

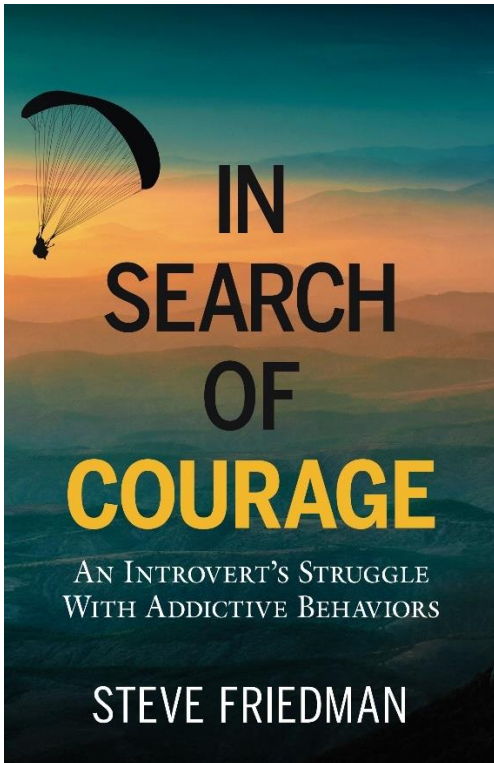
MEDIA KIT

PEAVINE PRESS, LLC - publication imprint bringing inspiration to life

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In Search of Courage:

An Introvert's Struggle with Addictive Behaviors

Recluse. Loner. Anti-social. Broken!

These words are often used to describe introverts today. More than 40% of Americans are reserved, yet introverts often remove themselves or their input is disregarded in the workplace and society.

Steve Friedman's book, *In Search of Courage: An Introvert's Struggle with Addictive Behaviors*, is more than just a deeply revealing and compelling memoir. It offers a relatable story about fear and the repercussions of making poor choices in order to attempt to cope with his own introversion. Along his bumpy path, Friedman shares the tools which led him to overcome many challenges in his pursuit of peace, serenity and courage.

In Search of Courage presents an inspiring story that shouts to the reader, "You are not alone!"

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"The road to authenticity is often upstream. Steve swims it, in spite of the currents."

-Norma T. Hollis, America's Leading Authenticity Expert and author of *Ten Steps to Authenticity*

"Kudos to Steve Friedman for sharing such a personal journey through the challenges of being an introvert in an extroverted world."

-Stephanie Chandler, CEO of the Nonfiction Authors Association

"In the tradition of Maya Angelou, Richard Rodriguez, and Paul Monette, *In Search of Courage* illuminates, through a very personal lens, universal insights bright with wisdom and heart."

-Roger Leslie, PhD, author of *From Inspiration to Publication*

"Wow! What a compelling life story. I enjoyed it and found myself pausing to reflect often."

-Blaise Dismar, MSW author of *Homebound No More: How I Beat Agoraphobia*

"I couldn't stop reading to find out the next roadblock he faced along his journey and how he coped."

-Mike Kowis, Esq., tax attorney, professor, and award-winning author

"Whether you're an introvert or not, you're sure to recognize yourself or those you know in these stories."

-Kenneth Rosenberg, novelist and author of *Memoirs of a Starving Artist*



Steve Friedman – Author Bio

Steve Friedman grew up in a loving yet turbulent household in Birmingham, Alabama. After graduating from The University of Alabama with a major in Finance, Friedman worked 30 years in various logistics and trading leadership roles with Shell Oil. Besides living in Houston, Detroit, and London, Friedman has traveled worldwide through business trips and family vacations.

In 2018, Friedman retired, ready to relax and focus on personal health and family connections. He has also rejuvenated his passion for introspective writing which has spawned *In Search of Courage* and other nonfiction projects.

Besides nonfiction writing and blogging, Friedman enjoys running, reading, and family time. Friedman met his love, Jennifer, in Houston. Together, they have raised three amazing children, Gwendolyn, Madolyn, and Noah. They delight in cruising and hanging around the house together.



Beyond Introversion

Becoming Your Best Self

Since July 2019, Friedman has created a weekly blog to inspire through truth and vulnerability. Successes and challenges, pain and relief with a dash of chuckles and tips are shared worldwide with introverts and those who love and work with them. Each week of the month features different themes including:

- Leisure Learning
- Introverts are Leaders Too!
- Health & Happiness
- Write On, Dude!
- Guest Bloggers

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<https://introvertedear.com/news/10-survival-tips-for-introverted-leaders/>



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