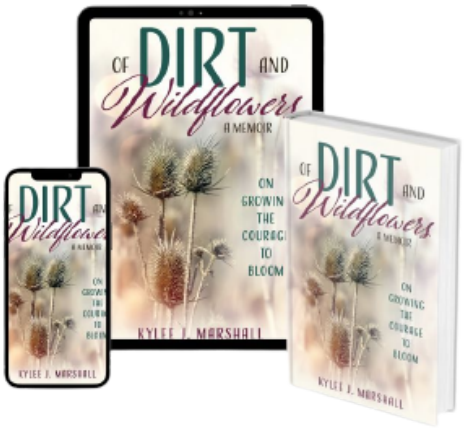
Invite Kylee to your book club (in-person or virtual)

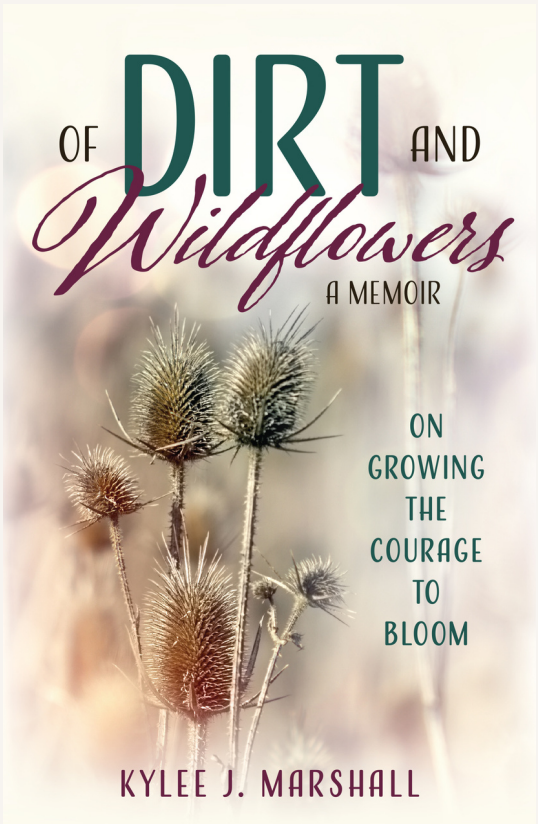
kyleejeanmarshall@gmail.com

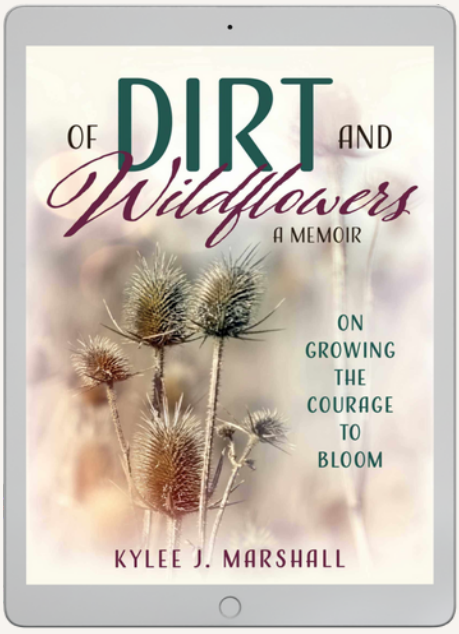
FREE GIFT

Are you ready to dig in, to get your hands dirty? To uncover your courage and lead the life of your dreams?

I invite you to grow over the course of seven days with my 1 Week to Bloom Workbook. Join me in this opportunity to grow – in your life and in our business!







BOOK IMAGES

CLICK HERE FOR DOWNLOADS OF IMAGES

HEADSHOTS

CLICK HERE FOR DOWNLOADS OF IMAGES

BOOK COPYRIGHT INFORMATION

Of Dirt and Wildflowers: A Memoir on Growing the Courage to Bloom
Published by Spring Creek Publishing
Grand Junction, CO

Copyright ©2023 by Kylee Marshall. All rights reserved.

No part of this book may be reproduced in any form or by any mechanical means, including information storage and retrieval systems without permission in writing from the publisher/author, except by a reviewer who may quote passages in a review.

All images, logos, quotes, and trademarks included in this book are subject to use according to trademark and copyright laws of the United States of America.
Cover and interior design by Victoria Wolf, copyright owned by Kylee Marshall.
Author headshot photo credit to Lacey Borba.

Paperback ISBN: 979-8-218-10653-9

This book is a combination of facts about Kylee Marshall's life and certain embellishments. Names, dates, places, events, and details have been changed, invented, and altered for literary effect. The reader should not consider this book anything other than a work of literature.

QUANTITY PURCHASES: Schools, companies, professional groups, clubs, and other organizations may qualify for special terms when ordering quantities of this title. For information, email kyleejeanmarshall@gmail.com.

All rights reserved by Kylee Marshall and Spring Creek Publishing.

Printed in the United States of America.

Title: Of Dirt and Wildflowers: A Memoir on Growing the Courage to Bloom
Publish Date: June 2023
Paperback ISBN: 979-8-218-10653-9
Format: Available in Both Paperback and eBook
Available for purchase: Amazon, Barnes & Noble, etc.

Editor: Bobby Haas & Jennifer Jas
Publisher: Spring Creek Publishing
Cover Design & Layout: Victoria Wolf

SPEAKING & WORKSHOPS

My story is no different and yet is mine alone: I am a recovering perfectionist learning to love my good enoughs and my I gave it my alls. My story leans into the dirt of my life: poverty, sexual abuse, young motherhood, divorce, womanhood, midlife, and domestic abuse. But my story is more about the space I have taken up in the dirt to grow: resilience, courage, gratefulness, determination, persistence, joy, and love.

It has been my experience that life will confound us all with its beauty and with its devastation and with its wonder and with its earth-shattering tragedies. We walk together in the human experience while also trekking our own paths to our own destinies to the tune of our own passions.

As an educator for seventeen years, I taught English Literature and Composition to high school and middle school students -- a lifelong dream to help students find their voices. Throughout my years as an educator, I spoke publicly on many platforms including a presentation for education reform in Washington, DC.

In 2018, I made the leap from education to real estate where I manage transactions for a top real estate team in Western Colorado. I specialize in organizational structures and engage with clients as they navigate the homebuying and selling journey.

In June of 2023, my first published work, *Of Dirt and Wildflowers*, was released. It is the culmination of my experiences that has led me to live a gratefully joy-filled life.

It is my greatest aspiration to lead others to the wildflower fields of their lives through interactive presentations focused on doing the personal work it requires to see dirt for what it is -- a place to grow.

Speeches and Keynote Presentations:

"Rooted" (60 minutes, interactive, Keynote) focuses on how to uproot ourselves from fear and root ourselves in gratitude.

"The Bathtub Talk" (60 minutes, interactive) focuses on how to release and let go in order to move forward with purpose.

"Setting Your Table" (60 minutes, interactive) focuses on authenticity and inviting the right people into your life.

"Social-Emotional Language in Modern Business Communications" (45 minutes, lecture) focuses on the use of language within business communications to keep your organization engaged.

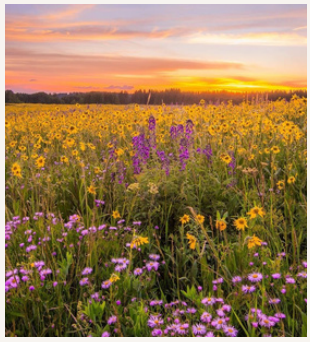
BOOK

BLURBS & QUOTES

"You can be strong and also be allowed to rest. You can be determined and also start over. You can be independent and also ask for help."

"Insecurities, that dirt we carry because someone else picked it up and put it in our hands or poured it onto our heads. There is no insecurity more heavy than another – they are all heavy. Hard to pick up and keep on walking around pretending the whole time like it's not difficult or cumbersome. Insecurities from childhood and adulthood – about how we look, about how we run or walk, about how we talk and how the words come out with a lisp or an accent, about how we read or struggle to learn, about where we are in our life or in our careers, about the things we own or the house we call home. Insecurity is a constant reminder that we are not alone and yet can be made to feel all alone."

"I am change, dramatic upheavals that shake the ground and my soul. I am peaceful and shedding. I am calm and coming undone. I am steady and falling away, apart. I am open and surrendering, letting go. Autumn – a season marked by change and by endings – settles me. I think when things wind down, signal to us that they must go, we are inclined to hold onto something, to find what's worth holding onto for the next season, to reflect, to anchor ourselves in the change and allow ourselves to be washed over with hope."



"There was something magical about walking, the way it slowed time – slowed the rush of work and lists and kids' events and laundry and dinners and not forgetting to call my mom and date my husband and be present for my daughter's senior year and physical therapy appointments and medical bills. It slowed. With each step, it slowed."

AWARDS, ACCOLADES, REVIEWS, & ENDORSEMENTS

OF DIRT AND WILDFLOWERS

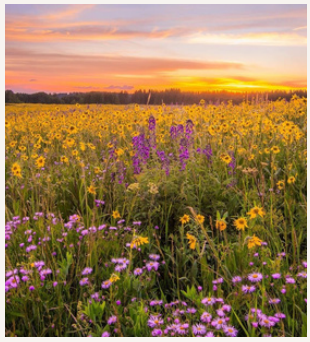
Q & A

What was your motivation for writing this book?
I feel like I have always been a writer – from my first stories and diaries as a child to then getting my English degree in college. When I was a teacher, my greatest joy was teaching students how to discover their voices and hone their craft. As you'll read in my memoir, there were many years in my life that weren't conducive to creativity, but I really felt such joy and pride in my resiliency in the last few years and wanted to share my story as a means to inspire others to keep going and to keep growing.

What is the connection between the book's ideas to dirt and wildflowers?
The title itself really encompasses life and the journey. Dirt refers to all of the dirt of life – traumas, experiences, stories we told ourselves, stories told to us. I focus on the importance of leaving some dirt behind but also the importance of using some dirt to plant and to root. Wildflowers refers to the risk we must all take to live a life of purpose. It requires us to be like a wildflower and uproot ourselves and let ourselves be carried away and to bloom despite everything being against us.

What was your greatest challenge in writing this book?
My greatest challenge was definitely being vulnerable. I think all writing is a vulnerable experience, but to write a memoir about your own experiences can be somewhat traumatizing because you must relive in vivid detail parts of your life. It is a process of healing, and then to put it all out there requires a type of courage I didn't know I had.

What do you hope will be the impact of your book?
My hope is that my story resonates with my readers and that they can see themselves on the pages. I want them to feel the struggle and connect to it, but I hope in the next moment they feel the strength and are inspired by it.



OF DIRT AND WILDFLOWERS

Q & A

What do our fears stem from?

I believe our fears stem from a place of vulnerability. We want to protect ourselves. From pain, from failure, from heartbreak, from loss. If we open ourselves up to the possibility of something new or to the potential of change, we must also open ourselves up to the possibility of failure and of loss. I think it is essential to talk to our fears, to become friends with them, to understand they are trying to protect to us, and then to let them know we are going to be okay and move forward.

What do you believe people must do in order to live in courage?

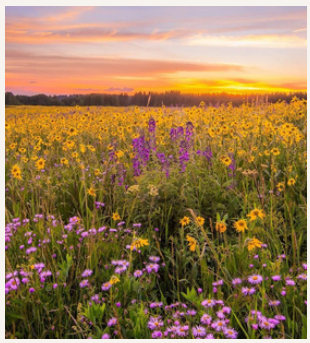
I believe people must first be courageous enough to dig into their "dirt." It is really a process of excavation -- learning what parts of your story will serve you and what parts of your story need to be let go. Courage isn't always a big announcement and a big undertaking. In fact, I think courage is quiet. It is small steps, the tiny voice. It is intentionally moving forward instead of staying put.

How do you know if you're living a life of purpose?

I believe a life of purpose feels a certain way. It feels peaceful. It feels fulfilling. It feels joyful. When we are able to align our goals and visions with our mindset and with our actions, we begin feeling our purpose. The conversations we have carry purpose. Our friendships have purpose. We wake up in gratitude and want to share joy with others.

You mention you're a recovering perfectionist? Where do you think the need for perfectionism comes from?

Psychologically, perfectionism is a trauma-response. It is a means to control which stems from a trauma when we were unable to control something. But I think as we grow older and as we heal, the need for perfectionism is more about fear. There is an innate need to keep things controlled, and the fear that chaos or failure will occur if we don't leads to perfectionism. It is also a need for love, adoration, and acceptance -- insecurities breed perfectionism.



OF DIRT AND WILDFLOWERS

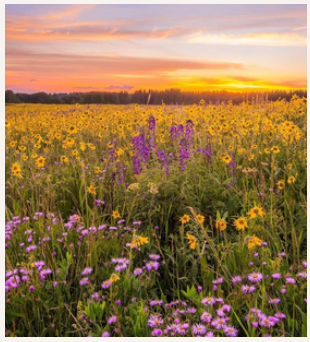
Q & A

How do you believe one can "cure" or recover from perfectionism?
I think that one can begin recovering from the plague of perfectionism by really taking the time to be present in life. By this I mean, slow moments down and sit with whatever it is that needs to felt. If we can befriend our emotions, we can understand that on the other side of fear is courage. On the other side of worry is gratitude. On the other side of perfectionism is progress.

Your story begins on a ranch in Western Colorado. How does that play into who you are and how your story unravels?
I am really the epitome of the old saying, "You can take the girl out of the country, but you can't take the country out of the girl." Growing up on a ranch taught me hard work and discipline. It taught me about resiliency and persistence. And I definitely have been witness to those traits of my character throughout my life; however, I think it also gave me space to be creative and to fall in love with nature. So much of who I am is my connection to nature -- it shapes my writing throughout the book.

Your story goes back and forth between childhood and adulthood. How do you think our early stories shape us?
I think our early stories are absolutely essential to who we are and who we choose to become. I mention in the book that our lives are less about where we were planted and more about how we choose to grow. If we can get to a point where we celebrate our early stories and recognize what they have given us, then I believe we are in the growing and blooming season of life.

If you had to compile all of your anecdotes into one theme or lesson, what would it be?
I really delve into so many stories and seasons of my life; but if I had to sift it all out into one theme or lesson, I would say it is to celebrate life. I think as I reflect back on all of the stories I wrote about, it is clear that they were moments of a time gone away, and the fragility of time is a constant. All we can do is live and celebrate that we get the gift of another day.



FOR IMMEDIATE RELEASE

OF DIRT AND WILDFLOWERS: A MEMOIR ON GROWING THE COURAGE TO BLOOM: TRANSFORMATIONAL DEBUT MEMOIR PROVIDING READERS INSIGHT ON COURAGEOUSLY LIVING A LIFE OF PURPOSE

Author Kylee J. Marshall's Memoir Recounts Her Experiences over the Course of Forty-Two Years and Explores the Resiliency and Courage she Gained.

Grand Junction, Colo., June 10, 2023 – Kylee Marshall grew up on a rural sheep ranch in Western Colorado. Her story begins with a tale about learning the importance of hard work and weaves its way back and forth from present time to the past connecting stories about childhood, motherhood, leaving her career as an educator, financial struggle, abuse, and grief.

"It was another April day, this one different though, because a soft layer of snow had fallen that Saturday morning. One of those spring snows that makes you worry about muddy floors and about frozen fruit in the orchards. But this one was quiet – because of the snow blanketing the dirt and because I was all alone standing beside a Folgers can filled with sand and dirt and pebbles. I hadn't realized that the last time I had emptied sand from his shoes was the last time, and like a crumbling Jenga game, I was on the floor sobbing the loss of time, of messiness, of babes, and of wild. I wanted loud and messy. I wanted to show them I loved them in all their ways, even if it meant dirt. It took what I am guessing was an ugly moment to understand that perfection doesn't exist but that we can find our perfect in the dirt and in the messy of our lives. It is there, oftentimes staring back at us with dancing eyes. But we have to see it and make space for it and collect it because it is all fleeting."

Marshall connects her stories back to the themes of dirt and wildflowers; the dirt being all of life's circumstances, and the wildflowers being the courage to bloom. Focusing on growth and seeking out a life of purpose, Marshall uses her own experiences to connect with her audience.

"And we don't always know it or understand it at the time, in the season, but nothing grows without a good amount of dirt."

Published by Spring Creek Publishing in 2023.
To learn more about Kylee Marshall's book, please visit her website at www.kyleemarshall.com. To speak directly with Mrs. Marshall, please contact her directly at kyleejeanmarshall@gmail.com or 970-314-5373.
###

CLICK HERE FOR WORD DOCUMENT