

SHARI LEID: LEADING THE CHARGE TO COMBAT LONELINESS AND BUILD MEANINGFUL CONNECTIONS ACROSS AMERICA

Friendship Expert, Mindset Coach, and TEDx Speaker Shari Leid Shares Actionable Insights on Fighting Loneliness and Fostering Connection

In a world where digital interactions are at an all-time high, loneliness has quietly become an epidemic affecting people of all ages. [Shari Leid](#), a former litigator-turned-mindset coach and renowned friendship expert, is at the forefront of the movement to reconnect people through the simplest, yet most powerful, act—sharing a meal.

Shari is the founder of An Imperfectly Perfect Life, LLC, a successful coaching practice where she guides individuals to rediscover connection and meaning in their personal lives. Her mission doesn't stop at one-on-one coaching. Through her books, speaking engagements, and media appearances, Shari has inspired thousands to reimagine the role of friendship, community, and social connection in their lives.

Her groundbreaking 50 States Project—chronicled in her upcoming memoir, ***Table for 51: Lessons Learned from Sharing Meals Across America***—explores how one woman's journey across the U.S. led to life-changing conversations and deepened understanding of human connection.

With the release of ***Table for 51*** in February 2025, Shari is available for interviews to discuss some of today's most pressing issues, including:

- Fighting the Epidemic of Loneliness: How Sharing a Meal Can Help**
 Loneliness is not just a personal issue—it's a societal one. Shari provides a simple but effective solution: the power of breaking bread together. She shares how something as basic as a meal can spark conversations, create lasting bonds, and alleviate the feelings of isolation many experience. "I learned firsthand through my 50 States Project that it doesn't take much to find common ground—even with strangers. When we sit down at the same table, we find connection in ways we never imagined possible," she says.
- Finding Connection Across the U.S.: Overcoming Divisions in Our Country**
 Shari's journey took her to every corner of America, from bustling cities to rural towns, where she discovered that the divisions we perceive—whether political, social, or cultural—can be bridged by focusing on shared humanity. Shari explains how fostering meaningful interactions can break down barriers and offers guidance on creating spaces for authentic connection. "What I found across the U.S. is that, despite the media's portrayal of division, most people are yearning for connection. The more we engage with one another, the more we see that we're not as different as we think," she reflects.
- Teaching the Next Generation How to Find Connection**
 With the rise of digital dependency, the next generation is growing up with fewer face-to-face interactions. Shari speaks to parents and educators about the importance of teaching children how to form real-world connections. She offers practical advice on how to guide children toward social skills that foster deeper relationships and emotional resilience. "It's not enough to tell kids to 'go make friends'—we need to model the behaviors and conversations that build those friendships," Shari explains.



Shari Leid

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- **Being Social Role Models for Our Children**

Parents and guardians are the first social role models for children. Shari offers strategies for parents to be more mindful of how they demonstrate social behavior—whether it’s forming friendships, handling conflicts, or even engaging in meaningful conversations. By modeling these behaviors, adults can teach children how to navigate their own social worlds. “Children learn by watching us. If we want our kids to have strong, healthy friendships, we must first examine the way we build and maintain relationships ourselves,” she shares.

- **How to Make Friends and Start Conversations: A Practical Guide for Adults**

Making new friends as an adult can be challenging, but Shari demystifies the process with practical tips. From striking up a conversation to deepening connections, she shares actionable advice for anyone looking to expand their social circle and improve their sense of belonging. “The secret to making friends is vulnerability. It’s about being open to new experiences and new people, even if it feels uncomfortable at first. Every great friendship starts with a conversation,” Shari explains.

Born out of the 50 States project Shari founded the #FlipTheBox movement whose mission is to foster meaningful connections in a world divided by differences. #FlipTheBox is not just a call to action; it’s a social movement that encourages people from all walks of life to break free from societal labels, engage in open dialogue, and embrace the diverse perspectives that unite us. Shari urges others to “flip the box” of preconceptions and find connection in unexpected ways. The movement emphasizes the importance of acknowledging differences in age, race, political beliefs, religion, economic status, and education, while celebrating the common threads that bring us together.

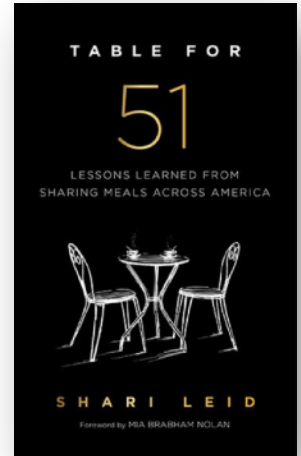
ABOUT THE BOOK

Flip The Box. Author Shari Leid—abandoned in a cardboard box with no identifying information in Seoul, South Korea, and adopted by Japanese American parents—embarks on a remarkable journey across the U.S. to challenge her father’s fears of being unwelcome because of their Asian faces.

In **Table for 51**, Shari meets strangers and reconnects with people from her own past, sharing a meal in every state. From bustling city cafés to peaceful countryside tables, each encounter reveals the power of human connection.

Through these fifty heartfelt conversations, Shari discovers the magic of belonging and the courage to embrace change, ultimately ending her turbulent twenty-six-year marriage.

The cardboard box she was found in becomes a metaphor; by flipping it over, it transforms into the tables she shares, filled with connection and community. **Table for 51** will inspire readers to seek out their own meaningful connections and find a place of belonging.



ABOUT #FLIPTHEBOX

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ABOUT SHARI LEID

Shari Leid is a former litigator-turned-mindset coach and the dynamic force behind An Imperfectly Perfect Life, LLC. Renowned as a friendship expert and national speaker, Shari’s insights reach far beyond individual coaching sessions. She’s been interviewed on major networks including ABC, NBC, CBS, FOX, and CTV, and was profiled on NBC’s *TODAY* show in April 2023. She’s written for and shared her expertise with *People*, *HuffPost*, *Real Simple*, *PureWow*, *AARP*, *TIME*, *Woman’s World*, *Toronto Sun*, and *Shondaland*. She is the author of *The Friendship Series*, which includes three books: *The 50/50 Friendship Flow* (2020), *Make Your Mess Your Message* (2021), and *Ask Yourself This* (2022). She received the honor of being selected as a speaker for TEDxEustis 2025. Find her online at animperfectlyperfectlife.com and follow her on [Facebook](#), [Instagram](#) and [TikTok](#).

ABOUT PACIFIC & COURT

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To learn more about Shari Leid, book her to speak at your next event, or for interview requests, please contact Kourtney Jason at kourtney@pacificandcourt.com.