



Dr. April Lynn James

Soprano, Speaker, Best-selling Author

Affectionately known as The PhDiva!, Dr. April is a classically trained soprano with a PhD from Harvard. Her “delightfully readable” book, *The Tenth Muse: How Maria Antonia Advanced the Pastoral Opera* debuted at #1, and is an international best-seller. Although she grew up taking vitamins and doing yoga, only during her doctoral studies did she begin her wellness journey in earnest, in order to heal from stress-induced weight gain, depression, and tendonitis. The “Decade of Awfulness” following graduate school took her further along this path, leading to encounters with her guardian angel, Madison Hatta, Sonneteer, with whom she continues to collaborate in creating poetry and Wonderland-inspired Whimsical Things. She shares **uncommon knowledge and skills** so that people recover their innate joy and vitality.

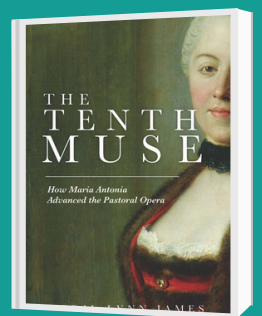


SIGNATURE TALKS

- ✓ **Be ExtraOrdinary**
What Dr. April’s research taught her about love, life and well-being.
- ✓ **Adventures in Fun PhysicaliTea**
An experiential wellness playshop in which Dr. April shares ways to regain and maintain flexibiliTea of body and mind with practices drawn from the performing arts.

#1 NEW RELEASE

The Tenth Muse:
How Maria Antonia
Advanced the
Pastoral Opera



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