

Lyfting LA: Nine Years Before The Dash Captures The Stories, Culture, And Characters Of Los Angeles

L. A. Carstens offers a unique portrait of Los Angeles through memorable ride share encounters that reveal the city's history, diversity, and human connections.

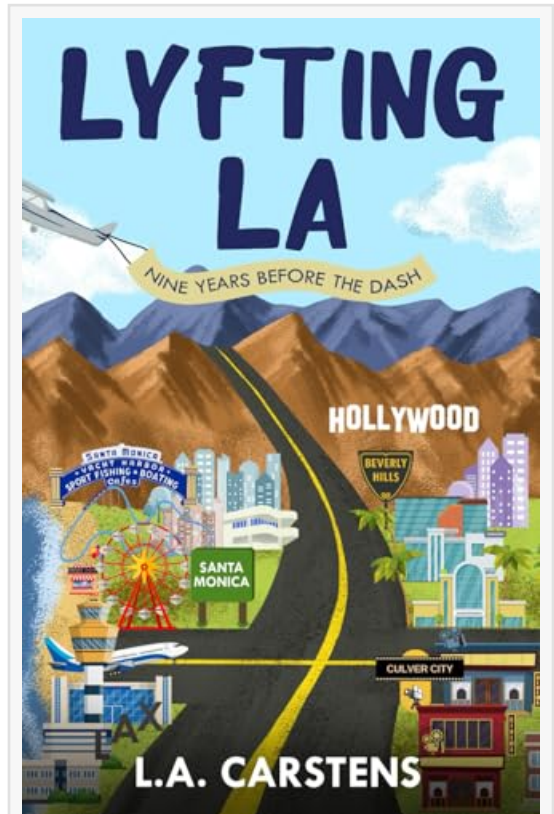
NEW YORK CITY, NY, UNITED STATES, July 2, 2026
/EINPresswire.com/ -- Author L. A. Carstens presents *Lyfting LA: Nine Years Before the Dash*, a collection of stories and conversations that explores the people, culture, and history of Los Angeles through the lens of ride share driving. Blending personal observations with local history, the book offers readers an engaging look at one of America's most influential cities and the individuals who help shape its identity every day.

Drawing from years of conversations with passengers from diverse backgrounds, *Lyfting LA* chronicles encounters with both well-known and everyday individuals whose experiences reflect the complexity and character of Los Angeles.

The book combines humor, insight, and thoughtful storytelling to capture moments that range from entertaining and unexpected to reflective and revealing. Through these interactions, readers gain a deeper appreciation for the city's unique social fabric.

Carstens was inspired to write the book after spending years behind the wheel as a ride share driver while pursuing his interests as an English teacher and local history enthusiast. What began as routine transportation evolved into countless opportunities to meet people from all walks of life and hear stories that might otherwise have gone untold. Recognizing the value of these conversations, he set out to preserve them in a way that highlights both individual experiences and the broader narrative of Los Angeles.

At its core, the book is a celebration of human connection and the role that everyday



Lyfting LA by L. A. Carstens

conversations can play in understanding a community. Alongside personal stories, Carstens incorporates references to Hollywood's origins, legendary music venues, influential artists, and cultural landmarks that have helped define Los Angeles through the decades.

Lyfting LA will appeal to readers interested in urban culture, local history, travel narratives, memoirs, and character-driven nonfiction. Residents of Los Angeles may recognize familiar landmarks and experiences, while readers from elsewhere will gain an insider's perspective on the city beyond its popular image. The book offers both entertainment and insight, making it accessible to a broad audience interested in people and place.

L. A. Carstens brings the perspective of an educator, writer, and passionate student of Los Angeles history to this engaging work. His ability to combine storytelling with cultural observation allows readers to experience the city through the voices of those who live, work, and travel within it. Through *Lyfting LA: Nine Years Before the Dash*, Carstens presents a thoughtful and often surprising exploration of one of the world's most recognizable urban landscapes.

The book is now available—secure your copy here: <https://a.co/d/02dxAXyN>

For review copies, interview requests, or additional information, please contact:

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