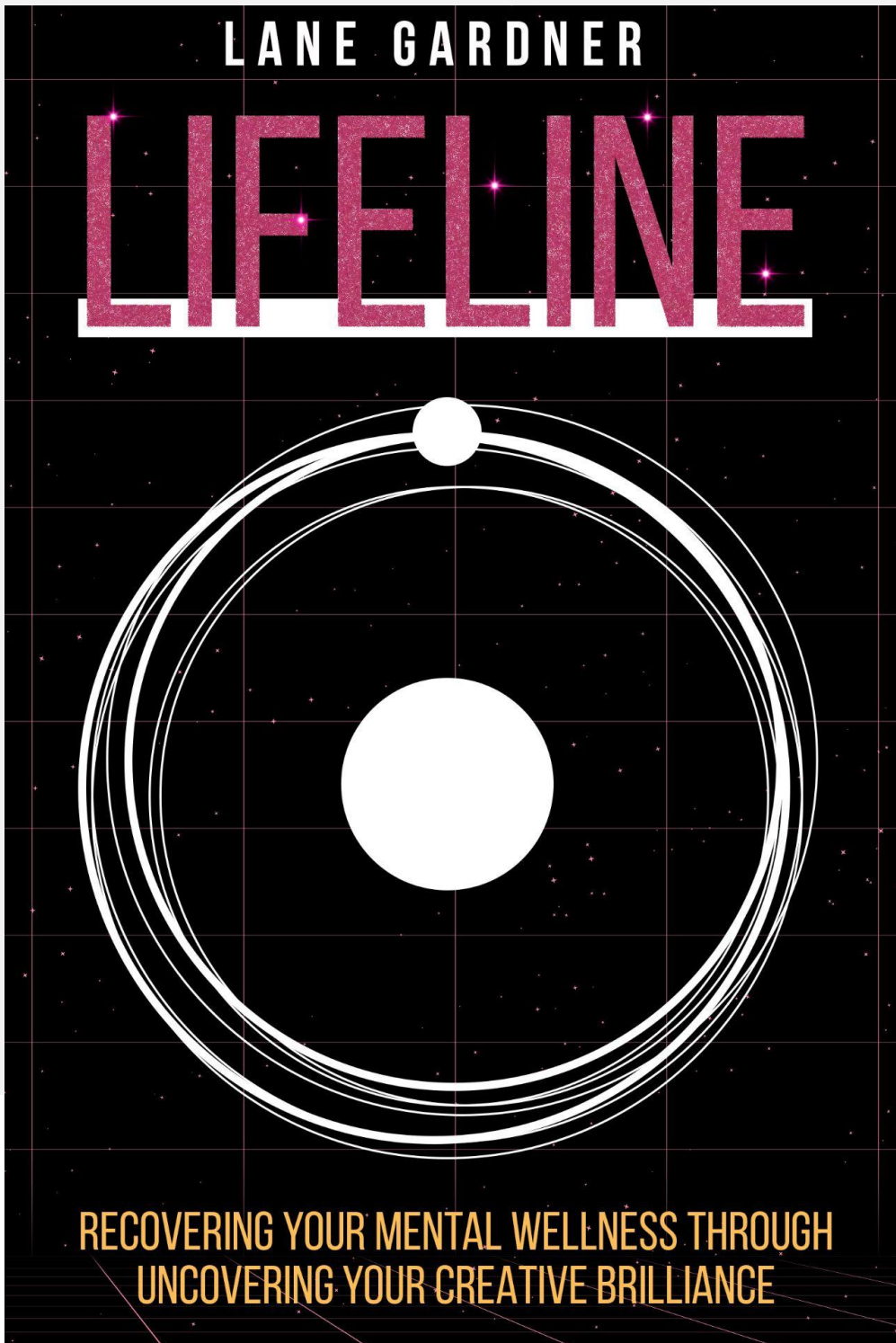


**Press Kit  
Lane Gardner  
*Lifeline***

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***Recovering Your Mental Wellness Through Uncovering  
Your Creative Brilliance***

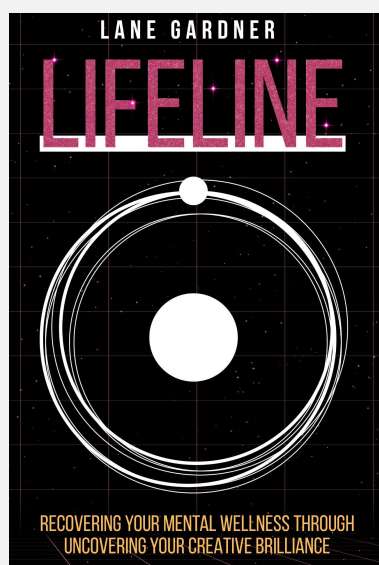


Contact: Francesca Conner | Email: [francesca@weavinginfluence.com](mailto:francesca@weavinginfluence.com)

Thank you for your interest in interviewing Lane Gardner.

Our team has created several resources for you:

- Book Description
- Lane Gardner Bio
- Website Link
- Interview Resources
- Image Gallery
- Endorsements



## BOOK LINKS

Amazon  
*Coming soon*

Barnes and Noble  
*Coming soon*

Penguin Random House  
*Coming soon*

Bookshop  
*Coming soon*

## LIFELINE: RECOVERING YOUR MENTAL WELLNESS THROUGH UNCOVERING YOUR CREATIVE BRILLIANCE

Individual and collective mental health is careening towards crisis. A startling two in five adults are reporting symptoms of anxiety and depression<sup>1</sup>, while one in 10 young people suffer from depression that severely impacts their ability to function<sup>2</sup>. Fifty million Americans are experiencing mental illness<sup>3</sup>. Simultaneously, most adults have lost their creative spark and don't give themselves permission to inhabit that creative space. It is perceived as frivolous, silly, and, in some cases, terrifying.

To help individuals harness their creative expression as a safe passage through their pain and as a lifeline back to themselves, award-winning arts educator, motivational speaker, singer-songwriter, author, and non-profit entrepreneur Lane Gardner is launching *Lifeline: Recovering Your Mental Wellness Through Uncovering Your Creative Brilliance* (Jones Media) on January 25, 2024.

Within *Lifeline*, Lane highlights the deeply personal roots of her own struggles and childhood trauma as a result of membership in a cult and an abusive, alcoholic stepparent. As she grew older, she found recognition in her singing abilities, and her involvement in school theater programs further nurtured her raw talent into a future performing career. She eventually graduated from a conservatory and spent the following decade as a professional performer, starring in leading roles in operas, musicals, and plays.

However, by age 30, the magic started to wear off, and she started therapy, and many of those sessions awakened her soul. She also began working with various arts organizations, schools, and community centers. Over the next several decades, she piloted many of her new programs and workshops, helping hundreds of young people and adults uncover greater authenticity and confidence through creative expression. The more she developed and facilitated others, the more she uncovered about herself and her own journey, and little by little, she began to heal much of her early trauma.

In *Lifeline*, Lane shares:

- Everyone possesses their own wise inner voice - a trusted ally that can provide guidance throughout situations and life. It has more wisdom about themselves than anyone else, but most are never taught how to tune into their inner voice and hear its guidance.
- Creative expression is a safe passage to this wise inner voice. It reduces anxiety and stress, improves mood, combats depression, isolation, feeling alone, and much more.
- Examples of creative expression can include drawing, music, movement, writing, dancing, rearranging furniture until it feels just right, singing, tapping out funky sounds on the desk, or even decorating a cake.
- A new fifth trauma response to high anxiety or stress - flow - that exists in addition to "fight, flight, freeze or fawn." Just like learning to ride a bike, flow can become something that feels familiar and freeing.
- Fun and frolicky creative tools designed to allow readers to apply and experience the concepts discussed.

In *Lifeline*, Lane highlights her experiences in using creative expression with students from Marjory Stoneman Douglas High School in Parkland, Florida, after the horrific mass school shooting in 2018, where she helped students write an original song to facilitate the healing process and cultivate deeper connection within the community.

*Lifeline: Recovering Your Mental Wellness Through Uncovering Your Creative Brilliance* is a must-read for those seeking to uncover, recover, and discover their inner well of resources and tools for deep healing and for everyday mental health. Readers will learn how to use their own innate, unique creative expression as a safe passage to get to the roots of their struggles, transforming pain into power and expanding their capacity for joy, self-awareness, and living their best life.

<sup>1</sup>"White House Briefing on National Mental Health Crisis," March 1, 2022

<sup>2</sup>National Alliance for Mental Illness, 2020

<sup>3, 4</sup>Reinert, Fritz and Nyungen, 2022

<sup>5</sup>American Psychological Assoc, 2021

## BIOGRAPHY FOR LANE GARDNER



As a longtime trailblazer in the field of therapeutic arts, Lane Gardner, an award-winning arts educator, motivational speaker, singer-songwriter, author, and non-profit entrepreneur, is an emerging voice in a world where innovative solutions to our rising mental health crisis are desperately needed. She is a fierce advocate for helping people uncover, recover, and discover their original superpower - creative expression.

For the past four years, Lane has served as the President of Thread, a non-profit therapeutic arts organization she founded that serves the needs of adult individuals and communities who suffer from trauma. Previously, she served as the Director of Programming for Music Ascension in New York from 2011 to 2019, and prior to that role, from 2000 to 2004, she was a Teaching Artist at the Metropolitan Opera Guild in New York.

During her career over the past three decades, Lane has taught hundreds of young people and adults in public and private schools, schools of Special Education, youth centers, community centers, and arts organizations across the country - helping them uncover greater authenticity and confidence through creative expression.

Her forthcoming book, *Lifeline: Recovering Your Mental Wellness Through Uncovering Your Creative Brilliance* is a must-read for those seeking to uncover, recover, and discover their inner well of resources and tools for deep healing and for everyday mental health. Readers will learn how to use their own innate, unique creative expression as a safe passage to get to the roots of their struggles, transforming pain into power and expanding their capacity for joy, self-awareness, and living their best life.

Lane's TEDx Talk, "Can Creative Expression Help Our Rising Mental Health Crisis?" features the powerful, original song she helped students from Marjory Stoneman Douglas High School in Parkland, Florida, to write and record after the horrific mass school shooting in 2018. Lane released her debut album, *Fertile Ground*, in 2015, on her own label, Third Road Records.

Lane received her BA of Music in Vocal Performance from the University of Cincinnati College-Conservatory of Music.

## WEBSITE/SOCIAL MEDIA LINKS

Website:  
Click [here](#).

LinkedIn:  
Click [here](#).

Instagram:  
Click [here](#).

## IMAGE GALLERY

For book jacket images and headshot, link [here](#).

## IN PRAISE OF *LIFELINE: RECOVERING YOUR MENTAL WELLNESS THROUGH UNCOVERING YOUR CREATIVE BRILLIANCE*

“Lane’s transformative book inspires us to delve deep, Uncovering, Recovering, and Discovering our true essence, all while harnessing the power of our creative expression. Simply brilliant and inspiring!”  
—**Ana Melikian, Ph.D.**, Host of the *MINDSET ZONE* podcast, one of the top 1% most popular podcasts globally

“Ready to find your superpower? In this innovative, creative, and ground-breaking work, Lane Gardner blows the doors wide open with her fresh perspective that whatever we need to heal ourselves comes from within and our creative brilliance is the conduit to take us there. Through curiosity and just plain fun, Gardner invites readers to draw, dance, write, sing, and create their way to their own creative brilliance (no experience required!) guiding people to transform their pain into triumphant power.”  
—**Sally Rudnick**, Licensed Clinical Social Worker

“In '*LIFELINE*,' Lane Gardner crafts a transformative journey toward mental well-being and self-discovery. Drawing on exercises that combine powerful insights with artistic playfulness, this book is a potent remedy for when you are anxious, stressed, and emotionally adrift. As someone passionate about elevating leaders and unlocking human potential, Lane’s approach is deeply resonant. '*LIFELINE*' doesn't just throw you a lifeline; it empowers you to navigate your own path to emotional equanimity and creative brilliance. Highly recommended!”  
—**Tony Martignetti**, Leadership Advisor, Founder, *Inspired Purpose Partners*, Author of “*Climbing the Right Mountain*”

“Everyone talks about the demons imposed upon us by somebody else. Demons that change lives for the worse. Demons that threaten happiness and life’s goals and opportunities, but no one talks about how you escape those demons. Lane Gardner and her courage to self-reveal presents to the reader a method that allows each of us to flee into happiness and joy. Her method will enable us to celebrate life instead of dreading life. It allows us to confront and resolve those demons using our innate skills. This is a must-read.”  
—**CB Bowman-Ottomanelli**, MCEC, BFF, CMC, CVP, CVF, *Courage Consultant and CEO Association of Corporate Executive Coaches*

“Lane Gardner truly offers a '*lifeline*' to trauma survivors and caretakers of trauma survivors in her book. The book itself is trauma-informed, outlining creative strategies for grounding as you walk through her personal story of pain and resilience. I would highly recommend this book for anyone who feels called to use creativity as a pathway towards wellness during a time when the world feels heavy and overwhelming. Kudos to Lane for repurposing her pain to ignite the healing journey for others.”  
—**Bree Gordon Lukosavich**, Board Certified Music Therapist and Executive Director, *Creative Arts Therapies of the Palm Beaches*

“In *Lifeline: Recovering Your Mental Wellness through Uncovering Your Creative Brilliance*, Lane Gardner illuminates the profound connection between creativity and mental health with insight and compassion. This book is a lifeline for those navigating the challenging waters of mental well-being. Lane Gardner's words are a beacon of hope, guiding readers toward the transformative power of creativity as a tool for healing and self-discovery. Her wisdom and encouragement serve as a roadmap for those seeking to overcome the darkness of mental health challenges. Gardner's storytelling is a testament to the redemptive qualities of creativity, offering solace and inspiration for anyone on their journey to recovery. This book is a testament to the resilience of the human spirit and the potential for healing through self-expression. Lane Gardner's '*Lifeline*' is a gift to anyone looking to heal, grow, and rediscover the brilliance within themselves. It's a beacon of hope that shines brightly in the realm of mental health literature.”  
—**Jacob Nordby**, Author, “*Blessed are the Weird – A Manifesto for Creatives*,” and “*The Creative Cure – How Finding and Freeing Your Inner Artist Can Heal Your Life*”