

News Release

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For Immediate Release

INSPIRATIONAL NEW MEMOIR ON HEALING AND FAITH IS RELEASED

How one woman recovered—and found new ways to thrive—after a devastating accident caused a traumatic brain injury is the core of an inspirational new memoir released this month.

Sleep, Pray, Heal: A Path to Wholeness and Well-Being has placed as a finalist in the William Faulkner—William Wisdom Creative Writing Competition in the category of Narrative Nonfiction Book. It is a story of how hard work, artistic expression, and, most of all, deep faith enabled United Methodist minister Donna Fado Ivery to reclaim her life and to offer her story to illuminate the path for others.

When a two hundred pound glass partition fell on Donna Fado Ivery's head, the resulting brain injury promised a future of disability and chronic pain. Though still a young woman, she could no longer count on walking, speaking, thinking, or caring for her children and husband. In her eighth year as a pastor, her ministry also seemed to be over.

Reverend Fado Ivery's story illuminates her struggle with medical, social, and church prejudice, her practice of prayerful art therapy, and her support through the loving bond of family, community, and spirit. It was especially through faith, prayer, and a new understanding of the miraculous ways the Holy Spirit can work in our lives that she was able eventually to rise, function, and attain a newly refreshed and ever-unfolding relationship with God and the world around her.

Sleep, Pray, Heal: A Path to Wellness and Well-Being charts the path through hardship and despair and offers a map—through scripture, prayer, poetry, painting, and storytelling—to recovery, well-being, and a deeper faith. It speaks to any audience about the ways that people in chronic pain can find healing, and suggests secular as well as faith-based resources that can help with that process. Most of all, *Sleep, Pray, Heal* is a warm, surprisingly humorous, and insightful personal memoir that can enlighten the mind and lighten the heart of any reader.

OTHER AWARDS: Top Ten Winner in the Writer's Digest 2019 competition in the area of Inspirational/Spiritual.

ATTACHMENT: Flyer w/testimonials and additional information

For more information or to arrange an interview, go to www.adventuresinhealing.com