



# *Kirana Sidin*

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AUTHOR. SPEAKER. CERTIFIED  
STRATEGIC LIFE COACH

*A good life is built,  
not waited, consciously  
chosen.*

PRESS & MEDIA KIT

# MEET KIRANA SIDIN

**AUTHOR - SPEAKER - CERTIFIED STRATEGIC LIFE COACH**

*Kirana writes and speaks about what it means to build a good life in today's fast-paced world. Through her books, conversations, and coaching, she invites people to live with greater intention, stronger self-respect, and a deeper sense of purpose.*

Kirana Sidin is an Indonesian author, certified strategic life coach, and speaker. Her debut book, *Cheers for a Good Life*, became an **Amazon #1 Best Seller in Interpersonal Relations** and a **#1 New Release in Philosophy of Ethics & Morality**. Through her writing and conversations, she explores intentional living, self-respect, purpose, relationships, and continuous growth, believing that a good life isn't found—it is built through intentional choices made every day.

## AT A GLANCE

### **Based**

Jakarta, Indonesia

### **Languages**

English & Indonesian

### **Available For**

Podcasts

Media Interviews

Speaking Engagements

Book Club & Festivals

### **Topics**

Intentional Living

Self-Respect

Purpose

Relationships Personal Growth

Leadership



# BIOGRAPHIES

*Short, medium, and long biographies for media, event organizers, and interview hosts.*

## SHORT BIO

*Best for speaker introductions, event programs, and website profiles*

Kirana Sidin is an Indonesian author, certified strategic life coach, and speaker. Her debut book, *Cheers for a Good Life*, became an **Amazon #1 Best Seller** in Interpersonal Relations and a **#1 New Release** in Philosophy of Ethics & Morality. Through her writing and conversations, she explores intentional living, self-respect, purpose, relationships, and continuous growth, believing that a good life isn't found—it is built through intentional choices made every day.

## MEDIUM BIO

*Best for podcasts, media interviews, and book festivals.*

Kirana Sidin is an Indonesian author, certified strategic life coach, and speaker. Her debut book, *Cheers for a Good Life: Strong Mind. Calm Heart. Chosen Life.*, became an **Amazon #1 Best Seller** in Interpersonal Relations and a **#1 New Release** in Philosophy of Ethics & Morality. Through her writing, coaching, and conversations, she explores intentional living, self-respect, purpose, relationships, and personal growth, drawing from philosophy, psychology, and the quiet lessons of everyday life.

Her work encourages readers to move beyond autopilot, make intentional choices, and build a life that reflects who they truly are. She believes a good life isn't found—it is built, one intentional choice at a time.

## LONG BIO

*Best for feature articles, press releases, speaking engagements, conferences.*

Kirana Sidin is an Indonesian author, certified strategic life coach, speaker, and the founder of Cheers for a Good Life, a platform dedicated to helping people build lives of greater intention, clarity, and fulfillment. Her debut book, Cheers for a Good Life: Strong Mind. Calm Heart. Chosen Life., became an **Amazon #1 Best Seller** in Interpersonal Relations and a **#1 New Release** in Philosophy of Ethics & Morality, introducing her work to readers around the world.

Her work is grounded in a simple yet often overlooked belief: a good life isn't found—it is built through intentional choices made every day. Rather than chasing dramatic transformations, she encourages people to create meaningful lives through small, consistent choices aligned with their values.

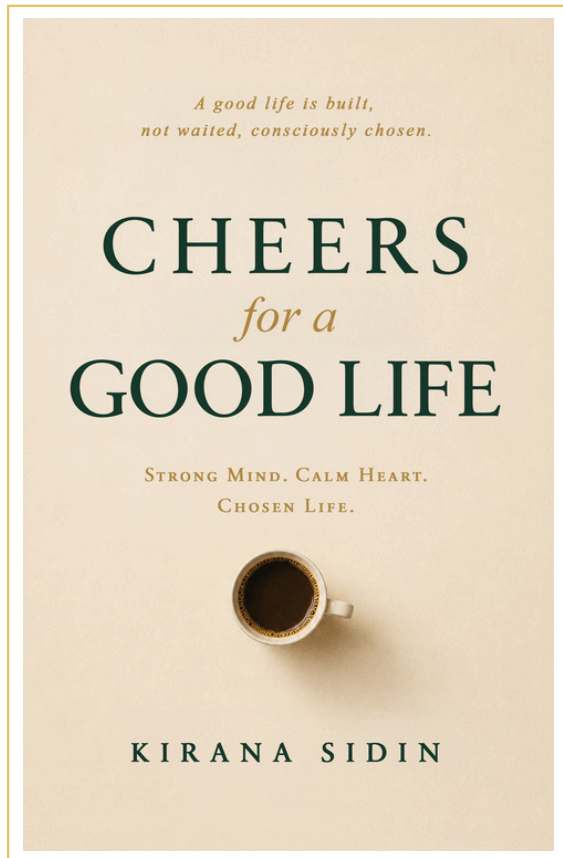
Drawing from philosophy, psychology, coaching, and the quiet lessons of everyday life, Kirana explores themes of self-respect, purpose, emotional resilience, meaningful relationships, and sustainable growth. Her writing has been described as thoughtful, warm, and deeply reflective—part philosophy, part essentialism, and part cozy conversation.

As a certified strategic life coach, Kirana has worked with individuals navigating personal and professional transitions, helping them gain clarity, strengthen self-respect, and make decisions aligned with the lives they truly want to build. She is also a frequent podcast guest and speaker, sharing practical insights on intentional living, leadership, and the everyday habits that quietly shape a meaningful life.

Away from her work, Kirana is a mother of five, an experience that continually deepens her understanding of purpose, relationships, resilience, and the lifelong process of becoming. Through her books, conversations, and coaching, she invites people to live less by default and more by design—one intentional choice at a time.

# BOOK OVERVIEW

## CHEERS FOR A GOOD LIFE STRONG MIND. CALM HEART. CHOSEN LIFE



Cheers for a Good Life explores what it means to build a meaningful life in a world that often equates success with achievement.

Drawing from philosophy, psychology, and everyday experience, Kirana Sidin invites readers to move beyond autopilot and make intentional choices rooted in self-respect, purpose, meaningful relationships, and continuous growth. Rather than offering quick fixes, the book encourages quiet, sustainable transformation—one thoughtful decision at a time.

### Internationally Published

### Available worldwide

#### KEY THEMES

- Self-Respect
- Purpose
- Meaningful Relationships
- Continuous Growth
- Intentional Living
- Emotional Resilience

#### BOOK INFORMATION

**Genre:** Nonfiction, Self-Help

**Languages:** English

**Format:** eBook & Paperback

**Publisher:** The Sidins Press

**ISBN:**

Paperback: 979-8891708013, 979-8235883307

eBook: 979-8891708006

## EDITORIAL REVIEW

*"Cheers for a Good Life is a refreshing alternative to traditional self-help, inviting readers to slow down, reflect, and make more intentional choices. Warm, insightful, and deeply human, it reminds us that meaningful change isn't built through dramatic reinvention, but through the small decisions we make every day."\_\_Susan, Editorial Reviewer & Book Marketing Consultant*

# #1 BEST SELLER & #1 NEW RELEASE

## CHEERS FOR A GOOD LIFE STRONG MIND. CALM HEART. CHOSEN LIFE

A Small Badge. A Big Milestone

### Cheers for a Good Life is #1 BEST SELLER

IN INTERPERSONAL RELATIONS

**Cheers for a Good Life: Strong Mind. Calm Heart. Chosen Life**  
by Kirana Sidin (Author) | Format: Kindle Edition  
4.8 ★★★★★ (15) | 4.9 on Goodreads 90 ratings  
**#1 Best Seller** in Interpersonal Relations | See all formats and editions

**Most books promise to change your life.**  
**Cheers for a Good Life** simply invites you to slow down, reflect, and build a meaningful life, one intentional choice at a time.

A reflective nonfiction book exploring personal growth, intentional living, Stoic wisdom, essentialist thinking, and the art of building a meaningful life.

**What does a good life actually look like when nobody is watching?**  
Not the polished version we show the world, but the one built through quiet decisions, meaningful relationships, self-respect, and everyday moments that slowly shape who we become.

Most of us already know what matters. We simply get in our own way, caught up in busyness, saying yes to the wrong things, and drifting a little further from ourselves than we ever intended.

Read sample

**Follow the author**

**Best Sellers in Interpersonal Relations**  
Top 100 Paid | Top 100 Free

| Rank | Book Title                                                   | Author                | Rating       | Price                  |
|------|--------------------------------------------------------------|-----------------------|--------------|------------------------|
| #1   | Cheers for a Good Life: Strong Mind. Calm Heart. Chosen Life | Kirana Sidin          | ★★★★★ 15     | Kindle Edition \$6.99  |
| #2   | Why Has Nobody Told Me This Before?                          | Julie Smith           | ★★★★★ 14,197 | Kindle Edition \$11.99 |
| #3   | Adult Children of Emotionally Immature Parents               | Lindsay C. Gibson PhD | ★★★★★ 28,084 | Kindle Edition \$9.70  |

A Small Badge. A Big Milestone

### Cheers for a Good Life is #1 NEW RELEASE

IN PHILOSOPHY OF ETHICS & MORALITY

**Cheers for a Good Life: Strong Mind. Calm Heart. Chosen Life**  
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4.8 ★★★★★ (15) | 4.9 on Goodreads 90 ratings  
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Read sample

**Follow the author**

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| Rank | Book Title                                                   | Author          | Rating   | Price                 |
|------|--------------------------------------------------------------|-----------------|----------|-----------------------|
| #1   | Cheers for a Good Life: Strong Mind. Calm Heart. Chosen Life | Kirana Sidin    | ★★★★★ 15 | Kindle Edition \$6.99 |
| #2   | Magnifica Humanitas ("Magnificent Humanity")                 | Pope Leo XIV    | ★★★★★ 6  | Paperback \$15.99     |
| #3   | Truth: What It Is, How to Find It, and Why It...             | Michael Shermer | ★★★★★ 29 | Audiobook \$18.75     |

# SPEAKING TOPICS

*Thought-provoking conversations on intentional living, personal growth, and building a meaningful life.*

## **What Does It Really Mean to Live a Good Life Today?**

How to live intentionally in a culture that celebrates busyness, achievement, and constant productivity.

## **Why Do Successful People Still Feel Something's Missing?**

Why external achievement alone isn't enough—and how self-respect, purpose, relationships, and growth create a more meaningful life.

## **Is Purpose Something We Find or Something We Build?**

How to move from chasing goals to living with intention and meaning.

## **Can Small Choices Really Change Our Lives?**

Why lasting transformation isn't built through dramatic reinvention, but through small, intentional decisions made consistently.

## **What Makes Us Truly Resilient?**

How to navigate setbacks, uncertainty, and change without losing yourself.

## **Why Does Self-Respect Matter More Than Self-Confidence?**

Why the relationship we have with ourselves shapes every decision, relationship, and future we create.

**\*\*Also available for tailored conversations aligned with your audience, event, or interview, particularly around intentional living, leadership, resilience, well-being, relationships, purpose, and personal growth.**

**Available Formats:** Keynote, Fireside Conversation, Podcast Interview, Panel Discussion, Workshop

# LET'S START A CONVERSATION

*Whether it's a podcast, keynote, panel discussion, book festival, or media interview, I'd love to contribute to thoughtful conversations that encourage people to live with greater intention, purpose, and meaning.*

## Available for

- Podcast Interviews
- Keynote Speaking
- Fireside Conversations
- Panel Discussions
- Workshops
- Book Festivals

## Contact

Kirana Sidin

Author • Speaker • Certified Strategic Life Coach

 [author@cheersforagoodlife.com](mailto:author@cheersforagoodlife.com)

 [cheersforagoodlife.com](https://cheersforagoodlife.com)

LinkedIn: Kirana Sidin

Instagram: @kiranasidin

*Every meaningful conversation begins with genuine curiosity.  
I look forward to connecting with you.*