

Biography for  
**KAREN LINAMEN**  
*Author of *The Chocolate Diaries**



Karen Linamen



Karen Linamen has been dubbed by the Literary Guild as “the queen of good humor and common sense” while Publishers Weekly describes her writing as “funny, forthright and unforgettable.” Whether addressing audiences from page or platform, Karen Linamen is entertaining, passionate and transparent as she encourages people toward wellness in their relationships, emotions, bodies and spirits.

A motivational speaker, inspirational speaker and author of humorous self-help books for women, Karen Linamen mixes up a potent blend of laugh-out-loud humor and sage advice. Her enthusiastic theme is ***“Yes. You can,”*** and she preaches it passionately whether she’s talking about renewing joy, pursuing dreams, forgiving, making healthier choices, thriving through stress or living and laughing more boldly than ever before.

Karen has been featured on hundreds of radio and TV shows including “Family Life Today,” “The 700 Club,” “Good Day Dallas,” “The PTL Club” and “On Main Street.” She received an Angel Award, and two of her books were finalists for the ECPA Gold Medallion. A former editor with Focus on the Family, she has produced a TV show for KCBS-TV in Los Angeles, served as Contributing Writer with *Today’s Christian Woman Magazine* and written a weekly humor column for the *Women of Faith* website. Karen lives with her family in Colorado Springs, Colorado.