



Thirty-four Women. Eighteen Countries. One Goal. Thrive

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Shanghai Launch of THRIVE **—A Book About International Women in China—**

Shanghai, China – Authors Ruth Kuguru, Lisa Blunt Rochester and Alejandra Guzmán announce the launch of their new book: *THRIVE*. Profiling the diverse lives of 34 women from 18 countries who have come to China and redefined and achieved success for themselves, *Thrive* makes its debut on Thursday, June 24, 2010 at Shanghai’s historic Signal Tower on the Bund from 7:30 to 9:30 p.m.

This collection of inspirational mini-memoirs is accompanied by beautiful black and white photography, and tells the stories of everyday women—most who arrived in Shanghai as supporting spouses—who chose to not only survive the challenges of life in this dynamic city, but to thrive in it. “As we began to hear more about these women, we realized we were on to something. Their challenges and desires were universal, but the different ways in which they choose to face them is inspirational—we knew their experiences would be of great benefit to others,” says Guzmán, co-author of *Thrive*.

According to co-author Rochester, “Our hope is that through these stories, women will be inspired to live life with more intention, and that company heads, human resource managers and relocation specialists will gain insight into how they can help address many of the issues related to the challenges facing transient employees and their families.”

“There are many books on the market about Shanghai and China, but few provide the very personal, honest and unique perspectives of international women in a cross-cultural context. *Thrive* is an opportunity to understand the realities facing women across the globe, all seeking to balance everything from maintaining strong marriages, overcoming infertility, and raising healthy children, to sustaining careers, starting businesses and founding charities,” Kuguru says.

Thrive pays tribute to China by incorporating its language and vignettes of historical Chinese women throughout. This book is also designed to go beyond inspiration and serve as a call to action for the reader, posing thought provoking questions and providing a book club guide.

What People Are Saying About THRIVE:

“The women in *Thrive* have found the opportunity in this challenge, reinventing themselves, creating new lives and engaging in the community. They are leaving their mark on Shanghai.” said Founder, M Restaurant Group and the Shanghai Literary Festival, Michelle Garnaut.

“Written with tremendous insight into the many highs—and lows—of the accompanying spouse experience, *Thrive* is a must-read for those who wish to be informed, inspired and better manage international assignments,” said Yvonne McNulty, founder of *thetrailingspouse.com* and author of *The Trailing Spouse Report*. “I highly recommend it. You won’t be disappointed.”

Juan Antonio Fernandez, *China CEO & China Entrepreneur* co-author says *Thrive* is a "great collection of stories about international women living in China." He highly recommends it “for any individual or organization facing the complexities of life abroad.”

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For more information, please contact Tamar Harrigan at info@publishedbygrace.com. The book will also be available for purchase at the book launch for 295RMB. For more information on where *Thrive* will be on sale, visit www.publishedbygrace.com/thrive.

About the Authors

Born in the United States, raised in Kenya and now living in China with her husband and two-year-old daughter, **Ruth Kuguru** has learned that true cross-cultural dialogue is crucial to adapting and thriving in new countries. Prior to moving to Shanghai, she focused on bridging economic-cultural divides in the United States by publicizing and helping address health disparities. As the Chief Editor of Grace Publishing & Communications Group, Ruth now works on bringing the diversity between Western and Eastern experiences to paper to facilitate greater understanding between the two.

Lisa Blunt Rochester has devoted most of her twenty-five-year career to helping women and their families thrive in the face of adversity in the United States and abroad. Born in Philadelphia and raised in Wilmington, Delaware, Lisa is a public servant at heart. Making Delaware history, she served in the cabinets of two governors, and was the first African-American woman to hold the offices of Deputy Secretary of Health and Social Services, Secretary of Labor, and State Personnel Director. Through her writing, public speaking and consulting, she is now bringing that experience to women internationally. Lisa is a wife and mother of two children in universities in the United States.

Alejandra Guzmán has worked for over seven years as a Planning and Marketing Strategist in Shanghai, New York, and her home city of Mexico City. Her global experience has taught her to be flexible and creative. As a wife and mother, she knows how to meet the challenges of adaptation while supporting her family and believes the key to thriving in a new place is to not feel isolated or alone. Thrive is the first of many books she hopes to publish as Head of Operations for Grace Publishing & Communications Group that will enable global citizens to connect with one another, giving them the confidence to thrive themselves.