



## Meet Author Amber Farooqui

AMBER FAROOQUI HAS TAKEN HER YOUNG, BUT EXPANSIVE LIFE EXPERIENCES AND CULTIVATED THEM FROM PERSONAL GROWTH INTO A ROBUST READ FOR HER GENERATION. CURRENTLY RANKED AS A TOP SELLER ON AMAZON'S TEEN BOOK SALES, FAROOQUI WANTS TO SHARE HER WISDOM AND LIFE LESSONS OUT OF A GENUINE CARING FOR OTHERS. WE SPOKE WITH HER RECENTLY TO LEARN MORE.

*Congratulations on your new book, Amber! When did you realize that the sum of your life experiences, so far, could be turned into a book to help others?*

I had the idea of writing a book since I was 19 years old. I decided I wanted to name it “Finding Your Fit” for a solid reason. I had this idea because my whole life I was always seen as the “fit” girl in town and the girl who knew how to “lift weights” and “workout” but that was all people saw me as. I was always told I was super fit, and at first, I believed that being “fit” was being physically in shape. But after quite some time, I realized that being fit is so much more than one’s outside appearance.

*Tell us a little bit about your background and life in Barrington.*

Most of my life I grew up in Barrington, but I moved around quite a bit. I went to 4th grade at Countryside Elementary School. Then, I moved away and moved back for 7th grade and went to Station for the remainder of middle school, and went to Barrington High School for my freshman year. Then, I moved away to be homeschooled for two years, and finally moved back my senior year to finish up and graduate from Barrington High School. So, yes, a lot of moving, but I always ended up back in Barrington somehow.

*What were some of the challenges you faced growing up?*

I faced a ton of problems within my family, I struggled with doing well in school, and even struggled with being alone. When my grandfather passed away it affected me and my family in many ways. A year later my parents got divorced. So, my early teen years were not the brightest. I was also doing poorly in school because I was so distracted by everything. When I decided to be homeschooled and ended up moving to a foreign country where I had no friends and no family, I was very lonely. I struggled a lot with this.

Now I realize that challenges are good, because they can either make you or break you, it is up to you on which route to take. Nowadays I look forward to challenges and facing obstacles because I know that I will come out stronger.

*How did moving to Mexico change your life? What lessons did you learn?*

Moving to Mexico completely changed my life. Living in Mexico allowed me to see different parts of

the world, travel, learn from different cultures, learn from being alone, figure out what I truly want in life, and learn to express more gratitude in my life. Mexico gave me the needed time and strength to become the woman I am today. I found my passion for fitness, which I was able to later turn into a business through fitness coaching. Then, that led me into the opportunity of transitioning into becoming a business coach and consultant, helping other entrepreneurs start their businesses and grow on social media. This all also allowed me to write my book “Finding Your Fit” because without these experiences, I would not have been able to write a book about living a “fit” life.

*Your book is comprehensive. Were other self-help books you read were lacking in their contents?*

I have read many self-help books, and many were basic or broad. Many allow the reader to feel inspired and motivated, but don't teach how to implement and take actual action. My book motivates and inspires readers, but it also gives actual tips, tactics, tricks, and steps on how to take action.

*If someone asked you which dimension of being fit should be addressed first, how would you answer that?*

Being mentally “fit” is probably one of the most important dimensions. If your mindset and perspective on life and certain areas in life are not straight or aligned, it is going to be difficult to find your fit in other aspects of your life. Master being mentally fit, and then go into the others.


*What do you think young people struggle with the most these days?*

Most young people struggle because they are conforming to social standards. The younger generation does whatever they have to do to “fit in”. They do not want to be their own person anymore; they just want to feel “cool.” When I was alone in Mexico, it allowed me to figure out who I was as a person, without having outside influence. This allowed me to become a stronger individual in all aspects of my life, and therefore, happier.

*What does the Barrington area have to offer that can help young people live their best life?*

The town of Barrington is so lively and beautiful, so even getting outside and going on a walk is so refreshing and can make you feel happier about life. We tend to focus on so much about the future, where we should live in the present and make that time beautiful. Barrington has many parks, restaurants, coffee shops, and other areas that you can get out and just enjoy yourself a bit.

*Where do you hope to see yourself in five years?*

I hope to be writing more books that influence and impact more lives. I hope to be speaking on stages about topics related to being fit, business, and entrepreneurship, especially on behalf of women. Whether through writing, speaking, or social media, I hope to put it out there. 

Follow Amber Farooqui on Instagram at @amberfarooqui and Facebook at @therealamberfarooqui.com. Visit [amberfarooqui.com](http://amberfarooqui.com) for more information. Her book is available on Amazon.com.



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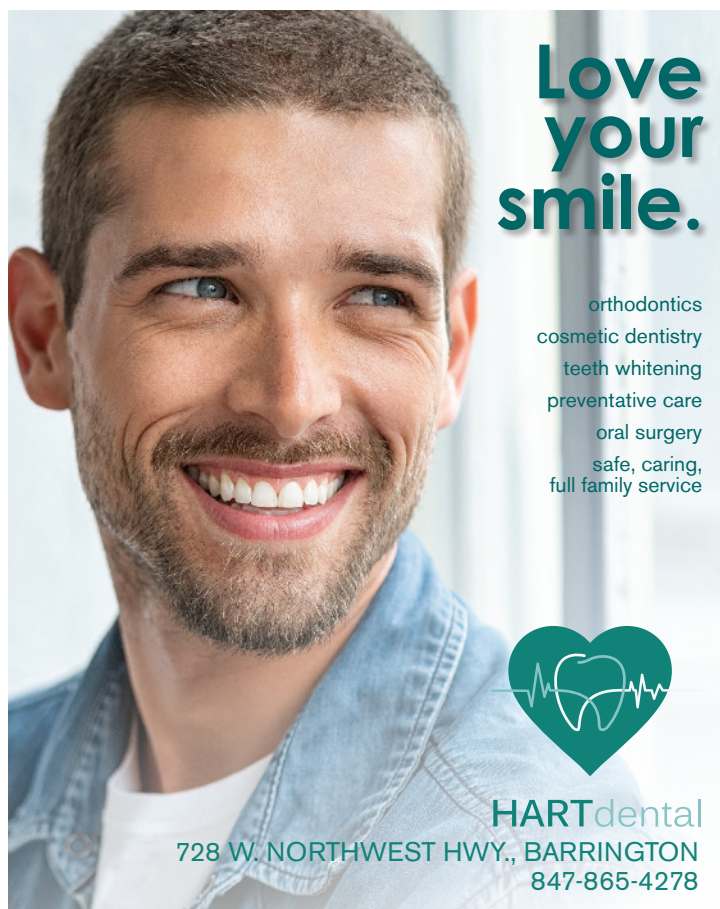
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