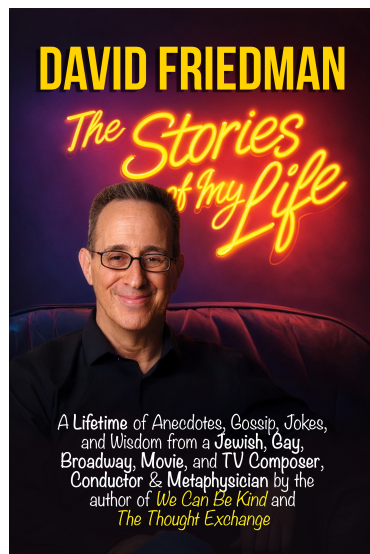


LIBRARY TALES PUBLISHING



DAVID FRIEDMAN

The Stories of My Life

A Lifetime of Anecdotes, Gossip, Jokes, and Wisdom from a Jewish, Gay, Broadway, Movie, and TV Composer, Conductor & Metaphysician

by the author of *We Can Be Kind* and *The Thought Exchange*

Hardcover On Sale	June 7, 2026
eBook On Sale	June 2, 2026
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Pages	472
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ABOUT THE BOOK

"From Broadway stages to spiritual awakenings: a lifetime of laughs, lessons, and legendary encounters."

What do *We Can Be Kind*, *Beauty and the Beast*, a Jewish grandmother, and a gay metaphysician have in common? David Friedman.

For decades, David Friedman has made people laugh, cry, and believe in kindness — through his songs of hope and healing; from Broadway stages and beloved Disney films; in recording studios with Diana Ross, Barry Manilow, and Nancy LaMott; and through the metaphysical teachings he has shared with audiences across the nation. Now, in this irresistible collection, he reveals the stories behind nearly a thousand moments that shaped his remarkable life.

Organized not by chronology but by theme — family, showbiz, friendship, loss, love, and laughter — *The Stories of My Life* reads like a brilliant dinner-party guest who happens to have been everywhere and known everyone. Each entry is short, punchy, and complete: a joke, a revelation, a backstage encounter, a metaphysical punchline. You can start anywhere. You will not want to stop.

Part memoir, part comedy set, part healing manual, this is a book about what it means to be fully, joyfully, imperfectly human — told with the warmth of a born entertainer and the hard-won wisdom of someone who has truly lived.

"The Stories of My Life is a celebration of being human — told with the humor of a born entertainer and the heart of a healer."

— David Friedman

COMPARABLE TITLES

TITLE	WHY IT COMPARES	PUBLISHER / YEAR
All About Me! Mel Brooks	Witty, anecdotal showbiz memoir from a legendary entertainer — irreverent and deeply warm	Ballantine / 2021
Wishful Drinking Carrie Fisher	Short, punchy, self-deprecating celebrity memoir blending humor and vulnerability	Simon & Schuster / 2008
Stories I Only Tell My Friends Rob Lowe	Insider Hollywood anecdotes, warmth, and name-dropping with genuine heart	Henry Holt / 2011
Bosspants Tina Fey	Essay-style humor memoir with cultural specificity and emotional honesty	Little, Brown / 2011

ABOUT THE AUTHOR



David Friedman

David Friedman is a prolific composer, conductor, lyricist, and metaphysical teacher whose career has spanned Broadway, Hollywood, and the recording studio for over four decades. Born in 1950, he began on Broadway conducting beloved musicals including *Grease*, *Joseph & The Amazing Technicolor Dreamcoat*, and *Song and Dance* before transitioning to Hollywood as Conductor and Vocal Arranger for Disney classics including *Beauty and the Beast*, *Aladdin*, *Pocahontas*, and *The Hunchback of Notre Dame*.

His original songs — including “We Can Be Kind,” “Listen to My Heart,” and “I’ll Be Here With You” — have been recorded by Diana Ross, Barry Manilow, and Nancy LaMott, whose celebrated recordings he produced. He received Drama Desk and Outer Critics Circle Award nominations for his musical *Desperate Measures*.

As a metaphysical teacher, Friedman has built a devoted global following through The Thought Exchange — his framework for transformation through thought — and through appearances at Unity churches, workshops, and retreats across the nation. *The Stories of My Life* is his eighth book with Library Tales Publishing, following the bestselling *We Can Be Kind* and *The Thought Exchange*.

KEY SELLING POINTS

- A highly browsable memoir of nearly 1,000 short anecdotes, jokes, and reflections — perfect for bedside, coffee table, or gifting rather than linear reading.
- Rare insider access to Broadway, Disney, and the recording studio — with stories involving legends of stage and screen.
- Unique fusion: laugh-out-loud humor meets genuine healing wisdom, positioning the book at the intersection of entertainment memoir and inspirational self-help.
- Multi-audience appeal: Broadway/cabaret fans, Disney enthusiasts, Jewish humor readers, LGBTQ+ memoir readers, and metaphysics/self-help communities.
- Built-in readership: Friedman’s mailing lists from The Thought Exchange, Unity communities, and theater networks represent 2,000–5,000 warm buyers.
- Eighth book with Library Tales Publishing — established author with loyal base and proven sales history.
- Episodic structure encourages repeat engagement and organic word-of-mouth as readers share favorite stories.
- Timely: publishes alongside a 2026 boom in theater and celebrity autobiographies, with built-in Broadway press relationships.

MEDIA APPEARANCES & SOCIAL

MEDIA APPEARANCES

Today with Kathie Lee and Hoda (NBC)
Publishers Weekly
Fox News / Book TV
Radio interviews (Lisa Wexler Show; others)
Cabaret / theater press (Berkshire Magazine)
The New York Review of Books
Unity church speaking engagements nationwide

SOCIAL & WEB

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Facebook: David Friedman
Website: TheThoughtExchange.com

Previous titles include:

We Can Be Kind · The Thought Exchange
Plus five additional titles with Library Tales

PRESS RELEASE — FOR IMMEDIATE RELEASE

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David Friedman Brings a Lifetime of Broadway, Disney, and Healing Wisdom to His Most Personal Book Yet

Nearly 1,000 anecdotes, jokes, and reflections from a Jewish, Gay, Broadway, Movie, and TV Composer, Conductor & Metaphysician

[CITY, STATE] — [DATE] — What do We Can Be Kind, Beauty and the Beast, a Jewish grandmother, and a gay metaphysician have in common? David Friedman — and now, in his eighth book, he's finally telling all of it.

The Stories of My Life (Library Tales Publishing; ISBN 9798894410517) is a sprawling, irresistible collection of nearly 1,000 short anecdotes, jokes, and reflections drawn from Friedman's decades at the center of Broadway, Hollywood, cabaret, and metaphysical teaching. Rather than a traditional memoir, it's organized thematically — family, fame, friendship, loss, and laughter — and designed to be dipped into at random, each entry complete and alive on its own.

Behind the humor is a lifetime of extraordinary access: conducting Grease and Joseph & The Amazing Technicolor Dreamcoat on Broadway; serving as Vocal Arranger for Disney's Beauty and the Beast, Aladdin, and Pocahontas; writing and producing iconic recordings for Diana Ross, Barry Manilow, and the beloved Nancy LaMott. And woven through every story is Friedman's signature quality — the ability to turn a joke into a lesson, and a loss into a reason to keep going.

"Whether you read one story or a hundred, you'll finish smiling, nodding, and maybe a little more in love with life."

— David Friedman

Friedman's books with Library Tales Publishing have earned him national media coverage including appearances on Today with Kathie Lee and Hoda, Fox News, and Book TV, as well as features in Publishers Weekly and The New York Review of Books. His Thought Exchange community and Unity church network provide a built-in audience of thousands of dedicated readers across the country.

The Stories of My Life publishes [DATE] and is available in paperback, ebook, and audiobook formats.

For review copies, interview requests, and media inquiries:

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