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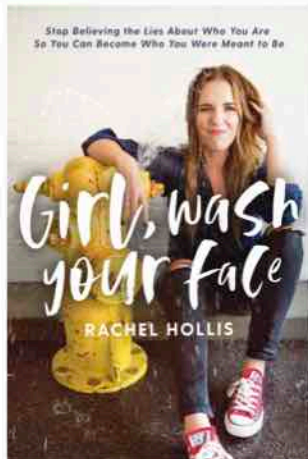


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L.A. Lifestyle Mogul and Chic Media CEO Rachel Hollis Refuses to Be Torn Down by the Lies Women Always Tell Themselves

GIRL, WASH YOUR FACE

**STOP BELIEVING THE LIES ABOUT WHO YOU ARE
SO YOU CAN BECOME WHO YOU WERE MEANT TO BE**



Nashville, TN (February 6, 2018) – After leaving her hometown of Weedpatch, Cali. at 17 for the bright lights of Los Angeles, Rachel Hollis dove head first into the world of Hollywood party planning. With no college degree, Hollis transformed her admittedly chaotic life into a smashing success. She manages a lifestyle website with almost two million readers each year, has more than 816 thousand actively engaged followers on social media, and as CEO of Chic Media, has formed partnerships with major companies like JCPenney, Sprint, Covergirl, Walmart and Target to create inspiring obtainable digital content for women and moms of all types and ages.

In her highly anticipated new book, ***Girl, Wash Your Face: Stop Believing the Lies About Who You Are So You Can Become Who You Were Meant to Be*** (Thomas Nelson, February 6, 2018; ISBN 9781400201655; \$22.99), Hollis invites readers into her world, sharing her secrets to success and empowering women to face life's challenges head on, be transparent about the good and the bad, and know that only they can control their destinies.

“I’ve built a business based on the idea of community and it’s a digital tapestry of women all over the world,” Hollis says. “I had this fluffy, country-mouse idea that we could create a space on the internet that lifts women up from every walk of life, that makes them feel encouraged, that makes them feel like they have friends, that offers them help and advice and does it with positivity at all times. And you know what? It’s totally working!”

As a regular contributor to *HuffPost* and *PopSugar*, and frequent expert on “The Rachael Ray Show,” “The Talk”, and “Extra,” Hollis strives to help women embrace the mess of their lives. In *Girl, Wash Your Face* Rachel shares raw, authentic truths from her own life—being a recovering workaholic, refusing to mute herself for fear of what people will think, and embracing the fact that having a career does not make her less of a mom—with the hope it will give other women permission to do the same. With chapter ending sections titled *Things that helped me . . .*, Hollis walks alongside readers and provides tangible tips and tricks to overcoming the lies about careers, relationships, and dreams that permeate their thinking.

“I am successful because I refused to take no for an answer,” says Hollis. “I have never once believed my dreams were someone else’s to manage. No means merge with caution. No reminds you to slow down and reevaluate where you are and to judge how the new position can prepare you for your future destination. Only you have the power to change your own life.”

When she’s not creating original digital content with her team at Chic Media or sharing daily adventures and lifestyle tips on *TheChicSite.com*, Hollis can be found spending time with her family and friends, traveling, or enjoying a La Croix with a good book in her hand. For more information about *Girl Wash Your Face*, please visit www.GirlWashYourFace.com.

ABOUT RACHEL HOLLIS

“Helping you live a better life in simple, achievable steps”



Rachel Hollis is a bestselling author, TV personality, in-demand speaker, and founder and CEO of Chic Media, the foremost authority on premium digital content for women. Named one of Inc. Magazine’s “Top 30 Entrepreneurs Under 30,” Rachel uses her infectious energy to empower women to take control of their lives and pursue their passions without fear. Motivational, inspirational, and always approachable, Rachel’s tell-it-like-it-is attitude is a refreshing approach that allows her to authentically connect with millions of women around the world. Rachel has worked with top brands including Walmart, Disney Junior, JCPenney, Rubbermaid, Sprint, and Keurig to create innovative and compelling content for Chic Media’s award-winning women’s lifestyle blog. Rachel resides in Los Angeles with her husband and four children.

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