

Valerie Bennett Naquin's "How to Build a Big Life Without Being Rich" Inspires Purpose-Driven Living

81-Year-Old Author Reveals How Personal Growth, Meaningful Life Choices, and Experiences Over Possessions Create Joy, Fulfillment, and Adventure at Any Age—Without Wealth

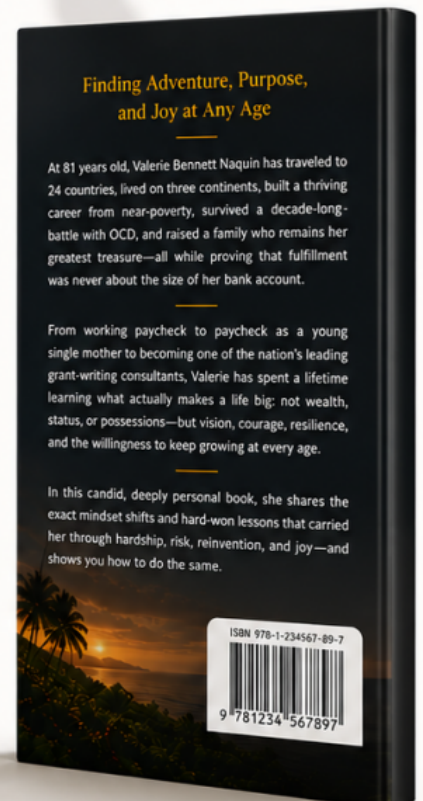
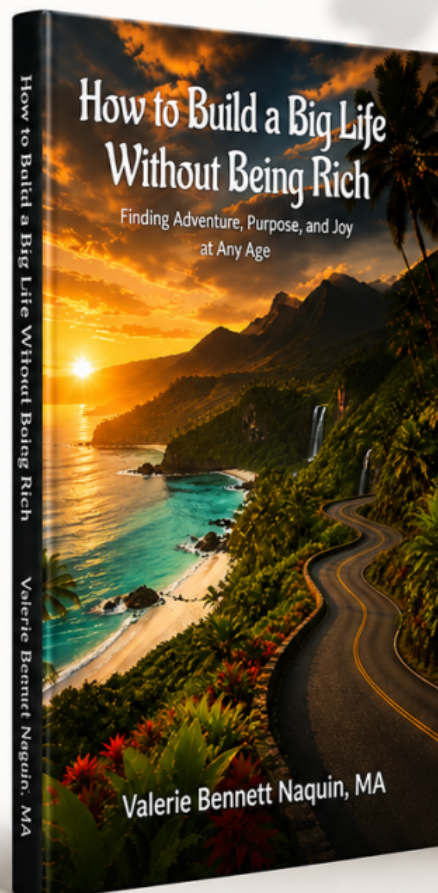
PRESS RELEASE

How to Build a Big Life Without Being Rich.

A powerful new book by
Valerie Bennett Naquin, MA.

Discover purpose, resilience,
and joy at every stage of life.

AVAILABLE NOW



Austin, Texas Sep 16, 2026 (IssueWire.com) - [How to Build a Big Life Without Being Rich](#): Finding Adventure, Purpose, and Joy at Any Age by Valerie Bennett-Naquin, M.A.—An Inspiring Autobiography Showing How Intentional Living, Personal Growth, and Purpose-Driven Choices Create Extraordinary Lives Beyond Wealth

Renowned behavioral health leader and life transformation advocate shares autobiography proving that meaningful life, personal fulfillment, and adventure transcend socioeconomic status—a testament to 45+ years of intentional living and purpose-driven decision-making across continents

How to Build a Big Life Without Being Rich: Finding Adventure, Purpose, and Joy at Any Age by Valerie Bennett-Naquin, M.A., is now available on Amazon in digital (Kindle) and print formats. This extraordinary autobiography shatters the myth that meaningful life, purpose-driven living, and lifelong adventure require significant wealth. Written by an 81-year-old woman who has traveled to 24 countries, explored 28 states, lived internationally in Japan and Mexico, and built a life of intentional living and personal transformation, this book is a masterclass in discovering joy, fulfillment, and purpose at any age.

From small-town girl in Olympia, Washington, to world traveler and behavioral health pioneer, Valerie Bennett-Naquin's life journey demonstrates that experiences over possessions, not financial wealth, define a big life. Her autobiography traces 45+ years of purposeful living, personal development, resilience, and the relentless pursuit of meaningful experiences despite financial constraints. This is not a tale of inherited riches or sudden wealth; it is the lived experience of intentional living and self-improvement that transcends material circumstances.

Redefining "Big Life": Beyond Wealth to Meaning and Purpose

American culture often conflates a ["big life" with material wealth, luxury, and financial success](#). Valerie Bennett-Naquin's autobiography radically reframes this definition. A big life, as she demonstrates through 45+ years of lived experience, is constructed through intentional living, purposeful choices, lifelong learning, and the deliberate pursuit of meaningful experiences.

Her journey from middle-class childhood (Olympia, Washington) through lower middle-class adulthood to a life of extraordinary adventure and fulfillment provides a roadmap for anyone seeking personal growth and meaningful life without relying on financial wealth. Bennett-Naquin proves that self-improvement, personal development, and resilience—not money—are the true engines of a fulfilling, purposeful life.

A Life Across Continents: 24 Countries, 28 States, Infinite Purpose

How to Build a Big Life Without Being Rich traces Valerie's transformative journey across the world. At age 16-17, she lived in Japan—an experience that shattered her small-town vision and opened an entirely new world of possibilities. This pivotal moment catalyzed 45+ years of intentional living, purposeful travel, and the cultivation of what she defines as a big life.

Her autobiography documents:

Living internationally in Japan (transformative teenage years opening new perspectives) | Extended residence in Mexico (17 years of international living and cultural immersion) | Travel to 24 countries across multiple continents (lifelong adventure and meaningful experiences) | Exploration of 28 U.S. states including Washington, Arizona, California, Hawaii, and Alaska (domestic adventure and discovery) | Career transformation from small-town aspirations to internationally recognized behavioral health leadership | Building purposeful relationships and communities across cultures | Developing resilience, adaptability, and personal growth through continuous change | Creating joy, fulfillment, and meaning through experiences rather than possessions

Each chapter demonstrates how intentional living, personal growth, and purpose-driven decision-making create extraordinary adventures—all achievable without dependence on wealth.

For Anyone Seeking Personal Growth, Meaningful Life, and Purpose

How to Build a Big Life Without Being Rich speaks to readers at every life stage: young people questioning conventional paths, mid-life professionals seeking personal transformation, and older adults discovering that age is no barrier to adventure and fulfillment. The autobiography challenges limiting beliefs about wealth, retirement inspiration, and what constitutes a meaningful life.

This book is ideal for anyone interested in: Personal growth through intentional living | Finding purpose and meaning beyond material accumulation | Building a meaningful life within realistic financial constraints | Developing resilience and adaptability in pursuit of personal goals | Lifelong learning and continuous self-improvement | Adventure and travel at any age | Building retirement inspiration without dependence on wealth | Creating positive mindset and finding joy in experiences over possessions | Understanding how behavioral health principles support purposeful living | Discovering that life transformation is accessible to everyone

Bennett-Naquin's voice is authentic, grounded, and deeply human. She doesn't romanticize poverty or pretend that lack of wealth is ideal; instead, she demonstrates how intentional living, personal development, and purposeful choices can create extraordinary fulfillment regardless of financial resources.

From Behavioral Health Expert to Autobiographer: Full Spectrum of Lived Experience

Valerie Bennett-Naquin brings 45+ years of professional behavioral health expertise combined with the lived wisdom of someone who has walked the path she describes. Her autobiography emerges from her larger body of work addressing personal transformation, resilience, and meaningful living:

Wearing a [Coyote Robe: The Duality of Obsessive-Compulsive Disorder](#) — Mental health memoir exploring personal recovery and resilience in managing serious mental illness

[Beyond the Highs and Lows: Understanding Bipolar Disorder and Building a Life That Works](#) — Guide to managing bipolar disorder while building high-functioning, purposeful lives

Winning Federal Grants: A Step-by-Step Guide Built on \$250 Million in Successful Awards and Enhanced by AI — Professional guide demonstrating how strategic thinking and intentional planning achieve transformative outcomes

Together, these four works create a comprehensive testament to personal transformation, resilience, intentional living, and the power of purpose-driven choices. How to Build a Big Life Without Being Rich serves as the capstone—the full autobiography contextualizing all previous work within a life dedicated to personal growth, meaningful living, and purposeful adventure.

Published by [Div Books Publishers](#)

How to Build a Big Life Without Being Rich is published by Div Books Publishers (divbooks.com), dedicated to bringing authentic voices and transformative life stories to readers seeking inspiration, personal growth, and meaningful life guidance. The publisher's philosophy—"Your Story, Our Experience—The Perfect Recipe to Be the Next Bestseller"—reflects commitment to supporting authors

whose work addresses genuine human aspirations and life transformation.

Availability: An Autobiography for Every Life Stage

How to Build a Big Life Without Being Rich is available now on Amazon in Kindle (digital) and Paperback (print) formats. The book is positioned for discoverability across multiple life-stage and interest categories: personal growth, intentional living, meaningful life building, self-improvement, simple living, life transformation, adventure memoirs, retirement inspiration, finding joy and fulfillment, and inspirational autobiographies.

This autobiography is essential for: People seeking personal growth and life transformation | Those exploring intentional living and meaningful life design | Individuals interested in adventure and travel at any age | Readers exploring how to find purpose and joy without wealth dependence | Anyone interested in behavioral health applied to everyday living | People seeking retirement inspiration and age-positive narratives | Those exploring lifelong learning and continuous personal development | Readers interested in how resilience and positive mindset create fulfilling lives | People questioning conventional paths and seeking alternative life models | Anyone interested in international living, cultural immersion, and world travel experiences

Readers can purchase through Valerie Bennett-Naquin's Amazon author page or search for keywords: "how to build a big life," "intentional living," "finding purpose," "meaningful life," "personal growth," "simple living," "life transformation," "adventure memoir," "retirement inspiration," or "experiences over possessions."

For book clubs, educational organizations, and individuals seeking transformative life guidance, this autobiography serves as essential reading for understanding how personal development, resilience, and purposeful living create extraordinary lives across geographic boundaries and financial circumstances.



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