



Books That Will Change Your Life

Conversations on Living Well at The Bay Area Book Festival

**Michael Krasny, Lindy West, Roxane Gay, Ayelet Waldman, Jack Kornfield, Wes Nisker,
Dale Dougherty, Wes Nisker, and others**

June 3-4, 2017

Are you interested in books and conversations that will help you and your readers, listeners, and viewers live a happier, more fulfilling, or peaceful life? If so, [The Bay Area Book Festival](#) has got your back (literally—see Cathryn Jakobson Ramin’s conversation below) with sessions to make you feel healthy, wealthy, and wise.

Highlights of this year’s conversations on **living well**, which will take place in venues in downtown Berkeley, include:

Happiness

Acclaimed Buddhist teachers **Jack Kornfield** and **Wes Nisker**’s session “No Time Like the Present” will show us how we all can be happy and free right now, no matter the circumstances.

KQED Radio personality **Michael Krasny** talks turkey about how humor is key for cultural survival in “Let There Be Laughter.”

And, feminist and humorist **Lindy West** will show us how to take back the internet from misogynists, trolls, and haters in her solo session “Lindy West Takes the Stage.”

Creativity

Dale Dougherty, founder of the Maker Movement, can show you how to channel your creative energy to become an inventor during his always-inventive stylings in “Makers!”

Power

Dacher Keltner, director of UC Berkeley’s Greater Good Science Center, explodes the conventional thinking on power in this session, aptly titled “On Power” — specifically, that it’s not something you have but something other people give you.

Health

Want to know how LSD can help your marriage and your mood? It's not conventional advice for mood regulation or marital harmony, but **Ayelet Waldman** has never been a conventional author. She'll appear in conversation with **Sylvia Brownrigg** for "Trippin' with Ayelet Waldman."

Speaking of mood-altering substances, cannabis experts **Emily Brady**, **Beau Kilmer**, and the SF Chronicle's pot editor **David Downs** give us the lowdown on California's recent legalization and what it means for growers, enthusiasts, and the environment in "The State of Cannabis."

The Body

Cathryn Jakobson Ramin offers an exposé on the literal, emotional, and monetary pains of the back pain industry in "When the Back Breaks: An Investigative Reporter Reveals All on the Back Pain Industry."

And **Roxane Gay**, **Sonya Renee Taylor**, **Sarai Walker**, and **Aya de Leon**, will empower us in the realms of body positivity, sexuality, identity, and feminism at "From Every Angle: Women Writing About the Body."

Wellness

Michael Branch, **Nathanael Johnson**, and **Mary Ellen Hannibal** illuminate us on the benefits of getting outside and how nature is a more effective Prozac in "The Great Outdoors, Urban and Otherwise: The Delights and Joys of Taking a Closer Look at the Nature Around Us."

Martha Cooley, **John W. Evans**, and **Marissa Moss** walk us through the brutal realities of life, love, and loss, in a session on grief, "The Facts of Life: Love, Loss, What Comes Next," moderated by gonzo PBS NewsHour anchor **Elizabeth Farnsworth**.

Wealth

Financial experts **Andy Behar**, **Kate Campbell**, and UC Berkeley professor and Buddhist **Clair Brown** offer a necessary primer on ethical investing with their panel "Putting Your Money Where Your Heart Is."

For details on venue and time for these sessions, plus other festival sessions, [see the full schedule](#).

Festival speakers are available for interviews by credentialed members of the press via email or Skype in advance of the festival, or in person over the weekend event. Outlet must be identified and assignment secured before the interview.

The festival logo and other images are [available here](#), and author photos are available by request. Please contact Anna Pulley, anna@bayboofest.org.