

**For Immediate Release**

## ***Beauty + Brains = Pretty Smart!***

If being smart isn't enough to guarantee success than what is? Being pretty smart helps.

Penny Pearlman, author of the award winning book, *Pretty Smart: Lessons from our Miss Americas*, tracked down and seduced twenty-two former Miss Americas into talking with her about their lives and how they pursued their passions all the way to professional and personal success.

With their thoughtful intelligence and insightful eloquence these goal-achieving women turn out to be not just pretty, but pretty smart and shatter the myth that the Pageant is “just a beauty contest.” Their stories prove that it takes vision, discipline, drive and yes, brains to win the crown and dispel the stereotypes that many have of women who participate in the Miss America pageant.

The Miss America Organization had a liberal feminist agenda long before Betty Freidan wrote the *Feminine Mystique*, promoting higher education for women by providing scholarships starting in 1945 (almost \$45 million in 2008 at the local, state and national levels) and opportunities for young women to advance their careers. Penny interviewed such well known Miss Americas such as Lee Meriwether, Phyllis George, Mary Ann Mobley, Heather Whitestone and Gretchen Carlson. Along with the lumps, bumps and detours that shaped their lives and present a three dimensional picture, their insights about how they pursued the crown and what they have done with their lives after the spotlight moved on are provocative and inspiring.

As a woman who has achieved more than she ever envisioned possible as a young girl, I've walked this road myself, struggled with the same issues and dug deep for those internal resources to keep going in the face of what sometimes seemed insurmountable obstacles.

Whether struggling with self-doubts or people who say “you can't” while dreaming about something bigger in their lives, readers will find motivation and encouragement in these pages.

###

For more information or to schedule an interview, please contact:

**Penny Pearlman, author of *Pretty Smart: Lessons from our Miss Americas***

**Phone: 203-454-5581**

**Cell: 203-895-3725**

**Email: [pearlpenny@aol.com](mailto:pearlpenny@aol.com)**

**[www.pennypearlman.com](http://www.pennypearlman.com)**

***Pretty Smart: Lessons from our  
Miss Americas***

By Penny Pearlman

Publisher: AuthorHouse

Publication Date: January 2009

202 Pages

ISBN: 978-1-4389-3761-8