

CLAIRE BERGER

HOW MUCH IS ENOUGH? GETTING MORE BY LIVING WITH LESS

Claire's Interactive Memoir & Engaging Live Event

Kudos for

HOW MUCH IS ENOUGH?

As Claire asks and answers her book's thematic question, *How Much Is Enough?*, I couldn't help but examine my own—what is enough travel, childhood, friendship and work. As always, I look to Claire and am pulled to her gentle, steady example. Claire, thank you for writing this book!

Jennifer Garner, Actor,
Activist, Entrepreneur

How Much is Enough?,
Claire's Berger's poignant
and sassy book crackles with
wit and smarts. It's a blend of
deeply personal stories and
provocative questions that
will make you think, reflect
and maybe even spit-take!

Nancy Giles, Commentator,
CBS Sunday Morning



Meet Claire Berger

For over four decades, Claire Berger has been earning a living as a comedian, improv actor, speaker and writer. She began her career in Chicago with The Second City and found big laughs in Los Angeles, earning acclaim as a warm-up comedian on over sixty five of your favorite sitcoms, including *Seinfeld*. Claire was also the first comedian HGTV hired to host a series on their network (*Fantasy Open House*).

Pivoting from television to corporate boardrooms, Claire helped businesses have fun while getting the job done with her memorable bespoke events .

Claire has always found humor in unlikely places, including Italian kitchens where she served as resident writer, ambassador and cookbook contributor for two popular culinary immersion programs, Tuscan Women Cook and Italian Culinary Adventures.

Claire wrote "**How Much Is Enough? Getting More By Living With Less**" as an interactive memoir, to give voice to the ever present conversation we're all having in our heads. **How much is ENOUGH**... Exercise? Religion? Health? Shoes? Family? Food? Claire tackles an array of topics in twenty-two chapters that can be adapted into an entertaining, interactive keynote that will engage audiences in every age and stage of life.



HOW MUCH IS ENOUGH? *Getting More By Living With Less*

More KUDOS

In a world where we are encouraged to want more, buy more, and be more, "*How Much is Enough?*" is a wonderful exploration into what fills us up. If you want to get to the place where you can say "I am enough, I do enough, I have enough" you've just got to read this book.

Peggy Klaus, Author of the NYTimes Best Seller, "*BRAG! How to Toot Your Horn Without Blowing It.*"

Claire Berger challenges us, then guides us through asking and addressing an important question, "*How Much Is Enough?*" She does it with insight, adroitness, and maybe most importantly, humor.

Gary Dontzig, Emmy Award-Winning Co-Executive Producer, *Murphy Brown*

How Much is Enough? Is an ideal delivery system for a bigger conversation. It would be enough if the author was insightful or hilarious or sharp as a tack or wildly openhearted. *How Much is Enough?* is a relevant and provocative read because Claire Berger is all of these things.

Wendy Hammers, CEO, Tasty Words Productions

Acclaimed writer and comedian Claire Berger is asking out loud the question you've been silently pondering for years, "*How Much Is Enough?*" Claire wrote this book and launched live events to start a long overdue conversation. Her innovative mashup of memoir and self help genres invites audiences to join her in the search of **Enough** in all aspects of our lives. Health, money, family, success, food and sex are just a smattering of the topics up for discussion in a touching, highly relatable, often hilarious conversation that features thought-provoking questions and creative prompts for deeper personal reflection. Audiences will leave with a renewed appreciation for all that they are and all that they have, which is often more than enough.

How Much Is Enough? Events and Workshops are Ideal for:

- Personal Growth
- Staff Development
- Female Empowerment Programs
- Literary Clubs
- Off-Site Corporate Summits
- Religious Retreats
- Health Spa/ Resort Artist In Residence
- Campus Events

Format Options:

Live 60-90 Minute Interactive Keynote

1/2 Day Workshops

Virtual Monthly 60-90 minute Zoom Course

For pricing and availability visit:

www.claireberger.com