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LIZ BURTON

MEDIA KIT

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Liz Burton has been writing professionally (and unprofessionally) for two decades.

She has taught composition college courses and worked on research about exceptionalities while moderating and speaking on panels. She went into teaching middle/high school for sixteen years where she found her love of teaching writing to seniors in English 12 and dual credit courses.

Liz has won Indiana University Bloomington's Armstrong Educator Award and Lakeshore Teacher of the Year.

Liz resides in Indiana with her husband, her two children, her cat, and her insatiable appetite.

Event and Interview Requests:
lizburton2025@gmail.com

Event & Interview Introduction Points

Liz is dedicated to bringing humor and sarcasm for millennial women.

- She draws from experiences as a former awkward child/current awkward adult.
- She utilizes a lifelong background of teaching middle school, high school, and college courses to make her writing relatable.
- Her book highlights growing up as a giant recessive gene, making fun of men who can't purchase their own socks, and the humor that comes with being a wife and mother.

Her debut book, *A Little Fat...and kind of exhausted*

Sarcastic and self-deprecating millennial mom, Liz Burton, is serving up the messy, awkward, wildly unfiltered truth about womanhood, motherhood, growing up, and being a human in a body you wouldn't exactly custom order.

From growing up as the girl with an eye patch, untamable hair, and a Roman nose that became her Roman Empire, to navigating marriage, motherhood, questionable genetics, and the lingering influence of Cosmo and Dr. Pepper Lip Smackers, Liz turns everyday observations and uncomfortable truths into laugh-out-loud confessions.

With dark humor, sharp sarcasm, and the chaotic energy of saying the thing everyone else was polite enough to keep inside their heads, she openly explores the strange realities of getting older without necessarily feeling more grown up. These essays are part memoir, part stream of consciousness, part unsolicited commentary on the absurdity of being alive.

Interview Resources

Interview Topics

- **From the Classroom to the Bookshelf:** Transitioning from an award winning educator to a writer.
- **Finding Humor in the Everyday:** Finding humor with pregnancy, baby showers, and in scary moments (e.g. listening to my husband discuss *Game of Thrones* plot points as I was actively pushing life into this world).
- **Growing Up Awkward and Anxious:** Anxiety, being a bit fat, living with an Italian grandfather, and having a crush on Dr. Now can bring about a positive self concept.
- **Being a Mom For Real:** How to be on all board with (not) lactating, playing with 12,000 dinosaurs while trying to potty train your kid, and becoming friends with other moms that are a decade younger than you.
- **Becoming Authentic:** Getting comfortable with being comfortable-- choosing sweatpants, choosing a burrata blob, and choosing garbage tv.

Sample Interview Questions

- How long have you been writing stories?
- Why do you write?
- What is your history of writing?
- Where have you worked?
- Who do you write for?
- What is the hardest part of writing?
- What is the easiest part?
- What excites you about writing?

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