



Kerri Zane

Single Mom Lifestyle Expert

Live Your Happily Even After

Kerri Zane is an Emmy award winning television executive producer, single mom lifestyle expert, co-parenting authority, speaker, spokesperson, and Amazon best selling author of *It Takes All 5: A Single Mom's Guide to Finding the REAL One*. She has an M.A. in Spiritual Psychology from the University of Santa Monica and a B.A. from UCLA. She is a member of the Directors Guild of America, an ACE Certified Personal Trainer, and Weight Management Consultant. Kerri is also the Community Ambassador for Working Wardrobes.



Kerri's Story

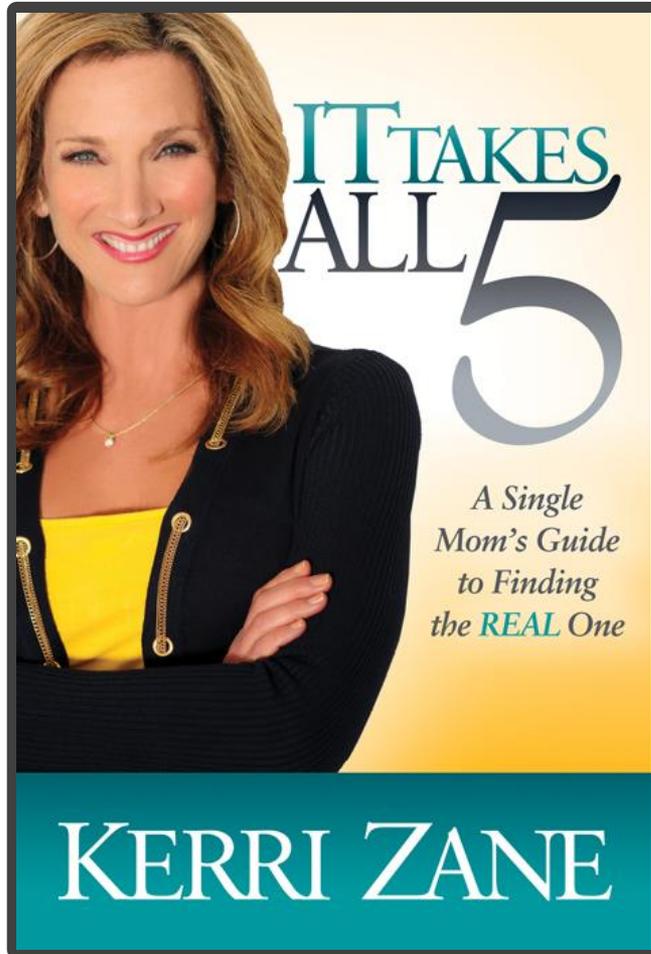
In 2001 my twelve-year marriage crumbled to pieces. It was devastating for me; life as I knew it was over. A million thoughts flew through my mind; how was I supposed to go on without the grounding that is part of being a couple, how would this turn of events affect my two young daughters, how could I financially support my family and how would I ever be desirable to another man again. I conjured up a myriad of ill-conceived notions of what the future would hold. I was scared.

Then just when I thought life couldn't get any more complicated, it did. In quick succession my Dad passed away, I entered into an inexorably doomed business partnership, my mother nearly died, my brother was diagnosed with cancer and the fall out from my divorce got uglier and uglier. It all took a serious toll on my mind, body and heart.

But as the poet John Vance Cheney said, "The soul would have no rainbow had the eyes no tears." I shed plenty of tears. It was time to find the rainbow and heal the whole woman inside and out. Through my USM master's program in spiritual psychology, extensive scientific research and engaging with hundreds of other single moms all over the country, I learned important life and empowerment skills that gave me a broad mental and emotional baseline to not just survive but thrive. I began to embrace compassionate self-forgiveness, truly listened to my intuition, worked on redefining (or as I call it rescripting) my past life, retired the word "mistake" from my vocabulary and embraced the power in my ability to make my own choices. I began having healthier relationships with my daughters, my mom, my co-workers, the men in my life and most importantly, myself.

I learned how to "Live my Happily Even After," and now I want to share it with you.

It Takes All 5: A Single Mom's Guide to finding the REAL One



There are currently over ten million single mothers in the United States alone; many of whom are searching for their ever after true love. These women have been burdened with a heavy load of disappointing life experiences; including failed marriages, a spouse's death, text-addicted teens, a wide array of health issues....and perhaps even a few extra pounds. They are overwhelmed by obligations and feel invisible to the world of good eligible men. These are women in need of a new game plan; as well as a healthy infusion of self-esteem.

"It Takes All 5: A Single Mom's Guide to Finding The REAL One" published by Morgan James, November, 2012, is designed to help these women rescript their lives. The book is divided into three sections, each with five straightforward guidelines to heal their inside, their outside and what to do upon entering the dating market again. Readers will find spiritual, mental, emotional, physical and sexual wisdom to help them become a healthy whole new woman! Then employing my 5 finger philosophy they'll be able to identify not just "the one" but "The REAL One" for a truly authentic and renewable "REAL"ationship! The book is packed with valuable life skills, up to date research, and inspirational personal stories told by single moms from all over the country.

Book Topics

1. Why “It takes all 5”?
2. Why the REAL One?
3. What is a REALationship?
4. The three stages of rescripting your life
5. Why fear is so fearful?
6. How to be your best self
7. Why live in the present?
8. The fallacy: divorce is a great payout
9. What is the best legal option for divorce?
10. Top 3 financial must-do’s after divorce
11. Why exercise is critical to getting back in the game
12. The top secret for attracting a man
13. The truth behind the beauty bias
14. Mr. Good Enough is NOT enough. Case for not settling.
15. Three questions to address when it’s time to tell your children about your REAL One.



Kerri-isms



- Even a bad date is a good story.
- Dating is a journey not a means to an end.
- Your grass is green.
- Be a Bestpectationer™.
- If you never try you will never fail, if you never fail you will never be fearless.
- Your story is not what happens to you in your life, rather it is what you make happen in your life that is your story.
- Instead of adding days to your life add life to your days.
- My truth is truthfully the only truth that matters.
- You are the proprietor of your happy switch, so go ahead flip it on!
- Midlife backlash: Men go bald, women go mentalpausal.

Testimonials

“Congratulations on all you’ve accomplished.... I wish you continued success with your journey and hope you, too, have an amazing single mom day – every day.”

-Maria Shriver

Journalist, Author, and special anchor & correspondent for NBC News

“Kerri is one of the brightest and most energetic talents I’ve had the pleasure of working with in recent years. Her passion for helping single moms overcome life’s obstacles is unmatched. She is recommended reading for all women.”

-Bob Brill

News anchor/author/screenwriter

KNX News Radio (CA)

“Fan Letters to a Stripper: A Patti Waggin Tale” and “NO BARRIER: How the Internet Destroyed the World Economy”

“Filled with wise perspectives, solid information and insightful personal stories, It Takes All 5 is a smart guide for single moms who want to take control of their lives, inside and out, for a more enriching happily ever after.”

-Michael Levine

Best-selling author

Prominent media expert

“Never having been a single mom, at least not in this lifetime, I was quite surprised at how much I enjoyed Kerri’s well-written, filled with good sense, and light-hearted rendition of the potential inherent in relationship at any age. As a guy, I found the way she shares with women enabled me to see that I could use her very same guidelines should I find myself on the male end of seeking a meaningful relationship.”

-H. Ronald Hulnick, Ph.D., President,

University of Santa Monica, and co-author with Mary R. Hulnick, Ph.D., Loyalty To Your Soul: The Heart of Spiritual Psychology

“In the brave new world of relationships, Kerri Zane successfully navigates uncharted waters on what is often a disappointing journey. But with this book, she points us in the right direction. If your goal is to meet the right one, then this is your must have guide. I know this was written for women, but it's a book men *should* read!”

-Peter Greenburg

Travel editor

CBS News

Speaking

Kerri Zane is known for her entertaining, informative, empowering and inspiring conversations. She provides keynotes, break out sessions as well as more intimate workshops that are lively, funny interactive, engaging and highly motivational. Kerri's target audience is primarily women 35+ and specifically single mothers. Her expertise lies in coaching the whole woman, inside and out.

[\(VIEW APPEARANCES HERE\)](#)



Speaking

Kerri's Topics

- Find the Power in Your REAL Bright Future.
- Too Blessed to be Stressed: Live~Laugh~Love
- 5 Proven Methods to Parenting + Productivity
- Wake Up & Change Your Life Overnight.
- 5 Surefire Ways to Get Exactly What YOU Want.
- 3 Simple Steps to Get in Gear: Mind. Body. & Soul.
- 3 Proven Tools to Convert, Keep & Grow Your Client List
- It Takes All 5: Getting Your REAL Guy for Good.
- The Peaceful Path to Co-Parenting

Weekly Program

- Amp up the Path: Inspirational Fitness Inside & Out

Bi-Annual Program

- MomesCAPes: Refresh the Balance in your Life

Recent Appearances



- Covington Capital Management – LA Women of Power Luncheon
- Coldwell Banker Newport Beach – Women’s Empowerment Series
- Long Beach Chamber of Commerce – Women’s Division Luncheon
- Willow Tree Women’s Circle – Recurring panelist
- El Camino College – Time for a Change Event
- The First Annual Balanced Mom Conference
- Strategy From the Heart Luncheon – Motivational Presenter
- Gals Starting Over – Motivational Presenter
- El Camino College – Mini-conference Speaker
- The First Single Mom Empowerment Symposium

TV Appearances

Kerri recently appeared on Jimmy Kimmel Live!, KTLA Morning News, The Wendy Williams Show, The Lisa Oz Show and Live on the Couch.



[\(CLICK TO VIEW TV APPEARANCES\)](#)

Single Mom Resources

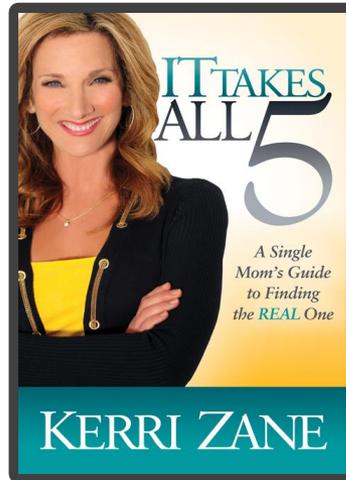
Online Courses: Single Mom Mastery—from Stuck to Success Series #1

<p>Course #1</p> <p><i>Single Mommyhood and Moving On</i></p>  <p>\$24.99</p>	<p>Course #2</p> <p><i>Rescript Your Life in 5 Easy Steps</i></p>  <p>\$24.99</p>	<p>Course #3</p> <p><i>The 3 Key Secrets to Ultimate Optimism</i></p>  <p>\$24.99</p>	<p>Course #4</p> <p><i>Single Mom Confidence 101</i></p>  <p>\$24.99</p>
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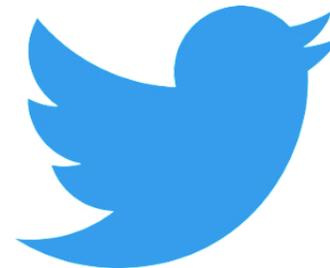
Online Courses: Single Mom Mastery—from Stuck to Success Series #2

<p>Course #1</p> <p><i>Flying in the Face of Fear: 3 Basics You Need to Know</i></p>  <p>\$24.99</p>	<p>Course #2</p> <p><i>How to Be a Bestspectationer: 24 Hours to a Happier You</i></p>  <p>\$24.99</p>	<p>Course #3</p> <p><i>Balancing Your Multi-Platforms: Time Management Made Easy</i></p>  <p>\$24.99</p>	<p>Course #4</p> <p><i>Handling Single Mom Haters Once and for All</i></p>  <p>\$24.99</p>
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Kerri Online



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Click to visit Kerri on Facebook, Instagram, and Twitter!

Press

Kerri has been featured on Mom.me and quoted in Ebony Magazine, O Magazine, People.com, Parents.com, Scholastic Magazine, Redbook, AOL News, Deseret News, SheKnows.com, and Match.com for Yahoo! to name a few. Kerri is a blogger for the Huffington Post, ModernMom, BlogHer, monthly contributor to What's Up For Kids and the family travel expert for Peter Greenberg Worldwide Online.



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