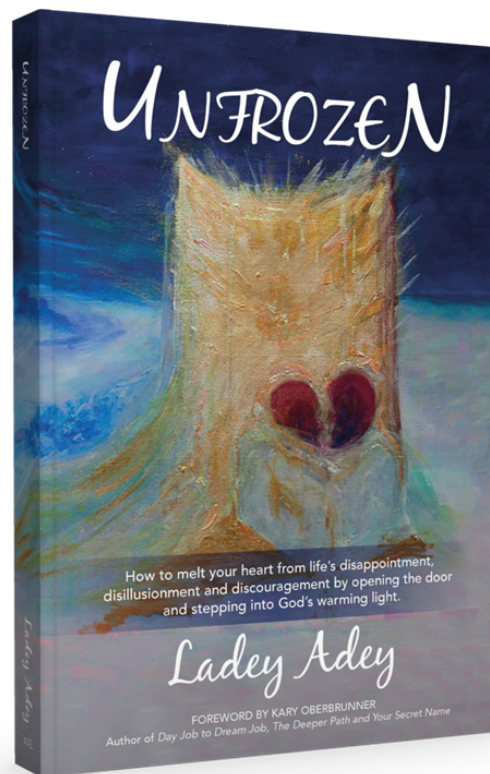


UNFROZEN

How to melt your heart from life's
disappointment, disillusionment and discouragement
by opening the door and stepping into God's warming Light



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MEDIA KIT

What you need to know
to sound like you've read the book

UNFROZEN

I am very comfortable with interviews, having enjoyed many radio and TV appearances. Regardless, I feel like a little preparation always helps. I know you are busy. If you can read the book, great, but I do not expect you to. This is why I created a media kit with interactive links, benefits from the book, bullet points, takeaways, interesting facts and summaries.

Even though we both know you are a professional genius—with this kit—you will be able to let it show even more.

When I am doing our interview, it is the most important thing in the world to me. I am committed to making you the hero and your audience the focus. I am here to serve you, not the other way around. I know if I do my job well, your audience will feel valued and they'll naturally be interested in the book.

I have created this media kit to make your job easier. If you need anything else, please email me. I can't wait for our chat.

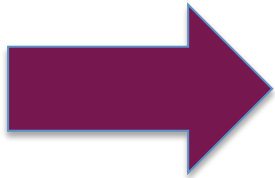
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AND, once the interview posts, please send me all the relevant links. I would love to send my traffic your way.

"UNFROZEN is full of breathed, learned and revealed wisdom, truth and compassion."

Rev Canon Chris Bowater (Worship Academy International)



Summary

UNFROZEN

Unfrozen originally set out to serve Believers in difficult work situation but has moved beyond reaching people from faith and non faith backgrounds who are battling against Disappointment in their lives.

Millions of people are suffering from stress brought on by life's disappointment, disillusionment and discouragement. Left unchecked, these stresses can freeze out each person's individual potential and sideline them emotionally, physically and spiritually.

Author, Life coach, Speaker and Passionpreneur shows readers how to break free from the hurts of the past and experience the freedom of taking control of their lives.

Her proven 12-step approach allows Readers to Open the Door to God's warming light. Together discovering how to:

- Make friends with the fear of your past
- Move forward from Victim to Victor into a future of confidence, love and acceptance
- Integrate God's plans to realise your own dreams
- Recognise your unique spirit-filled personality (USP) for a successful life

Through sharing her own story and weaving metaphors, Ladey reveals how to make sense of your life. She shares the success of others who have followed her process, Ladey shows readers how to break through life-limiting messages to step into HIS melting light and make the most of each and every moment. www.ladeyadey.com

"PURE GOLD. Ladey demonstrates her heart to pursue the character of God to heal the wounds of the world."

Ronald David Re (Author: Chosen to be Blessed)

UNFROZEN

Unfrozen begins your journey to heal a frozen heart:

- To live without fear,
- Put the past in the past, Let it go and defeat Life's disappointment, disillusionment and discouragement.
- Discovering your true potential and spiritual love

Ladey's words open the door into a new world of love, hope, and healing, as you understand the power of the ultimate sacrifice and reunion.

Chapter 1 Your Persuasive PAST	A Past is something everyone has in common! How healthy is your Past? The Past does not define you. <ul style="list-style-type: none"> • Techniques for changing damaging self-talk • Learn how to deal with expectations and • Finding ways to 'let it go'.
Chapter 2 Your Huggable HOPE	Hope is the antidote for life's problems created by Past disappointments. <ul style="list-style-type: none"> • Find your portion of Hope • Chase away your Dream Stealers • Embrace your Huggable Hope
Chapter 3 Your PLANS	God is your No 1 Fan. <ul style="list-style-type: none"> • What to do when your plans go Awry • Personal Learning allows Next Steps – How to find yours • How you too can walk on Water!
Chapter 4 Your BETRAYAL, Beaten!	The pain of betrayal is acute and hard to shrug off. It is the base of stress and comes in many forms, work related, friendship or lover related and over-expectation related. <ul style="list-style-type: none"> • How to recognise Betrayal's 'little signs' • Reversing the effects of Betrayal • God means it for Good
Chapter 5 Your HEALING. Self-Help and God-Help	To be healthy is a longed for existence. If you are unwell, you want and need healing. <ul style="list-style-type: none"> • Work with Self-Help and God-Help • Learn to encompass forgiveness and blessings as your journey to health • 5 steps to creating Healthy Scars tissue.
Chapter 6 Your PROTECTION	God protects you—yet you are often unaware and ignorant of how much protection HE gives. <ul style="list-style-type: none"> • Explore your perception of God as Protector • Discover your Armour and the colour of your shoes! • How to manage your protective weapons
Chapter 7 Your Enemy? FEAR is not Your Enemy	Fear as your Friend or Foe it is your choice. <ul style="list-style-type: none"> • How to replace negative fear with healthy fear. • Explore the relevance of 'Fear of the Lord' in your life • What is God's Hierarchy of Need?
Chapter 8 Your LOVE will find a Way	A little love goes a very long way. When love appears, it shines light in the darkness and smilingly takes no prisoners. <ul style="list-style-type: none"> • How love can be your healing element to overcome

	<p>symptoms and conditions of Fear.</p> <ul style="list-style-type: none"> Rediscover your self-confidence through Love Love, Light and Action – how far will Love take you?
Chapter 9 Your SACRIFICE	<p>To sacrifice your life is the ultimate gift</p> <ul style="list-style-type: none"> Explore the significance of Sacrifice What is the Cost of Sacrifice? How you can get into Sacrificial Training
Chapter 10 Your SEARCHING Heart	<p>What is the meaning of your life?</p> <ul style="list-style-type: none"> Begin your search for identity, meaning and purpose What or who is your treasure? Recognising and Finding God waiting for You
Chapter 11 Your Heart—His CREATION	<p>Taking your place as an unique part of creation.</p> <ul style="list-style-type: none"> What is your life-blood really about? How do you manage and use your Freewill Your life as a creative being, how to fulfill your potential
Chapter 12 Your Heart’s REUNION	<p>Reunions conjure up images of great rejoicing. This is an invitation to step into God’s warming light.</p> <ul style="list-style-type: none"> How to make Your choice between being separated or reunited with God What does Living in His warming Light mean? How to melt your frozen heart
Your Buoyant BONUSES	<p>Special bonuses available to you</p> <p>1. The Lord’s Prayer 2. Prayer of Blessing 3.The Sinner’s Prayer 4. Prayer of St Brendan 5. The Ten Commandments</p>

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 Religion/Christian Life/Personal Growth

INTERESTING FACT:

Ladey was inspired to write after watching Disney’s Frozen. It touched a heart nerve and she has been melting ever since!

Ladey has exchanged the writing of reports in senior executive roles to the writing of books to help readers embrace their life issues.

She has exchanged speaking engagements on corporate and charity platforms, to speaking about dealing with life within spiritual and faith settings.

She has exchanged management and leadership techniques for coaching and mentoring to move people from victim to victor regardless of life’s challenges.

She is a Passionpreneur celebrating with readers an innovative training towards a new state of being, a natural, relaxed and life-giving reality, called Unfrozen.



Biography

Ladey Adey, was born in Kettering but her home town is Corby. She always says, give me a Halo and I'll put it over Corby as the local people have an indomitable community spirit.

Always a child of God, Ladey knew HIS presence from an early age, but the relationship with God really began when she and her husband, Denis, were baptised on April 6th 1997 at Godmanchester Baptist Church, Cambs. Then the God adventures really began ...

In the mix was realising that having a faith does not preclude personal and professional disappointments. As someone who has fought disillusionment and discouragement by receiving spiritual healing based on forgiveness and blessings. Now, it is time to pass this understanding to others.

Currently:

Ladey is now a full-time author, coach and speaker with the Unfrozen Bootcamp. Serving others and philanthropy are very close to her heart with over 20 years working at Senior Executive Level for a variety of Charities. Unfrozen Bootcamp extends this to aid people to move beyond life's trials with God by their side.

Ladey is Director of New Life Church Ministry (NLCM), Sleaford under the leadership of Rev Canon Chris Bowater. She is also a Trustee of Pink Parties Trust—a family grant-giving charity alongside her husband and two fabulous daughters.

God's adventures included:

- Supported Rev Dr Clifford Hill in establishing and leading Family Matters Institute, as its first C.E.O.
- Regular on TV, radio and a regular on local radio, BBC Lincolnshire's *lunch bunch*.
- Conference Speaker including sharing a Platform with The Archbishop of Canterbury, Dr Rowan Williams.
- A Passion for British Sign Language included a six week trip to Bolivia to a deaf school and living with deaf people. Completed a sponsored Cycle ride across Jordan - alongwith with the BBC *See Hear* cameras for the National Deaf Children's Society raising over £2,000.

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Interview Topics/Focus

Become *Unfrozen* from Life's Disappointments

In our Interview we can:

- look at how the Past traps people
- talk about Fear and its debilitating effects when it goes beyond the natural Fight, Flight or Freeze
- view how the 3D's: Disappointment, Disillusionment and Discouragement are at epidemic levels in society. They are the cause of high levels of stress and ill health, physically, psychologically, emotionally and spiritually. Life has a way of freezing out your potential, putting you in a "Frozen" state and it is Ladey's mission to help people to melt and become Unfrozen.

Why read this book?

I would read this book if life challenges cause you to feel down, depressed, stressed out and generally unhappy with your life. It uplifts and gives action plans for moving away from the Past, Fear and Betrayals. It beautifully illustrates how God has a different plan and meaning for every one's life. You are a unique person and your character needs to be celebrated – God is your Number One fan but do you believe in yourself? Unfrozen challenges you to consider the amazing person you are and gives proven strategies to push away the dream stealers including disappointment, disillusionment and discouragement.

Sample Interview Questions

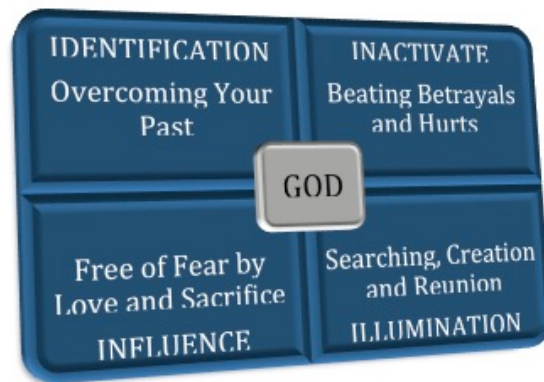
1. Why did you write the book?
2. Why do you think people need to become Unfrozen?
3. How did Disney's Frozen influence your book?
4. What do you think it is about the Past that hinders and hurts people?
5. How best can people protect their hearts from Disappointments happening in their lives?
6. What are your top three tips for making friends with the past?
7. What do you think is the effect of Hope in people's lives?
8. What choice do you believe people have when battling against conflicts and tensions in their life?
9. Who would benefit from reading Unfrozen?
10. You and your team now run Becoming Unfrozen Bootcamp. As this is an online resource why do people come and what results are you seeing?

Next Steps for your Audience

My team and I are creating some new coaching for people who are worried about being 'Frozen' in some part of their life: hurt from relationships or work pressures. Details and some free gifts for listeners will be available at the time of interview.

ladey@ladeyadey.com

The image below will help you visualise our unique process.



We also discuss the Hierarchy of God within the coaching



I look forward to speaking with you soon