

JESSICA HANDLER

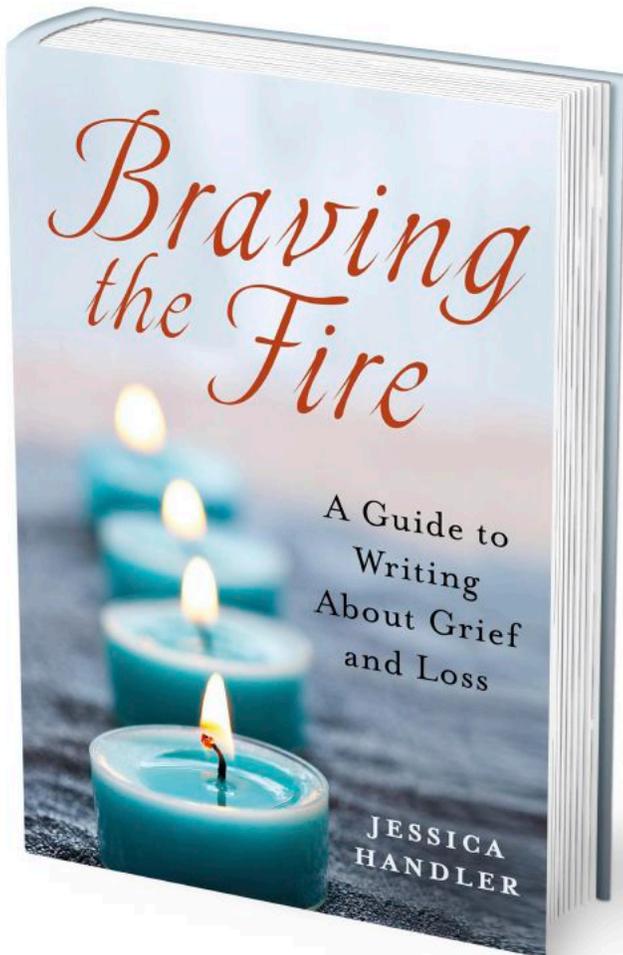
NOW AVAILABLE FROM ST. MARTIN'S GRIFFIN

- *Braving the Fire: A Guide to Writing About Grief and Loss*
- Memoirist and writing teacher Jessica Handler available for interviews and workshops

Contact: Alison Law
404.272.6203
alison@alisonlaw.com

BRAVING THE FIRE: A GUIDE TO WRITING ABOUT GRIEF AND LOSS **By Jessica Handler**

Braving the Fire (St. Martin's Griffin; December 10, 2013; Trade Paperback; \$15.99) is the first book to provide a road map for writing honestly about grief and loss. Created by and for the writer who has experienced illness, loss, or the death of a loved one. *Braving the Fire* takes the writers' perspective in exploring the challenges and rewards for the writer who has chosen to be the memory keeper. Loosely organized around the familiar Kubler-Ross "Five Stages of Grief," *Braving the Fire* helps the reader and writer through the emotional and creative tasks before them, incorporating interviews and excerpts from other treasured writers who've done the same.



PRAISE FOR BRAVING THE FIRE

"*Braving the Fire* is a necessary companion for any writer who wishes to write about grief. Handler gently and honestly states the difficulty and rewards of recording our most haunting stories. There is a silver bullet of hope in this guide: the remembrances of our lost loves may very well be the key to living vivid lives, healing in Technicolor."

– Christa Parravani, author of *Her*

"*Braving the Fire* is the best book about memoir writing I've read. Jessica Handler provides a brilliant, empathic, and sturdy guide to help us begin, develop, and complete a work of art dealing with those difficult subjects we might fear exploring but which will become the wellspring of our most profound work."

– Louise DeSalvo, author of *Writing as a Way*

of Healing: How Telling Our Stories Transforms Our Lives

"Read this book! *Braving the Fire* is brilliant, profound, thorough, and a delight. Through writing, it takes you to the core of your loss, honoring the uniqueness of your voice and ultimately revealing the beauty and power of your story, whatever it may be." – Susan Zimmerman, author of *Keeping Katherine* and *Writing to Heal the Soul*

"Jessica Handler beautifully illustrates how the power of our stories —well captured and conveyed— can heal our deepest sorrows. *Braving the Fire* is much more than a book by an eloquent writer for other writers. It is a must read for those who wish to live a life of transparency and to write with honesty about the journey." – River Jordan, author of *Praying for Strangers: An Adventure of the Human Spirit*