

BEHNOUSH BABZANI

AUTHOR.SPEAKER.COACH



BIOGRAPHY

Behnoush Babzani is a social entrepreneur, public speaker, Certified Life Coach, and author. A two-time survivor of a rare life-threatening blood disorder and a bone marrow transplant, Behnoush employed unique and innovative life tools along with her positive mindset to beat the odds. She is the founder and executive director of the Non-Profit Organization, Project Marrow, and shares her experiences and tools throughout the country through her public speaking engagements.

"Behnoush Babzani speaks with great conviction, energy and passion for everything she does in her life. Her infectious positive attitude, immense drive and commitment have served her well despite her setbacks with illness. Few people have come out of some of the challenges and setbacks as Behnoush with a smile. I always look forward to her next story."

CONTACT INFORMATION

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HOLD ON WHILE I HANG ON

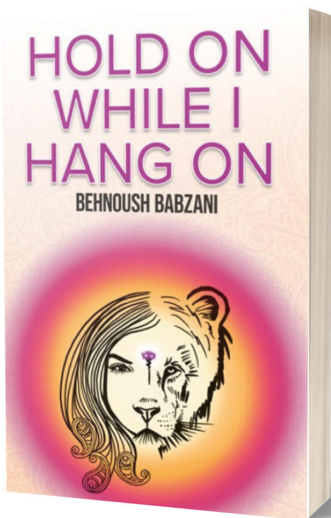
A MEMOIR BY
BEHNOUSH BABZANI



“If you like inspiring true life stories, beating insurmountable odds, and messages of hope, then you’ll love Behnoush Babzani’s extraordinary journey.”

BEHNOUSH'S MEMOIR

Behnoush Babzani is no stranger to tragedy. A rare blood disorder meant risky treatments and agonizing recoveries. Terrifying diagnoses for the mother whose unwavering support she leaned on and for her own future as a parent threatened to break her spirit. But she denied despair and found her way to a resilient, life-affirming faith in the potency of love. Empowered by this inner strength, she conquered overwhelming obstacles, finding courage and joy she didn't realize she had. In this moving memoir, Behnoush shares her insightful path to discovering emotional health despite tragic circumstances. With a positive mindset and meaningful relationships fueling her sense of self and happiness, you'll be inspired no matter what you or your loved ones face. *Hold On While I Hang On* is one woman's compelling account of overcoming crushing tragedy through community and a positive mindset.



BOOK INFORMATION

- April 14, 2020
- ISBN: 978-1-913479-16-9 (Paperback)
- ISBN: 978-1-913479-17-6 (Ebook)
- Page count: 221
- Genre: Memoir/Personal Growth
- \$16.99 Paperback
- \$9.99 E-book

INTERVIEW QUESTIONS

BEHNOUSH BABZANI

Hold On While I Hang On
suggested topics
and interview questions



INTERVIEW QUESTIONS

TOPICS TO COVER

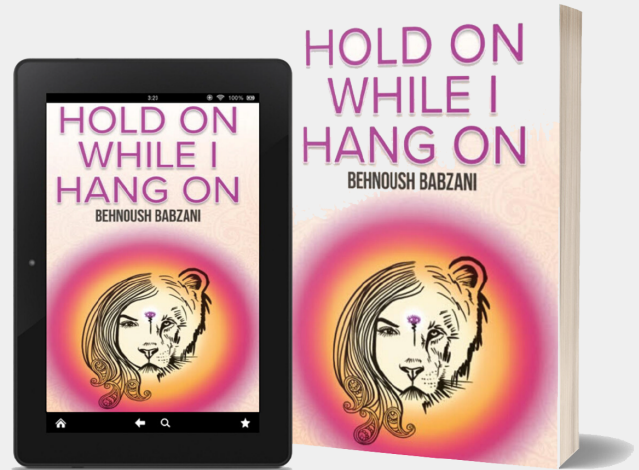
- Mindfulness practices
- How to have positive mindset
- How to be happy
- Meditation
- Visualization
- Life coach practices

- Why was it important to share your story?
- What inspired you to write this book?
- What was the biggest challenge you had in writing your book?
- After your diagnosis, what was your biggest hardship and how did you overcome it?
- Why is mindset so important for healing?
- When did you become open to energy healing?
- How do energy healing and meditation work together?
- How do you deal with skeptics of energy healing?
- How has visualization helped you on your journey to happiness?
- Tell us about your mom and her role as your caregiver.
- Why are you grateful for your diagnoses?
- Tell us about your book cover.
- What is your biggest piece of advice for anyone listening today?

HOLD ON WHILE I HANG ON

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BOOK REVIEWS



“Hold On While I Hang On is one woman’s compelling account of overcoming crushing tragedy through community and attitude.”

“If you like inspiring true life stories, beating insurmountable odds, and messages of hope, then you’ll love Behnoush Babzani’s extraordinary journey.”

“She endured trauma and heartbreak. How did she maintain her unwavering spirit in the face of such adversity?”