MEDIA KIT

Marvin Garellek

Author of *The Blank Canvas: Rebuilding Your Life After a Sudden Separation*

SHORT BIO

Marvin Garellek is a Montreal entrepreneur, business plan and finance consultant, and founder of The Business Plan & Finance Guy. He created what became the world's first marketing plan software and has worked with Bell Canada and PwC. After a sudden separation, he wrote *The Blank Canvas*, a practical guide to surviving the shock and creating what comes next. He is also the creator of The Practical D'var Torah at dvartorah.ca.

INTERVIEW TOPICS

• Rebuilding your life after a sudden separation: the first 24 hours, 7 days and 30 days

• Why anger is information, not a strategy

• Stop managing stress, start creating

• Faith is not the absence of fear

• From a shy boy with a bicycle to entrepreneur: rejection as part of the process

• Protecting your health, money, children and dignity during a breakup

• Success is a good plan, executed: business lessons for life transitions

SAMPLE QUESTIONS

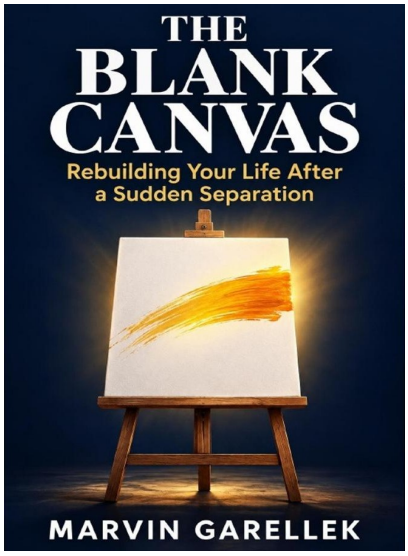
• What happened the day everything changed for you?

• What is the one thing people should NOT do in the first 24 hours?

• How did your business background help you through a personal crisis?

• What role did faith play in rebuilding?

· What is the 30 Day Blank Canvas Journal and how do listeners use it?



THE BOOK

First Edition, November 2026
ISBN 9798142679444
12 chapters + 30 day journal

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