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Atlanta Author Shows Women Over 45 “It’s Not Over Yet!”

Mezza Style Guide Provides Tips for Enhancing Inner Beauty Along with Fashion Advice and More



Alpharetta, GA – Regardless of how far society has come in embracing women of all shapes and sizes, the pressures to live up to unrealistic standards of youth and beauty leave many older women feeling as if “life is over” as they experience the changes that come with age. Atlanta author Jacqueline Grund, founder of lifestyle blog *Mezza*, is here to tell them it’s not.

With over 25 years of experience in the fashion world, Jacqueline is on a mission to help women over age 45 rediscover themselves. “I have always wanted to share my experiences and my own practices with women,” Jacqueline says. “*Mezza Style Guide* addresses the issues that every woman faces at some point in her life: How do I go on and still be vibrant, sexy and stylish after 45?” An extension of her blog, *Mezza Style Guide* touches on topics some women may

not feel comfortable seeking advice on in an easy-to-read way. Readers will find advice on health tips to hobbies, skincare to social media, and more. The beautiful book also makes a great addition to a stylish coffee table display.

Mezza Style Guide will be available on Amazon.com, BarnesandNoble.com, Shop.BookLogix.com, and MezzaReviews.com in paperback beginning September 23, 2021, and in hardcover beginning October 14, 2021.

Note to media: Author Jacqueline Grund is available for media reviews.
Please contact marketing@booklogix.com.



About Mezza: *Mezza* is a digital lifestyle blog for women over age 45, featuring tips on fashion, health, travel, home décor, and more. Visit MezzaReviews.com.

About BookLogix: BookLogix is a professional publishing house that supports authors and independent publishers. Located in Alpharetta, GA, BookLogix publishes a variety of fiction and nonfiction books. Learn more at BookLogix.com.

MEZZA STYLE GUIDE

A Holistic Lifestyle Guide for the Woman Over 45

*The second half of your life
is just beginning and your
Mezza family is with you
every step of the way!*



There have been many books written about style and fashion throughout the ages. This one is different. *Mezza Style Guide* aims to be a strategic way to highlight not only the outer beauty of women over the age of forty-five but the inner beauty as well. From tips on health skincare, and style, to using social media and networking, *Mezza Style Guide* covers a wide range of topics some women may be too afraid to ask for advice on. This is not only a guide for women, but a physical representation that there is life, and style, after forty-five, you just have to know how to take ownership of it! *Mezza Style Guide* makes a great gift and is a stylish addition to any fashionable home's coffee table.



Author **Jacqueline Grund** is a fashion and lifestyle expert with over twenty-five years of experience in fashion and the women's apparel industry. Her passion is helping women to be the best versions of themselves. Jacqueline is the founder of the successful lifestyle blog, *Mezza Reviews*, where she highlights fashion brands, style tips, travel recommendations, and home décor ideas for all women over forty-five.

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ISBN: 978-1-6653-0265-4 • 58 pages • 8.5 x 8.5" • \$19.99

Hardcover Available beginning October 14, 2021

ISBN: 978-1-6653-0298-2 • 58 pages • 8.5 x 8.5" • \$29.99

Available on Amazon.com, BarnesandNoble.com, Shop.BookLogix.com, and MezzaReviews.com.
Wholesale orders via Ingram or by emailing wholesale@booklogix.com

Biography of **Jacqueline Grund**

I have spent the greater part of my adult years in the crazy world of fashion, and I wouldn't have it any other way.



Jacqueline Grund is a fashion and lifestyle expert with a passion for uplifting women to be the best versions of themselves. She has had over twenty-five years of experience in fashion and the women's apparel industry. Her experience as a personal shopper for a high-end clothing store and as a personal stylist has lent to her overall mission of empowering women to step into the most authentic versions of themselves while feeling their best doing it.

She believes that style does not just stop when you turn forty-five but just begins in a new and different way! She continues to empower other women through her ambassadorship with many brands while bringing other women together to shop and feel good. She further promotes her mission through her successful lifestyle blog, *Mezza Reviews*, and her newly developed online show, *The MEZZA Live*, now seen @mezzagirl1959 or past shows on social media where she highlights fashion brands, style tips, travel recommendations, and home décor ideas for all women over forty-five.

For more information on Jacqueline, please visit www.MezzaReviews.com.

Author Jacqueline Grund is available for interviews. To schedule an interview, please email marketing@booklogix.com or call 470-239-8547.

Jacqueline Grund on Writing **MEZZA STYLE GUIDE**

Tell us more about your blog, *Mezza*.

One day over coffee, I told my husband that I wanted to finally get back to writing via an online magazine blog. I'm a Bronx native, fashion influencer, writer, entrepreneur, wife, mother, and recently, grandmother. I have dedicated the past 25 years of my life to making people feel good about themselves through the fashion industry. I finally decided to combine my experience in fashion and my passion for writing by forming *Mezza*, a digital lifestyle blog. My blog is a resource for people such as myself who feel like they are in the middle—or mezza—of their lives who appreciate encouragement and advice. I also invite industry experts to share their reviews and useful tips on *Mezza* as well.

What inspired you to write *Mezza Style Guide*?

I have always wanted to share my experiences and my own practices with women. With *Mezza*, I enjoy connecting my readers with relevant and engaging content that will positively impact their specific lifestyle choices. *Mezza Style Guide* is a natural extension of the *Mezza* blog, and a great opportunity for me to share with a new audience. My hope is that one woman will share and gift this book to another woman and so on.

What do you hope readers take away from *Mezza Style Guide*?

So often women are made to feel like the best part of their life is over after age 40 or so. But it's not over, it's just different. I think my book addresses the issues that every woman faces at some point in her life: How do I go on and still be vibrant, sexy, and stylish after 45? *Mezza Style Guide* gives tips, inspirational quotes, and ideas to get women thinking about how to take control of their life again and make their second act amazing!

How can readers get more tips and inspiration?

Be sure to check out *Mezza* at Mezzareviews.com as well as my Instagram, @Mezzagirl1959.