

Interview Bravo TV Personality | Author | Speaker |
Philanthropist
Kari Wells

Author of the New Book:

***From Attitude to Gratitude 15 Practices for Transforming
Pain into Power***

MEET KARI WELLS

Elegant, articulate, and effortlessly charming, Kari Wells is a British-born television personality, actress, and entrepreneur admired for her signature poise both on and off the screen. Best known as the breakout star and fan favorite of Bravo's *Married to Medicine*, she was christened "The Queen of Class" by Andy Cohen—a title she carries with warmth and humor.

But behind her polished presence lies a story forged in fire. After losing her sister to a tragic overdose and surviving a violent armed assault, Kari found herself shattered and searching. Refusing to let trauma define her, she turned inward and began cultivating a life anchored in gratitude, presence, and radical healing. What emerged was a profound personal transformation—one she now shares with others seeking peace, resilience, and emotional renewal.

Kari's career spans continents and creative disciplines. Formally trained in film and television in both the U.K. and the U.S., she has appeared in national commercials, independent films, and series including Tyler Perry's *The Haves and the Have Nots* and the *Ghostbusters* web series. Whether delivering comedic charm or heartfelt dramatic depth, she brings a signature grace to every role.



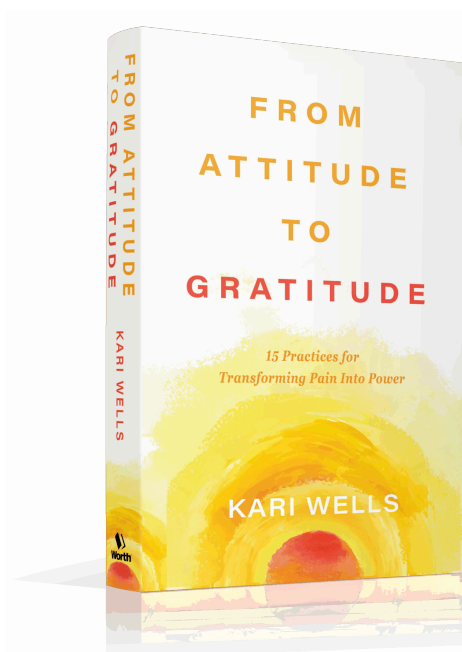
Beyond the screen, Kari is a published author, lifestyle blogger, and accomplished entrepreneur. She has run a thriving film production company, developed real estate in Aspen and Atlanta, and authored *The Pink Monkey*, a children's book that champions tolerance and inclusion. Her forthcoming spiritual self-help book, *From Attitude to Gratitude*, will be released in 2026 through Worth Books.

Dedicated to giving back, Kari supports organizations including Doctors Without Borders, Best Buddies, Action in Africa, and youth mentoring programs, reflecting her deep belief in service, compassion, and community. Through Aspen Unfiltered, the documentary series produced by Aspen Legacy Media Foundation, she extends this mission locally—spotlighting the stories of Aspen while channeling resources toward community nonprofits. The series amplifies the voices and values of Aspen residents and donates a portion of proceeds and visibility to local organizations, ensuring that the town's spirit of generosity and stewardship is reflected both on screen and in real impact across the valley.

ABOUT THE BOOK

Transform your life from the inside out with *From Attitude to Gratitude*—a powerful roadmap to healing, purpose, and unshakable joy through the practice of gratitude and conscious choice.

Heal the past, embrace the present, and awaken to a life of joy!



Blessed with a life of extraordinary experiences—and shaped by profound struggles—businesswoman and reality TV personality Kari Wells, (Married to Medicine) offers a raw and radiant roadmap to emotional freedom in *From Attitude to Gratitude*. Born to a tough-love father and a fiercely protective Catholic mother in Yorkshire, England, Wells rose to the heights of success, gracing screens and society pages alike. But behind the spotlight were hidden battles: depression, PTSD, eating disorders, and the aching grief of unimaginable loss.

Blending memoir, spiritual insight, psychology, and practical wisdom, Wells shares 15 powerful practices to help readers transform pain into purpose. Her personal journey—through trauma, betrayal, and near-death moments—becomes a mirror for anyone facing struggles, overcoming pain or seeking clarity, meaning, and joy. Alongside candid stories and soul-deep reflections, she offers proven tools to rewrite limiting beliefs, reclaim personal agency, and embrace a life rooted in presence, forgiveness, and gratitude.

With reflective prompts, science-backed exercises, and her signature “Fundamental Five” daily habits, Wells gently guides readers beyond victimhood and into empowered living. Whether you’re healing from heartbreak or simply longing for more peace, this book is your invitation to see yourself clearly, live with intention, and discover joy in even the quietest moments.

From Attitude to Gratitude isn’t just a book—it’s a journey home to yourself.

DISCUSSION TOPICS

- Inside Kari’s “Pain Caves’: How Personal Loss Forged the Strength She Carries Today
- Reality TV Star Pulls Back the Curtain: New Memoir Exposes Her Story Behind the Fame
- The Night Everything Changed: What Being Robbed At Gunpoint Taught Kari About Truly Living
- Beyond the Spotlight: A Reality TV Star’s Raw Journey From Trauma to True Transformation
- Feel It to Heal It: 4 Transformational Practices for Processing Emotional Pain
- Stop Living as the Victim: 5 Ways to Shift Into a Survivor Mindset Today
- Getting off the treadmill of life: 7 Ways to Stop Rushing Through Your Life and Notice the Magic Again
- Build a Stronger Mind: 6 Daily Habits That Train Mental Strength
- Make Your Life Match Your Values: 4 Ways to Align Your Actions With Your Words
- Overwhelmed? Try This: How to Break Any Problem Into Simple, Actionable Steps
- Let Go of Control: 6 Surprising Ways to Reduce Stress and Choose Peace Instead
- Turn Mistakes Into Momentum: 5 Strategies to Transform Failures Into Growth
- The Art of Letting Go: How to Release Toxic Relationships With Grace and Strength
- Free Yourself: 5 Forgiveness Practices That Reduce Stress and Heal Emotional Pain
- Want a Happier Life? Start Giving More: 7 Simple Ways to Serve Others Daily
- The Five Daily Practices That Can Change Your Entire Life
- How to Tell If Your Fear Is Real or Just Noise From the World Around You (“Fake Evidence Appearing Real”)
- ‘Fake It Till You Make It’ and Why That Actually Works: The Brain Science of Acting Into a Better Mood
- 7 Unexpected Gratitude Practices That Immediately Boost Your Mood
- Turn Overwhelming Problems Into Playable Puddles: How to Reframe Life’s Most Challenging Prob

PRAISE FOR *FROM ATTITUDE TO GRATITUDE*

“Our greatest freedom in life is that of our own perception. Kari shows us how to harness that freedom, offering a brilliant blueprint to transform inner conflicts into lasting strength and authentic success.” **-Klaus Obermeyer, 105-year-old ski legend and founder of Sport Obermeyer**

“Kari is a true heart-centered leader sharing her own inspiring story to inspire and help others. Reading her incredible book felt like turning pages from my own mind of things I know work to find a better attitude and a better life, but that I don’t always do! What a great reminder. This book is a prescription for love, happiness and fulfillment.” **-Gina Murdock, Founder and Director - Lead with Love.**

Reading *From Attitude to Gratitude* feels like having an honest conversation with a trusted friend who’s been through the fire and found a way to shine. Kari’s words remind us that we are not defined by what happens to us, but by how we grow through it. This is a powerful resource for anyone looking to reclaim their joy and live with purpose. Kari delivers a heartfelt and empowering message in her book that is a must-read for anyone ready to turn pain into power and live a life anchored in gratitude.” **-Dr. Contessa Metcalfe, MD, TV personality and physician**

“For anyone looking to heal from the past and thrive in the present, this book is a must-read. *From Attitude to Gratitude* offers a roadmap to inner healing to help you live with purpose and rediscover joy in every choice you make. Kari’s honest journey to emotional freedom is a reminder that with the right tools, you can take control of your own healing process.” **-Dr. Jackie Walters, MD, Author and TV Personality**

“*From Attitude to Gratitude* is a gift to all of us from Kari Wells. A reminder that we are not alone, that we are not hopeless, that we can and we do make a difference. In the spirit of Rumi and Kahlil Gibran, Wells offers practical wisdom, reminders of what is positive and possible not only in turbulent times, but in everyday life.” **-Michael Nouri, Actor**

CONNECT

To connect with Kari Wells please visit:

<https://kariwellsofficial.com/>

<https://www.instagram.com/kariwells>

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