

DAILY INSPIRATIONS TO STRETCH YOUR
MIND BEFORE STARTING YOUR DAY

morning fuel



REBECCA FAYE SMITH GALLI

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If there's one thing Rebecca Galli knows, it's the importance of staying fueled—daily. She's had a lot to power through: Her seventeen-year-old brother's death. Two children with special needs that include autism and epilepsy. Divorce. And her own paralysis. Galli has lived a life filled with unexpected loss—and learning.

Infused with wisdom from Galli's deep-thinking pastor father, her ever-optimistic, hostess-with-the-mostest mother, and other memorable family members and friends, Morning Fuel offers stories designed to inspire, encourage, or make you think. Sprinkled throughout are quotes from some of the greatest thinkers of our time—words that have bolstered Galli's resolve to power through her darkest valleys. Each entry ends with questions that invite personal application and provoke further pondering.

How you start your morning sets the tone for your whole day. Let the wisdom of Morning Fuel help you make that tone a positive one.

ABOUT THE AUTHOR

Rebecca (Becky) Faye Smith Galli is an author and columnist who writes about love, loss, and healing. Surviving significant losses—her seventeen-year-old brother's death; her son's degenerative disease and subsequent death; her daughter's autism; her divorce; and nine days later, her paralysis from transverse myelitis, a rare spinal cord inflammation that began as the flu—has fostered an unexpected but prolific writing career. In 2000, The Baltimore Sun published her first column about playing soccer with her son—from the wheelchair that launched her From Where I Sit newspaper column. Her website (BeckyGalli.com) houses over 400 published columns. Her books, Rethinking Possible – A Memoir of Resilience (2017) and Morning Fuel – Daily Inspirations to Stretch Your Mind Before Starting Your Day (2024) reflect what she believes: "Life can be good—no matter what." She continues to write Thoughtful Thursdays—Lessons from a Resilient Heart, a column for her subscriber family that shares what's inspired her to stay positive. A Morehead-Cain Scholar at the University of North Carolina at Chapel Hill, she was formerly employed by IBM, where she was the recipient of the Golden Circle award for marketing excellence. Becky resides in Lutherville, Maryland, outside of Baltimore.

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TALKING POINTS

- Setting your day up for success– celebs that swear by it and the results show!
- Why positivity should be part of your morning routine and how to make it happen
- How to learn to live with uncertainty when you struggle with acceptance
- How to handle disappointment when life doesn't go as planned
- How to remain positive when gratitude is hard to find
- How to see possibilities even in failure
- How to navigate deep loss and begin to make sense of the pain
- How to let go of disappointment and live a fuller, purposeful life
- How to navigate grief during the holiday season



INTERVIEW QUESTIONS

- It's important that people understand the context of your writing. You lost your brother in a tragic accident. You lost your son who had special needs. Your daughter is autistic which has led to its own challenges. You went through a divorce and 9 days later were struck with paralysis that has left you in a wheelchair. How do you keep going each day?
- Why do you think “getting fueled” is something that people should do every morning?
- How did you select the stories and quotes you included in the book?
- You quote your father often in the daily readings. Do you have a favorite saying of your father's, one that you apply to your life most often?
- What are some of your favorite stories that you included in the book?
- What helps you face tough issues head on?
- After all the challenges you have been through, you still remain positive and not bitter. What's the secret to your optimism?
- Your memoir, *Rethinking Possible*, released a few years ago. How does *Morning Fuel* serve as the next step in your story?
- If you could sum up the single best piece of advice you'd want to pass on to others about going through hard times, what would it be?
- How has faith played a role in your journey through the many valleys in your life?
- What message do you hope to pass on to readers about overcoming tragedy to find their inner resilience?
- If you could go back, knowing who you are now, would you change anything?
- You have written in the past that there is a cost to hope. What do you mean?