



About Laura Tremaine

Laura Tremaine is a writer, avid reader, and beloved podcaster. Laura grew up in a small town in southern Oklahoma and moved to Los Angeles site unseen when she was 22. Years of film and television production followed, and in 2007, she married the director she met on her first movie set. For six years, Laura wrote regularly at Hollywood Housewife, a blog that opened doors of friendship and opportunity all over the world. Through blogging, Laura traveled to Sri Lanka, Haiti, Israel, and all over the United States writing and speaking. Eventually, she closed the "Hollywood Housewife" blog and moved toward podcasting. She was a regular co-host on the girlfriend chat show "Sorta Awesome" and is the creator and host of the topic-driven "Smartest Person in the Room." She launched a celebrated blog called "10 Things To Tell You," in 2019 and then its eponymous podcast the "10 Things To Tell You Podcast," shortly thereafter. Her first book, "Share Your Stuff. I'll Go First." drops February 2, 2021. Laura lives in LA with her husband and two young children.

Laura Tremaine

45.2K



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8.6K



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2.3K



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Why Laura Tremaine?

- Despite our hyper-connected culture, many of us are desperately lonely. Laura recognizes that it's all too easy to judge those who share their lives openly online. Those who share are branded as desperate or insecure. In response, Laura is challenging this paradigm and working to prove to others that the secret to overcoming loneliness is through sharing.
- Naturally introspective, Laura has packaged up her life through storytelling online for over a decade. Born out of immense feelings of loneliness, Laura curated a bustling online hub called 10 Things to Tell You and its hit eponymous podcast, where she shares her most true, authentic self and encourages others to follow suit. By doing so, she's prompted thousands to leave their comfort zone, overcome loneliness and cultivate deeper connections.
- By sharing her truth, her vices, her secrets, and her fears, Laura has manifested the benefits that come from caring less about what people think and more about what brings us peace and joy. Through Laura's example, we learn that sharing our stuff is the key to connection and consciousness.

PRESS CONTACTS

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Share Your Stuff. I'll Go First:

10 Questions to Take Your Friendships to the Next Level



In her debut book, "Share Your Stuff. I'll Go First.: 10 Questions to Take Your Friendships to the Next Level," Laura Tremaine invites readers into a vulnerable give and take that creates room for both radical self-discovery and a deep understanding of the people who matter most to us. Part-memoir and part-guidebook, "Share Your Stuff. I'll Go First." serves as a framework for cultivating an intimate and authentic connection with others. Each of the book's ten chapters is a conversation starter, designed to provoke discussions that reveal who we truly are—and why. Laura invites readers to share their stuff, but only after she has gone first. Ultimately, "Share Your Stuff. I'll Go First." serves to remind us that sharing is contagious. We learn that if we can come together, choose to celebrate instead of judge, divulge in the negative instead of inflating the positive, and share in a helpful, not hurtful way, we can learn to trust each other once again. You can learn more at: www.website.com

Why share your stuff. I'll go first.?

- **Connection vs. comfort zone:** Sharing vulnerably is hard, but life-changing. Through raw storytelling, Laura divulges the most pivotal milestones in her life, proving how our most profound connections can come from sharing the stories we never thought we would tell.
- **Healing happens when you let yourself be seen:** Humans are not meant to deal with the hard parts of life by ourselves. As we navigate loss, grief, depression, anxiety (which we are all experiencing some form of this year) we must find a way to share in order to heal - whether that with a partner, friends, with a therapist, or beginning with a journal.
- **Social media shame and cancel culture:** This is something Laura has witnessed on her own platform and to so many others on the internet. She can talk about her experience online and why she believes we should stop shaming what others share.
- **Summer camp, sisterhood and the power of belonging:** Laura shares about an important childhood and young adult experiences - summer camp and her sorority - and the lessons she still applies to her life from these influential times. Belonging is a prominent theme in Laura's life, and I imagine, many of our lives. Whether we have or haven't belonged at certain times, these memories are powerful and burned in our memory. Laura can speak on the power of belonging and how to find places to belong as an adult.
- **Why journaling should be your 2021 habit:** Journaling has had a huge impact on Laura's mental health, relationships - with herself and others - and her ability to share openly.
- **Anxiety is a lifelong companion:** This is the topic Laura is most passionate about and believes that by sharing her story, others may feel seen, feel loved, and share as well.

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