



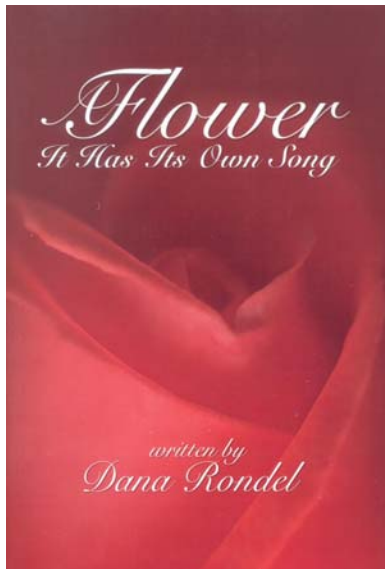
The joy of being a publicist is that you are constantly finding golden treasures! Golden treasures to me are people you discover who are inspirational and from whom you can learn more about life and all that it offers. They are people who offer words of wisdom and insights that are illuminating and life affirming. They give us hope, make us laugh, and encourage us to be brave. One such golden treasure is one of our clients, Dana Rondel, an author, public speaker, artist, dancer and choreographer.

There are four things I want you to know about Dana Rondel which are described below in more detail, and where you can go for more information:

[Her book](#), [her website](#), [her eMessages](#), and [her speaking engagements!](#)

### Her Book

Her first novel, "A Flower: It has its Own Song" is an empowering book that will be especially appreciated by women of all ages and will be compelling to the men who read it. In 2007 it was nominated in two categories by the annual African American Literary Awards.



The book tells the story of Rose, an exuberant young girl growing up from the age of 7 through her teenage years and focuses on her relationship with a wonderful older woman in her 70's who becomes her mentor and friend and is a constant source of wisdom, encouragement, strength and inspiration. She helps Rose deal with the many challenges she faces with her relationships at home and at school while they spend time together in her beautiful garden. Rose discovers early on the joy of having someone to share her deep feelings with and the benefit of having a wise and trusted friend to talk to during difficult times.

There are many themes and wonderful quotes in Dana's book about the beauty and struggles of life and the strength of the human spirit. You can purchase a soft and/or hardcover online at Target, Amazon, Barnes and Noble, Borders, as well as other book retailers.

### First page of the Book:

Being a musician most of my life and perhaps because I love music so much - I resonated with the many lyrical passages in Dana's book. The first page is entitled "Music"... Dana often recites this page at special events and jazz concerts. It is a strong piece and it has a compelling energy to it. It begins, "*Music, its song is the rhythm that flows within me. It, too, is the soft sounds of the piano, the humming of a human voice, a bird's melodious chirp, the blossoming of a flower and the sun's silent rise. It is the beating of the human and nature's heart. It is the beginning...*"

Below are some of my favorite quotes from the book and many of the themes:

#### Quotes from her book:

"A harsh word is like a mighty sword. It has the power to wound a man for life"  
"The world is like a field of weeds and still gardens proper, flowers bloom and a rose blossoms"  
"In every heart there is a garden with a flower that longs to bloom"  
"Always be good to yourself - love yourself - and don't accept anything less from anyone else"  
"No matter how bad the world is, my garden reminds me there's still beauty in it"  
"Everything in life counts - it all adds up - so do your best and make life worth it"  
"Spiritual empowerment is the strongest weapon we have to defeat our enemy... and the enemy is ourselves"  
"When the world standin' still in sorrow, create your own melody and call it joy;  
When the world standin' still in fear, create your own melody and call it courage;  
When the world standin' still in hate, create your own melody and call it love."

#### Themes from her book:

The courage to love and the power of love  
The power of fear  
The benefit of having a mentor who is also a friend  
The blessing of friendship  
The power of hope  
The need for truth and justice  
The benefit of mistakes; that they don't lesson us, they empower us even more  
The ability to respond well to struggle helps define who we are  
The attitude towards oneself reflects the attitude to life and to others  
Dreaming to some is to experience a form of freedom  
The beauty of diversity and the need to celebrate differences  
The restorative power of a kind word, a gentle touch, a child's smile or a human tear  
Hate and ignorance in one's heart can keep one a slave  
Music is a deep expression of the human spirit... and gives voice to human emotions  
Knowledge is the key to making things better; read more, think more, ask more  
Know what you want out of life and demand it - have the courage to demand it  
Love life even in your struggle

#### Her Websites: [www.danarondel.com](http://www.danarondel.com) and [www.metaphors4life.org](http://www.metaphors4life.org)

Dana's websites are filled with information about her book, background and speaking engagements and contains insights, quotes, inspiring ideas and recommendations. They are easy to navigate and are thought provoking sites. Her business website contains information regarding literature and artistic works available through Metaphors 4 Life and services that she offers.

#### Dana's Newsletter, "The Sunshine Newsletter" Inspirational Verses, "A Lotus Note

Dana's inspirational newsletter, "The Sunshine Letter", is very insightful and you can sign up to receive it by going to her website: [www.metaphors4life.org](http://www.metaphors4life.org). With the beautiful sunflower as a background (her favorite flower) it is very well laid out and is a most enjoyable read! Her inspirational verses, which go out each week are thought provoking and uplifting. The Sunshine Letter and Lotus Notes are well worth your time.

#### Meeting Dana

I met Dana briefly when I heard her speak at an author event for several authors at the HueMan bookstore in Harlem. She spoke for perhaps 10 minutes and in just that short a time, I knew how special Dana was and felt that she was a rising star. In today's world you need to be able to engage

an audience in the first few minutes you speak. I felt Dana's passion as she shared about her book and life experience. Her voice was clear, her messages were deep, and she spoke from the heart. That first impression was instant, dramatic and unforgettable.

### Dana's Background

Dana has overcome many hurdles in her life, and she has lived much in her 30 plus years; and through it all she has always remained positive, optimistic and filled with hope. She embraces the world and believes there are many opportunities available not only to her but to everyone. Through her books, talks, performances and websites, she keeps hope alive, and is intent on inspiring people and empowering each person to realize their strengths and special gifts.

Dana was born and raised in Hartford, Connecticut and she learned early on about the importance of family. While living in an urban community that had poverty, racism, and segregation she also believed there was a richness of life, love and culture that existed at the same time. She received a BS degree in Business Administration from Eastern Connecticut State University and a Masters of Arts in Humanities and Liberal Studies from Wesleyan University. After graduation she worked for a Fortune 500 company and spent 13 years working in the Information Technology field after which time she left to devote her life to her 2 main passions: writing and dance. As Dana developed her writing skills at Wesleyan, it was there that she also garnered a high respect for dance as a healing art. She thought of ways to utilize improvisational dance as a way to help people integrate their minds, bodies and spirits allowing them to transform from a fragmented to a whole self.

### Speaking Engagements:

Dana is available to speak on a variety of topics; some of which are mentioned below. She is a charismatic and engaging speaker. For a sample of her speaking visit [www.danarondel.com](http://www.danarondel.com) or to speak directly to Dana, you can call her at 888.609.9595 or email her at [writeme@danarondel.com](mailto:writeme@danarondel.com)

Dana speaks before small and large groups, corporations, non profits, schools and other institutions She has spoken about Black history, the importance of education, the fundamental factors of success, writing to heal self, and currently has 4 other speeches listed below she is actively presenting:

1. Making a Difference in Our Communities: One Mind at a Time - a conversation on the deteriorating conditions of the urban community and how this is but a microscopic view of what is transpiring all around the world and her thoughts and solutions.

2. Exploring the Inner you: A Journey Toward Self Knowledge and Empowerment - a conversation for women who want change and how to take "the first step"; recognizing the power you possess and developing courage to change your life and shape the world.

3. The Flower of Hope: In the Spirit of a Child - a conversation about the loss of virtues and decline of morals and asking what seeds we have planted in children. We see weeds and yet gardens prosper and flowers still bloom. Dana asks what must be done to restore the gardens of hope, love and beauty on this earth?

4. Art: The Impetus of Social change

A conversation regarding the power of expression through art and how it can become a catalyst for change in our own lives and communities.

### Summing Up:

Nothing about Dana is typical; she is unique. Dana is a dynamic and beautiful young woman with a flair for fashion and style. She wears fabulous colorful outfits that she creates and that make her stand out. She is exceptional at special events as an inspirational speaker. She has a heart of gold and a generosity of spirit. At a time in our history when there is so much fragmentation, chaos and violence in our society and throughout the world - Dana Rondel is a voice to listen to. She will inspire and uplift. She is a golden light who sparkles brightly and my wish is that you all get to meet her in person, read her books (more are in the works), and hear her speak. I believe she will make a profound and meaningful difference in the world.

Dana Rondel's contact information is below:

Dana Rondel

Metaphors 4 Life

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All best,

Jan Goldstoff

*"Speak your Dream, Find your Team, Live your Passions, and Enjoy all the Moments" -  
Jan Goldstoff's 4 pillars for happiness and success.*