



# The Best Worst Thing: A Memoir

*Kristen K. Brown*

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**The Best Worst Thing: A Memoir** Kristen K. Brown

ONE DAY. THAT'S ALL IT TAKES TO CHANGE A LIFE... A YOUNG COUPLE. A NEW BABY. PLANS FOR THE FUTURE. As a wife, new mom and successful career woman, Kristen Brown thinks her life is set. Until one morning, her husband doesn't wake up.

In this bittersweet memoir, we experience Brown's new life as a young widow mom grappling with the shock, pain and regret following her husband's unexpected death while managing a stressful work situation amidst the downfall of the economy. But not wanting to be a "sad mom," she instead harnesses her emotions into a positive force in her life. Through a process of life-changing experiences like surfing, getting "inked" and starting her own company that takes her to Hollywood, she discovers her life's purpose to be the role model for her daughter she longs to be-and becomes a role model for others in the process.

Kristen Brown captivates us with her story of transformation that is filled with the universal elements of loss, love, hope, humor and our ongoing search for answers that changes our perspective on the meaning of life and how we should live it. Kristen Brown bares her soul and shows us that loss can color our experiences and empower us to do more, be more and hope for more than we ever thought possible.

"...you will fall deeply for The Best Worst Thing. Kristen Brown opens her tattered heart for all to see, then shares her rocky road back from the edge, as she finds the woman she was meant to be." - Julie Bauke, author of *Stop Peeing On Your Shoes* "...a powerful journey of love, loss, rebirth, and self-discovery. Kristen has a gift of keen insight, provocative imagery, and raw authenticity..." - Theresa Rose, award-winning author of *Opening the Kimono: A Woman's Intimate Journey Through Life's Biggest Challenges* "You will be captivated from the very first word and may not be able put this book down...she tells her incredible story that will move you emotionally in many ways." - Peggy McColl, *New York Times Best-Selling Author*

Kristen Brown is a widow mom, writer, speaker and founder of Happy Hour Effect®. Nominated for multiple business awards, she showcases her company at Hollywood events, has been featured extensively in the media and has adapted her company message into a training series. She lives in Minneapolis with her daughter and big black Lab.

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