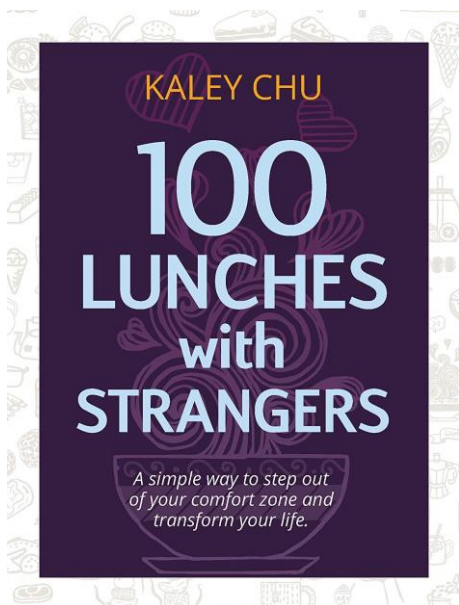


100 LUNCHES with STRANGERS

A simple way to step out of your comfort zone and transform your life



Finding herself in a humiliating situation because of her shyness, Melbourne author Kaley Chu decided something had to change and pushed herself to accomplish an incredible challenge - to have lunch with one hundred complete strangers. What came next completely changed Kaley's life.

In the new book, *100 Lunches with Strangers*, Kaley shares how a shy immigrant girl became a successful 'People Connector' in just one year. When she finished the challenge, Kaley realised that not only had her confidence grown enormously, the experience had transformed every single aspect of her life, and decided to write a book to help others to get out of their comfort zone.

Not only sharing Kaley's fascinating personal journey, the book features 15 powerful life lessons exploring fear, mindset, diversity, patterns, judgements, understanding yourself and more. Kaley also shares the exact letter she used to ask strangers to lunch, as well as practical tips, reminders and insights to help readers better connect with people and live a more fulfilled life.

A smart and engaging read for those looking to expand their personal experiences and professional networks, *100 Lunches with Strangers* shows that life truly begins at the end of your comfort zone.

About the Author

Melbourne-based Kaley Chu is an author, speaker, people connector and Business Development Manager at Equi Wealth. In 2018, Kaley turned lunch into a life changing experience. Not just one lunch, but 100 of them with total strangers over the course of a year. After publishing a book based on her learnings, Kaley now shares her journey and the lessons distilled with the rest of the world. Described as one of the freshest new faces on the motivational speaking circuit, Kaley has polled higher in post-session feedback than most seasoned speakers. Her story has not only inspired many to get out of their comfort zone, but it has also motivated entrepreneurs, franchisees and seasoned sales professionals to re-examine their business networking and connection strategies. *100 Lunches with Strangers* is her first book.

Author Social Links

- Weblink: www.kaleychu.com
- Facebook: www.facebook.com/kaleychu
- LinkedIn: www.linkedin.com/in/kaleychu
- Instagram: www.instagram.com/kaleychu

100 Lunches with Strangers

By Kaley Chu

*

eBook RRP: AU\$9.95

*

ISBN: 9780648492405

*

eBook 236pp

*

Publisher: Kaley Chu Publishing

*

Category: Self Development

*

Media Contact:

Scott Eathorne Ph: 0418 475 801

E: scott@quikmarkmedia.com.au