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## NEWS RELEASE

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*For Immediate Release*

### **IN TIME FOR WORLD KINDNESS WEEK, *FOR SHE WHO GRIEVES* BRINGS KINDNESS AND HOPE TO THOSE STRUGGLING WITH GRIEF Intimate Stories Combined with Insight Create Impactful Volume for Women Dealing with Grief**

(10 November 2022)—*For She Who Grieves: Practical Wisdom for Living Hope* intricately weaves stories of grief, loss, and hope to raise awareness, consciousness, and connection.

The book, co-created and written by Holly Joy McIlwain and Amy Hooper Hanna, focuses particularly on women's struggles with grief and was developed to help people live better, more fulfilling and meaningful lives. McIlwain and Hanna were inspired "to do one brave thing every day" by their participation in the Brave Women Project, a nonprofit founded by McIlwain, which began their discussion of a possible book featuring practical wisdom on grief.

"I've walked with grief for many miles now. Because of this book, I look at my sons and my husband differently. Listening to other people's losses has caused me to love more deeply in my own home," McIlwain stated. "Standing with others in their grief has allowed me to become a more grateful, compassionate and courageous person."

Hanna added, "We want people struggling with grief to know that while their experience is unique, they are not alone. There is power in sharing stories. Through the personal stories and research we've collected, we have learned that the wisdom found in sharing grief is too powerful not to convey more broadly."

They are quick to say they are not therapists and encourage people to seek professional assistance when dealing with grief. Many resources are provided in the book. As coaches, teachers, and trainers by profession, McIlwain and Hanna embrace "carpooling in the Griefmobile" when traveling back and forth between Crudville and Joytown and want this book to be a resource for anyone who is on that road with all the bumpy emotions that come with it.

The book is available on Amazon.com and is offered at \$.99—today only—by following this link: <https://amzn.to/3Uilh7N> and the book is also available on BN.com. The creators are supporting World Kindness Week (November 7 – 13, 2022) by participating in interviews and speaking engagements. All inquiries are directed to K2 Creative. The Living Hope Book Launch will take place on November 20, and information can be found at <https://www.hollyjoy.info/forshewhogrieves>. Visit publisher Aurora Corialis Publishing's website at <https://www.auroracorialispublishing.com>.

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