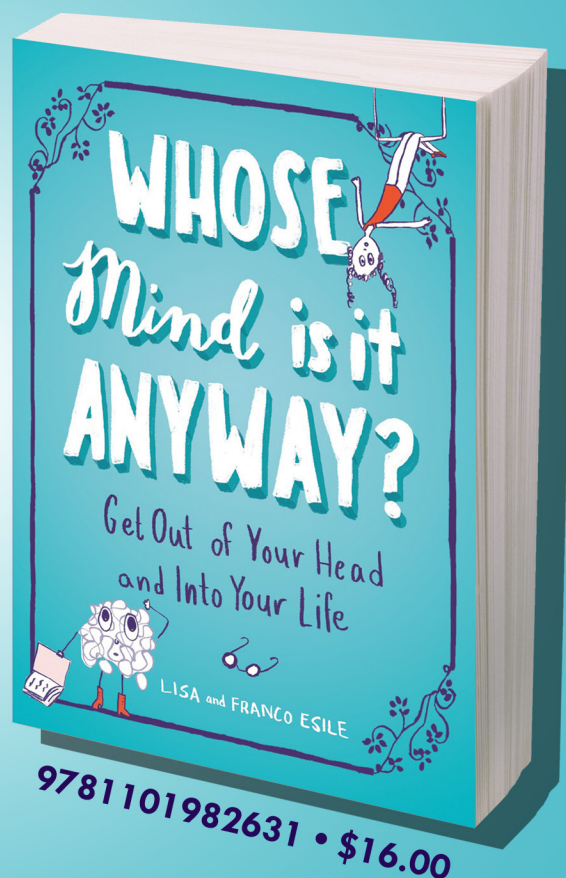


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LISA ESILE was born in Wellington, New Zealand, but spent most of her adult life living on the remote southern island. Lisa has a master's degree in science. Her blog, www.lisaesile.com, has over 8,000 subscribers, and she regularly guest blogs on Tiny Buddha.

FRANCO ESILE spent his early years as a touring musician around the US and the Caribbean. He briefly attended the Berklee School of Music and studied privately under Charlie Benacos. He's written music for poetical theater, including *Life After Motown*—produced by Nobel Poet Laureate Derek Walcott. Franco works in film and TV production and collaborates with Lisa on her blog.

For more information, please visit www.francoandlisa.com.