

making LEMONADE

An antidote to the existential crisis.

by **JADE MILLER**

From health diagnoses to horrible bosses, there is no shortage of hard times and hot messes.

Life will inevitably throw us some challenging situations. But don't quit just yet. You can probably still squeeze some good times out of this!

Making Lemonade is an antidote to an existential crisis. This slightly irreverent self-development guide holds relatable personal stories with practical pathways to managing the lemons that get pelted our way.

Walking us through a journey from self-discovery to questioning existence, we will find ways to reconnect with ourselves, other people, and the world we live in to gain insight into our personal purpose.



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www.making-lemonade.com.au**

"There aren't many books that make you smile and nod in agreement from the first page, but this one does. In this book Jade Miller shares her wonderful insights, quirky sense of humour and creative activities that encourage you gently, kindly and compassionately to use all the magnificent lemons we get given, to help us make better sense of the absurdities we call life."

**Dr Jenny Brockis, Lifestyle Medicine Physician,
Workplace Health and Wellbeing Consultant, bestselling
author and award-winning speaker**



About the author

Jade Miller is obsessed with understanding humans, connecting authentically, and uses her passion for communication and creativity to help others find their own sense of purpose.

Having faced some huge life challenges including neurosurgery, chronic illness, divorce, and late diagnosis of her Autism and ADHD, she is navigating life and business and keeping it real with a quirky sense of existential humour.

20 years of experience in communication, marketing and design from a diverse collection of industries, and a lifetime of autistic hyper-interests and creative pursuits shapes her perspectives on life and leading. She has appeared on several business podcasts including *Ways to Change the Workplace*, *The Brand Called You*, *Six Comms* and *The Craft of Consulting* to talk about visual communication, clarity and connection, and she regularly shares visuals, thoughts and information on [LinkedIn](https://www.linkedin.com/in/jademiller).

Jade lives in beautiful Brisbane, Australia with her two daughters and you will often find her spending time with them at the beach, or painting abstract art. She truly believes that life is about connection with ourselves and each other and finding ways to fill our lives with things we love doing.

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