

This book is a great gift to all who have experienced pain--and who hasn't? The author's memoir is vivid and her grasp of spiritual sources shines light through the darkness. Her creative use of art in the quest for healing is unique and impressive.

—J. Philip Wogaman, Former Pastor of President Clinton and Former Dean of Wesley Seminary, Washington DC

I must admit that as a non-religious person, *Sleep, Pray, Heal* is not a book I would have reached for in a bookstore. I am so glad that I read this joyful book. It is inspirational to anyone housed within a body.

—Kelly Whitney, Private Investigator
El Cerrito, California

Sleep, Pray, Heal is a modern sermon on faith — a beautifully articulated, joy-based sermon, full of ups and downs —imbued with an uplifting sense of the miraculous.

—Linda Watanabe McFerrin, Author of *Namako*, *The Hand of Buddha*, and *Navigating the Divide*



Sleep Pray Heal makes the struggle to heal tangible as Rev. Fado Ivery shares her own journey following a brain injury that compromised every aspect of her cognitive, emotional, physical, and relational functioning. As a neuropsychologist, I have been part of the healing journey for many patients and their families and friends. When life-changing injuries and chronic pain occur, everyone in the patient's orbit is affected. There can be confusion about how to help, about why the person isn't getting better, or why the person seems pretty good one day and a mess the next. As a person struggles, their vision of their future can become clouded and confused. *Sleep Pray Heal* provides both insights and strategies for healing, that will be helpful to the sufferer and those who are trying their best to understand and be helpful. I strongly encourage professionals in healing fields, pastors, and leaders of healing ministries to use and share *Sleep Pray Heal* with those who are seeking wholeness and well-being for themselves and those who are striving to help them.

—Dr. Jen Tellier, Neuropsychologist, Alameda, California

Exquisite! Donna Fado Ivery describes her journey with unrelenting pain, and shares hard and hopeful truths about living with that pain and traveling with the Spirit. She offers the great gift of herself and her spiritual journey, evoking quiet tears and big smiles in this reader. The artistry of the book and the author will speak powerfully to readers living with chronic pain in themselves and others. The book reveals the power of seeking life, crying out to God, and trusting the Spirit, while recognizing and celebrating the small and mighty blessings along the way. It is a very human and spiritual gift – a treasure.

—Mary Elizabeth Moore, Dean and Professor
Boston University School of Theology

**FOR MORE INFORMATION
OR AN INTERVIEW**

Go to
www.AdventuresInHealing.com
DonnaFadoIvery@gmail.com