



# Unstoppable in Stilettos: A Girl's Guide to Living Tall in a Small World

*Lauren Ruotolo*

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## **How to Live Large Every Day and Kick Butt Along the Way!**

How does a girl who was originally predicted to live a wheelchair-bound existence become adventurous, self-assured, successful, and . . . unflappable? Standing 4 feet 2 inches tall in flats (which she would never be caught dead in, anyway), Lauren Ruotolo has spent her thirty-four-ish years seeing the world from a unique angle—upward facing. Lauren was born with McCune-Albright syndrome, a mysterious and rare genetic disease that researchers say occurs in anywhere between 1 in 100,000 and 1 in 1 million people. Some people with the condition tend to go the wheelchair route, but that was never a road Lauren wanted to travel. Her preferred method of transportation, instead, includes stiletto heels. Lauren has avoided the label of 'disabled' through uniquely discovering who she really is, and now you, too, can learn the secrets to living life in a big way.

In *Unstoppable in Stilettos*, Lauren offers you 'Lauren's Lessons,' in which she shares her hard-earned wisdom and life experiences to offer you a unique brand of life philosophies that you can apply to any of the rights of passages you may be experiencing as a Twenty-first Century Woman, including:

- Navigating social pressures
- Avoiding the label game
- Overcoming insecurities
- Combating career confusion
- Turning rejection and obstacles into triumph
- Dealing with toxic people
- Discovering true self-expression
- and so much more.

With *Unstoppable in Stilettos* you will have the tools to carve out your own path to self-confidence, success, and individualism . . . and have a blast along the way.

**Lauren Ruotolo** is the director of entertainment promotions at Hearst Magazines in New York City, where she is responsible for developing strategic key partnerships with television and cable networks, music labels, and movie studios. She recently helped produce E!'s Style Network show about the inner workings at *Marie Claire* fashion magazine and is working on two one-hour specials with Scripps Networks for *Esquire* and *Food Network Magazine*. Lauren joined Hearst Magazines from *TV Guide* magazine, where she was the

director of consumer marketing and promotions and created the first-ever newsstand promotion in the United States with a CD on the cover. Ruotolo's first-person essay, 'Get Shorty,' which shared her philosophies on living with the rare genetic disorder McCune-Albright syndrome, was published in *Marie Claire* magazine in 2009 and was one of the most responded-to articles in the magazine's history. Ruotolo is on the advisory board of GlamourGals Foundation, Inc., Love Our Children USA, and is an active member in the New York chapter of Women in Communications.

Visit Lauren on Facebook, follow her on Twitter (Laurenjaenyc), or log on to [www.unstoppableinstilettos.com](http://www.unstoppableinstilettos.com) and [www.laurenruotolo.com](http://www.laurenruotolo.com).

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