

Christian humorist creates video for book release

BY BARBARA ROUTEN
Special correspondent

BRANDON — Seffner author Debora Coty kept an audience of a couple dozen women in stitches and a few brave men wondering what hit them May 31 at Bay Life Church.

Coty's husband, Chuck Coty, taped her presentation of a comic, edgy, yet inspirational message about stress in the lives of women of a certain age.

"I don't think those men knew what they were in for," Chuck Coty said.

Not much was off limits as Debora Coty discussed hot flashes, mood swings and even her sagging Bobbing Twins, Freddie and Flopsy.

She said that fussing, fuming and fatigue are the outer symptoms of inner
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Debora Coty and the Baguettes perform "Men-O-Pause, the Attitude-Y-Full" at a video-recording session at Bay Life Church to promote Coty's upcoming book releases, "Blessed to Be Stressed" and "More Beauty, Less Beast: Transforming Your Inner Ogre."

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stress and called stress a woman's kryptonite.

To combat stress, share "chick-chat," she said. "Make girlfriend time a priority, invest in yourself, do 'life' together, grow together, send 'Pal-entines' and hold hands through the tough times."

The hour-long recording will be condensed into a 10-minute video to promote two of her upcoming books from Barbour Publishing, "Too Blessed to Be Stressed," which will be in stores Aug. 1; and "More Beauty, Less Beast: Transforming Your Inner Ogre," which will be released March 1.

Coty, part-time occupational therapist and former piano teacher, incorporated therapy and music in her talk.

"My therapy experience has actually been advanta-



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Debora Coty laughs in the face of stress and aging at a video-recording session at Bay Life Church. "My therapy experience has actually been advantageous to my writing," she said.

geous to my writing," she said. "In 'Too Blessed to Be Stressed' I tap into my 33 years as a health-care professional for a chapter on

simple but effective stretches and exercises to alleviate physical stress symptoms (muscle tightness, tension headaches

and neck and shoulder pain, to name a few)."

Some of these exercises were demonstrated on-stage by her sister, Cindy

Hardee, who is not only her "best bud and supporter, but a jolly good sport," Coty said.

Coty also crooned "Men-O-Pause the Attitude-Y-Full" to the tune of "America, the Beautiful." A choreographed, over-50s version of the Rockettes, called the Baguettes, were her back-up dancers. The song and dance may be viewed at <http://vimeo.com/24495202>; move over, J.Lo, it's time for D.Co.

Three attendees won autographed copies of Coty's books: Nancy Wallace will receive "Too Blessed to Be Stressed," Barb Pete, "365 Chick-isms: Witty Musings on Life, Love and Laughter" (Nov. 1); and Eddie Aikins, "More Beauty, Less Beast."

Coty will offer a free writing workshop at from 1 to 2 p.m. July 30 at Truth Christian Store and Event Center, 301 S. Collins St.,

Suite 101, Plant City, and from 3 to 4 p.m. Aug. 13, at Lifeway Christian Store 169 Brandon Town Center Drive, Brandon.

"I get a lot of calls about my free writers' workshops, so I try to do several of them each year," Coty said. "I consider them part of my ministry in helping aspiring writers know where to start and how the industry works. Stuff I wish I'd known when I started eight years ago."

She also is co-chairwoman of the Florida Inspirational Writers Retreat with Brandon author Ruth Carmichael Ellinger. The retreat will take place 8 a.m. to 5 p.m. Oct. 8, at Cedarkirk Camp and Conference Center, 1920 Streetman Drive, Lithia.

For information about Coty and her books and workshops, go to www.DeboraCoty.com.

neighbors@tampabay.rr.com