Award-Winning Author & Holistic Health Practitioner Shari Emami to Host In-Person Book Signing at Barnes & Noble

Board-Certified Health Coach and Author of "Breaking Free From Pain" to Share Actionable Strategies for Overcoming Chronic Pain and Restoring Vitality on Friday, January 8, 2027 at 4:00 pm.



Glendale, California Nov 9, 2026 (Issuewire.com**)** - Local readers, wellness enthusiasts, and individuals seeking relief from chronic pain are invited to a special in-person author event and book signing featuring Board-Certified Holistic Health Practitioner (H.H.P.) and award-winning author Shari Emami. The event will take place on Friday, January 8, 2027, from 4:00 PM to 6:00 PM at Barnes & Noble located at The Americana at Brand

In her acclaimed non-fiction work, Breaking Free From Pain: From Suffering To Strength, Emami candidly combines her personal journey overcoming fibromyalgia with practical, science-backed holistic healing strategies. Honored with prestigious accolades—including the Literary Titan Gold Book Award and The Golden Wizard Book Prize—Emami's work serves as a compassionate roadmap for anyone struggling with persistent fatigue, inflammation, or chronic joint and muscle discomfort.

During this exclusive two-hour appearance, attendees will have the opportunity to:

Bullet Meet the Author: Connect directly with Shari Emami to discuss cellular health, functional lifestyle strategies, and integrative approaches to nervous system balance.

Bullet Get Personal Signed Copies: Purchase and receive personalized, autographed copies of Breaking Free From Pain, an ideal gift for loved ones embarking on a New Year wellness journey.

Bullet Live Q&A & Community Connections: Ask burning questions regarding holistic wellness routines, nutritional support, and actionable steps to reclaim daily energy.

"Living in constant pain doesn't have to be your forever story," says Emami. "My goal for this event is to give our Glendale community tangible hope, practical validation, and real tools to move from suffering into lasting strength."

Admission to the event is free and open to the public. Guests are encouraged to arrive early at 4:00 PM to secure priority positioning in line for personalized book signings.

Event Details at a Glance:

Bullet Event: Breaking Free From Pain Author Meet-and-Greet & Book Signing

Bullet Author: Shari Emami, H.H.P.

Bullet Date & Time: Friday, January 8, 2027 | 4:00 PM – 6:00 PM

Bullet Location: Barnes & Noble – The Americana at Brand (Americana Way, Glendale, CA 91210)

Free

About Shari Emami, H.H.P.

Shari Emami is a Board-Certified Holistic Health Practitioner (H.H.P.), health coach, content strategist, and award-winning author based in the Los Angeles area. Holding certifications from leading health and lifestyle medicine institutions, Emami specializes in root-cause wellness, cellular metabolism, and integrative self-care routines. Her published book, Breaking Free From Pain: From Suffering To Strength, has empowered readers nationwide to take charge of their health journey.

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Source : Shari Emami HHP

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