

# Charlton author making name for herself on Amazon

BY CHELSEA DAVIS  
VILLAGER STAFF WRITER

CHARLTON — A Charlton resident is a top 100 best selling author on Amazon.com. Certified personal life coach and author Gayle Suzanne has published a book that landed 74th on Amazon's Bestselling Motivational and Self-Help Books for the month of February.

Suzanne said the feeling was great when

she learned her book, "It's In The Little Things," had ranked on the world's most popular retail website.

"It feels awesome. I mean, I'm from Charlton — this little tiny town — and I live not too far from an alpaca farm," Suzanne said. "This is my first book, and I'm just thrilled."

Although she says the book is no longer in the top 100, she is still very happy and excited it happened.

"The rank is a fluctuating thing, so it's not ranked that high at the moment, but we had a little publicity push and promotional thing and we sold a bunch of books in a very short time," Suzanne said. "It just went right up through the Kindle."

The book, which came out last year, chronicles issues that Suzanne has dealt with in her past, and offers them as a motivational tool for others.

"A few years ago, I decided that I needed to put what I've learned out there," Suzanne said. "I had a really rough childhood and beginning. I was bullied a lot, there was a lot of rejection and abuse and a painful divorce. I've learned a lot along the way and I felt that I really needed to share that with other people."

The book covers several topics that may affect a person's life, including relationships and divorce, bullying and unkindness and developing a healthy self.

"There's parts in the book about dating and divorce and it just hits on everything," Suzanne said.

Of all of the topics, Suzanne says one of the most important parts is that it focuses on working on self-esteem.

"I just have a desire to help people with self-esteem issues. It's a thing that we don't talk about very often," Suzanne explained. "We can take a Zumba class here or learn



Courtesy photo

Charlton resident and author Gayle Suzanne recently had her motivational self-help book ranked in the top 100 (#74) in the genre for books on Amazon.com.

into 50 short stories that make it convenient for anyone to pick up, Suzanne says.

"I broke it down in to 50 stories so you could just pick it up anytime," Suzanne said. "That seems to be something that people really like about it ... it's very simple and it's easy to read."

And she doesn't plan on stopping here. "I have an outline for a book right now about merging step-families and it's going to be called, 'Stepping Out In Love.' It's going to be tips on how to healthily and successfully merge step-families in the same format as the first book," Suzanne said.

She added she would continue to write books as long as they can continue to help people.

Aside from the book, Suzanne is also celebrating an accomplishment with her work as a life coach.

"I'm a certified life coach and I was just nominated for a Rookie of the Year Award by the International Coach Federation of New England, which is pretty exciting," Suzanne said.

Anyone interested in purchasing the book can find it on Amazon.com or on Suzanne's website at www.gaylesuzanne.com.

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how to make meatballs, but when it comes to your insides, there's really not a lot of places you can go, other than a counselor or a therapist to improve your self-worth and your self-esteem."

She also offered a method she uses in letting go of stressful things in her life.

"There's a big chapter in there on letting go, and the God box. When I'm worried about something, I like to visualize a box that I put my worries into. If you don't believe in God, it's just about giving it up and letting it go. If there's nothing I can do about it, just write it down on a piece of paper as your intention to let it go and put it out there," Suzanne said.

The book is an easy read, as it is separated

## CHARLTON ALMANAC THEY SAID IT

*"The town administrator reports directly to this board. It is our job to manage her. If she's performing any portion of her job in an unsatisfactory manner, I believe it is the responsibility of members of this board to bring that forward and address it during the year."*

- Charlton Board of Selectmen  
Chairman Rick Swensen, commenting on former Selectman Kathleen Walker's critical review of Town Administrator Robin Craver.

— OPEN TO CLOSE —

## NEWS BRIEFS

Harrington Hospital to host

**Rom's**  
(Pizza Wednesday)  
**Buckets Every Day**  
508-347-1440  
We Cater!  
Fax 508-347-1441  
Tele 508-347-1440

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PERSONAL • CLASSES • BOOT CAMP  
559 Main Street, Sturbridge MA 01518  
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**Greater Worcester Monthly Coin Show**  
Sat., May 10th, 2014  
9:30AM - 3:30PM  
Auburn-Webster Elks Lodge  
754 Southbridge St. - Route 12  
Auburn, MA  
46 Tables - 40+ Dealers  
Coins - Paper Money - Tokens  
**FREE APPRAISALS**

**Countrywide Garage Doors**  
Experts  
AFFORDABLE GARAGE DOOR SERVICES  
We repair all makes and models of Garage Doors and  
♦ Electric Openers ♦ Broken Springs ♦ Replacement Sections  
♦ Broken Cable ♦ Remote Problems  
87-97 Steel Insulated Doors  
**10% off**