

Cassidy Gard embodied the energy of a 2000s rom-com heroine, exactly what she envisioned as a teen watching journalist Andie Anderson in *How to Lose a Guy in 10 Days*. Sharp, intuitive, and lit by ambition, she built a career at *Good Morning America*, navigating a hybrid world of investigative reporting, exclusive interviews with cultural icons, and the adrenaline of breaking national news.

Beneath the achievement was the generational trauma she carried as the daughter of a volatile alcoholic. A girl conditioned to survive by dimming her light, she was no longer willing to let her family's dysfunction define her future.

At seventeen, she left Florida for New York City, craving expansion. What followed was a whirlwind of early YouTube journalism, the identity-shaping landscapes of Los Angeles and New York, and rising through the industry while battling anxiety, depression, and perfectionism. Serendipitously, a golden thread of run-ins with "The Rockstar," her musical hero, appeared at pivotal moments like mystical guideposts, leading her toward new people, places, and possibilities.

As the world shut down, she woke up. An inner revolution pulled her toward conscious sobriety. She left the burnout loop for Montana sunsets, a cabin called Cosmic Goodness, and a partner lovingly nicknamed Squirrel she met on 2/22/22, followed by a metamorphosis into motherhood.

Cassidy Gard is an Emmy Award-winning TV producer, author, and entrepreneur. A graduate from Hunter College, she rose quickly through the high-stakes world of morning television before a pandemic-era awakening led her to Paradise Valley, Montana, where she bought a cabin and named it Cosmic Goodness. Her work explores healing from childhood trauma, perfectionism, motherhood, and the quiet synchronistic winks that guide us to the miracles awaiting us. She lives between New York City and the Hamptons with her partner, their two sons Golden and Indigo, and fifteen-year-old Maltipoo, Hazel.

Read by the Author

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AUDIO

Cosmic Goodness
CASSIDY GARD

Adult



PLAYAWAY
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