

# LITTLE GIRL CRYING MEDIA KIT

## Contents

<b>CONTACT INFORMATION</b> .....	1
<b>HEADSHOTS</b> .....	2
<b>COVER</b> .....	3
<b>ENDORSEMENTS</b> .....	5
<b>AUTHOR BIOS</b> .....	6
<b>SHORT DESCRIPTION</b> .....	8
<b>LONG DESCRIPTION</b> .....	8
<b>INTERVIEW Q &amp; A</b> .....	11
<b>PRESS RELEASE</b> .....	15

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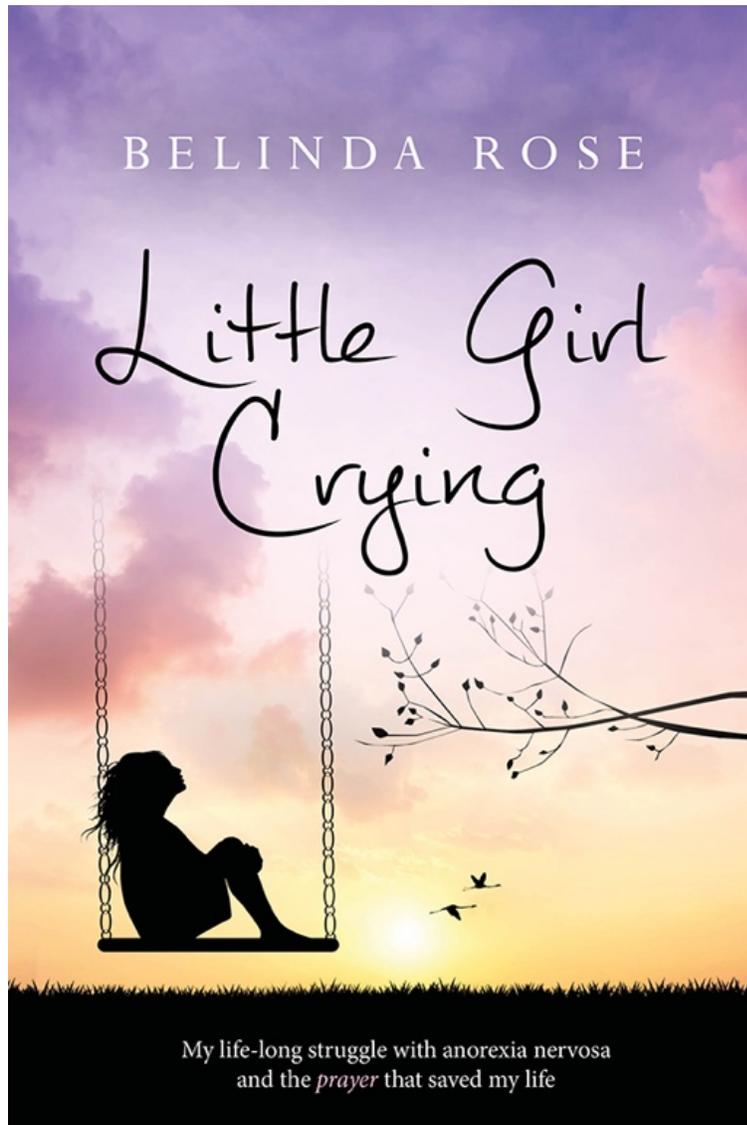
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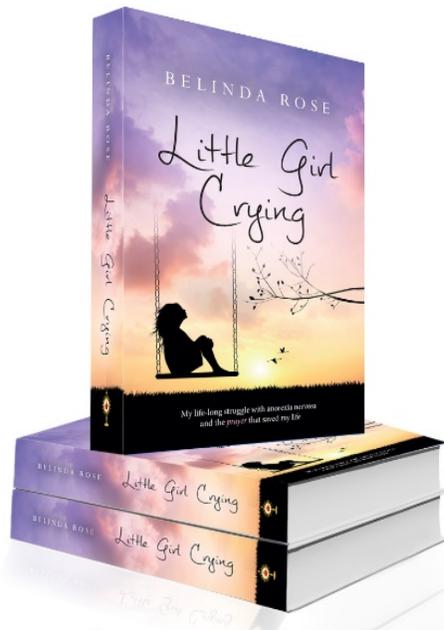
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**HEADSHOTS**



COVER







Belinda Rose is a Christian Contemplative, inspirational writer, poet and artist. Her work can be found at [www.belindarose.com](http://www.belindarose.com) or on Facebook at <http://www.facebook.com/illustrateddevotions> where she shares daily prayer and inspiration.

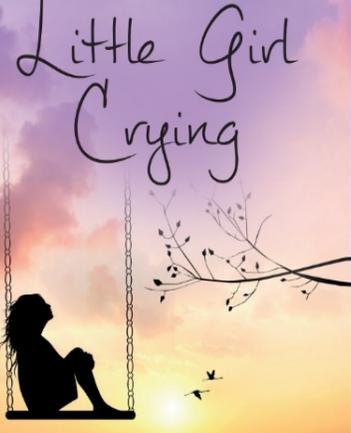


BELINDA ROSE

# Little Girl Crying

BELINDA ROSE

My life-long struggle with anorexia nervosa and the prayer that saved my life



Abused at home, bullied at school, and raped by someone she loved and trusted, Belinda Rose found her emotional pain too much to cope with, and thus began the fight of her life against two dark adversaries: Anorexia Nervosa and Depression.

For 38 years, she found herself locked in a life and death battle with an eating disorder intent on destroying her mentally, physically and spiritually. Near death many times, and at one point hospitalized 13 times within eighteen months, she defied doctors who all agreed she'd very likely die from her eating disorder. Recovery would take nothing less than a miracle. She felt lost, alone and at the mercy of an illness intent on her destruction. All hope seemed gone, or was it?

As a small child, Belinda had found sanctuary from those who abused and bullied her in the arms of her imaginary friend, Jesus. It would be her deep love and devotion for Him since childhood that would lead her on a journey of prayer to an incredible spiritual experience: God would miraculously still the Voice of Anorexia, lift the darkness of depression and transform her life to set her on a new path.

*Little Girl Crying* is a story of survival. It's a story of God's love, mercy, and amazing grace, affirming that God is with us even when He is silent. But, most of all, it is a message of hope and encouragement to all who suffer: never give up, because our God is a God of healing and miracles!

I'll bury my pain deep, deep down  
 So deep it can't be found  
 It will not see the light of day  
 If it seeks release I'll purge it away  
 I'll starve the life right out of it  
 And hull my pain a little bit  
 I'll beat the pain ... the anger ... fear  
 Till 'it' or 'I' just disappear.

"Contemplative prayer is a journey into the heart of God, where we find true healing from the pain, trauma, and wounds of our lifetime. That is the essence of *Little Girl Crying*. Belinda Rose gives testimony with her life story to the work of divine love, mercy, and amazing grace, and to the power of contemplative prayer to transform, restore, and even resurrect the most broken of lives. A compelling and inspirational memoir, *Little Girl Crying* offers hope for a suffering world."

—Fr. Richard Rohr, OFM, Center for Action and Contemplation, author of *Falling Upward* and *Imortal Diamond*

"Belinda Rose takes us on a powerful journey as she travels a tortured path toward healing and transformation going through the pain of trauma and abuse to discover the experience of ultimate love. A modern *Pilgrim's Progress*."

—Janice Morganic, Executive Director, Riverwalk Eating Disorders and Wellness Centres • [www.riverwalkwellness.ca](http://www.riverwalkwellness.ca)

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## ENDORSEMENTS

### PRAISE FOR “LITTLE GIRL CRYING”

“Contemplative prayer is a journey into the heart of God, where we find true healing from the pain, trauma, and wounds of our lifetime. That is the essence of *Little Girl Crying*. Belinda Rose gives testimony with her life story to the work of divine love, mercy, and amazing grace, and to the power of contemplative prayer to transform, restore, and even resurrect the most broken of lives. A compelling and inspirational memoir, *Little Girl Crying* offers hope for a suffering world.”

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*“Little Girl Crying* is an unforgettable memoir of hope and great faith. It is impossible to put down and the compelling writing takes you deeper and deeper into Belinda's heart, and her quest to find solace and comfort in contemplative spiritual life-saving messages. This book will enlighten everyone who reads it as it is a story of great courage and potent miracles. It is not just a portrayal of a woman with an eating disorder but an inspirational journey for everyone who encounters human suffering and seeks to be healed. This book will help millions of lost souls become whole again.”

— **Gail McMeekin, LICSW, Creative Success LLC, author of *The 12 Secrets of Highly Creative Women***

“Belinda's trials of unspeakable darkness and triumphs of ineffable grace will inspire you. Please read this book.”

— **Bud Macfarlane, President, The Mary Foundation**

“For those of us who look to contemplative prayer for comfort and healing, former anorexia nervosa sufferer Belinda Rose shares a lifetime of heartbreaking traumas and offers a startling testimony to grace beyond our understanding.”

— **Janet Conner, author of the bestselling *Writing Down Your Soul* and creator/host of *The Soul-Directed Life* radio show.**

## AUTHOR BIOS

### Two-line bio (55 Words)

Belinda Rose is an inspirational author and Christian Contemplative that was miraculously healed from a decades-long battle with anorexia nervosa and depression after an encounter with the Holy Spirit in prayer. This miracle healed and resurrected her life sending her on a mission to help the suffering through a ministry of healing and prayer.

### Short bio (123 Words)

Belinda Rose is an inspirational author, poet, and Christian Contemplative. She overcame a decades-long battle with anorexia nervosa, bulimia, and deep depression after a mystical encounter with the Holy Spirit while deep in contemplative prayer. This miracle not only healed her but resurrected her life, sending her on a mission to help the suffering through prayer. She is the author of the vibrant online prayer community *Illustrated Devotions*, a prayer ministry where she shares daily prayers and devotions and offers intercessory prayer for those in need. Through her ministry of prayer and healing, she seeks to inspire, encourage, and give hope to those suffering in particular with emotional and spiritual wounds by ultimately leading them into a deeper intimacy with God through prayer.

### Long bio (321 Words)

Belinda Rose is an inspirational author, poet, and creative. She was miraculously healed of a nearly four-decade battle with anorexia nervosa, bulimia and deep depression after a mystical encounter with the Holy Spirit while deep in contemplative prayer. Near death multiple times, her story of survival is a testimony to the power of God's unfailing love and amazing grace, and the transformational power of contemplative prayer. Amid an abusive childhood, she felt a deep devotion to Jesus, where He soon became her dearest friend and lifeline. Through God's grace she was drawn to contemplative prayer, of which she has been a long-time practitioner. Belinda attributes the true miracle of her healing to the power of experiencing God in this deep, meditative prayer. As a Christian Contemplative, she believes it is by resting in God in the silence – the journey within – that sets God's divine action to work within us to allow true healing of the wounded heart, mind and soul to occur.

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Belinda Rose is devoted to her Catholic faith, the Sacred Heart of Jesus and Eucharistic Adoration. When she isn't writing, Belinda loves spending quiet time in nature and adores

animals of every kind. Born and raised in the Midwest, she still lives there with her husband and three sons. Together they enjoy the companionship of their five cocker spaniels, three cats and Buster the parrot.

## SHORT DESCRIPTION

Abused at home, bullied relentlessly at school, and raped by someone she loved and trusted, Belinda Rose found her emotional pain too much to cope with, and thus began the fight of her life against two dark adversaries: Anorexia Nervosa and Depression.

For nearly 38 years, she found herself locked in a life and death battle with an eating disorder intent on destroying her mentally, physically and spiritually. Near death multiple times, and at one point hospitalized 13 times within the span of a year and a half, doctors all agreed she'd never overcome the eating disorder and would likely die from it. It would take nothing less than a miracle for her to find the recovery that seemed impossible. She felt lost, alone and at the mercy of an illness intent on her destruction. All hope seemed gone, or was it?

As a small child, Belinda had found comfort and sanctuary from those that abused and bullied her in the arms of her imaginary friend, Jesus. It would be the deep love and devotion she'd felt for Him since childhood that would lead her on a journey of prayer to an incredible spiritual experience that would miraculously still the Voice of Anorexia, lift the darkness of depression and transform her life setting her on a new path.

*Little Girl Crying* is a story of survival. It's a story of God's love, mercy, and amazing grace, that affirms God is with us even when He is silent. But most of all, it is a message of hope and encouragement to all that suffer that says - never give up, because our God is a God of healing and miracles!

## LONG DESCRIPTION

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So deep that it can't be found  
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*Little Girl Crying* is a story of survival. It's a story of God's love, mercy, and amazing grace, that affirms God is with us even when He is silent. But most of all, it is a message of hope and encouragement to all that suffer that says *never give up*, because our God is a God of healing and miracles!

From every chapter beginning with a Bible verse and an inspirational poem to ending with a prayer, to the over 40 compelling, original, and often heart-wrenching black and white illustrations, *Little Girl Crying* is so much more than just another eating disorder memoir, but a sense-evoking, spiritually uplifting experience that meets each of us in our own personal suffering. This is a story that is a wild ride on an emotional roller coaster, and yet, a spiritual journey full of hope and miracles that speaks to perseverance, the power of prayer, and God's silence amid our suffering.

The author shares deep insights into the heart of anorexia nervosa—the insidious voice, that torments and tortures its victim's psyche relentlessly. She also offers a short and special section at the end of the book with insightful suggestions for family and friends of ways to support those that are suffering with an eating disorder.

While *Little Girl Crying* takes the reader deep into the heart of suffering, it also reflects on where God is amid our suffering, why He allows it, and how we can find both a deeper purpose for it and the blessings in it. It is no wonder *Little Girl Crying* has been called a modern-day *Pilgrim's Progress*.

## **BOOK SPECS**

**TITLE:** Little Girl Crying

**AUTHOR:** Belinda Rose

**PUBLISHER:** Adoration Press

**DATE OF PUBLICATION:** August 11, 2018

**RETAIL PRICE:** \$24.99 (Softcover)

**ISBN-13:** 9780998840116

**PAGES:** 467

## INTERVIEW Q & A

1. What is a Christian Contemplative? Can you be one without joining a religious order?  
*Let me answer the second question first if I may. Contemplative prayer is for everyone, not just monks and nuns in cloistered monasteries. Put simply, I believe Contemplative Prayer is, as St Teresa of Avila said, "a close sharing between friends." It is taking time to be alone and seek "Him who loves my soul."*
2. When a victim of anorexia hears the voice of an eating disorder, is this a real voice, or just your own destructive thoughts?  
*While that voice can often be so loud, controlling and dominant that it might seem to be a real voice, for me it was never a voice outside of myself. It was a voice contained purely in my thoughts, but those thoughts were so deafening that it felt like a real voice a lot of the time. It was so destructive, so manipulative, so angry, and so unlike the real me, that I've often said it was demonic in nature.*
3. If a parent is concerned their child might be anorexic, what should they look for?  
*While I'm not a medical professional, I can tell you, from my insider's viewpoint, what I'd look for in my own child. Fear of being fat, hoarding food, refusing to eat or eating tiny portions, avoiding social situations where food is involved, excessive exercise. Those are just a few warning signs something is amiss.*
4. Why do you think psychiatry didn't work for you?  
*Well, for one thing, doctors in the 70s didn't have as much knowledge or understanding about eating disorders as they do today. So many of the methods they used to try and help me failed, and even made the illness worse. Who's to say that, if those same doctors had the immense knowledge they do now about the illness, and they had used it as my treatment protocol, it might not have helped me. But having said that, there was also the dynamic of the complicated relationship with my mom. She had told me not to talk about what went on at home or about the rape. So, I didn't - to please her and avoid Dad erupting. I could never have been helped by even the best therapist today under those circumstances.*
5. If God really cared about you, why did he let you suffer for so long, almost dying so many times, before he intervened with a miracle?  
*How can I answer for God? I can't presume to know God's mind or His plan for my life. But what I can say is that by permitting the suffering, He drew me closer to His heart. So, it had a purpose. Because I did love Him so much, I began to seek Him earnestly in prayer. He answered that prayer by leading me deeper into an intimate relationship with Him through Contemplative prayer. Had He given me a miracle early on, then perhaps I would not have the intimate relationship with Him, or the deep prayer life I do today. I wouldn't trade that for anything.*
6. If your anorexia stemmed from parental abuse, bullying and rape, do you feel there should be more support for victims of these evils before they develop anorexia as a

response? ***I don't think every victim of abuse, rape, or bullying will necessarily deal with their pain through an eating disorder. I think there are so many other ways of self-harming today, such as drugs, alcohol and cutting. I think any young person who is the victim of any type of trauma needs not only immense support from loved ones, but professional help combined with spiritual guidance to deal with the fallout.***

7. If somehow, you could have had good counseling for all those bad events in your life, at the time, do you think you would have developed anorexia? ***Yes, probably. I say that because good counseling wouldn't have changed the dynamics of my life at home: the secrets I had to keep so the status quo at home was maintained.***
8. You developed an interest in modeling, which has a strong emphasis on body image. How do you feel about magazines promoting the super-skinny look as 'perfect body' to impressionable young girls? ***Obviously, I don't approve! Promoting that super skinny look sends a message to young girls that skinny equals beautiful which in turn equals the path to being accepted, popular and loved.***
9. What role has forgiveness played in your recovery? ***Forgiveness has been a major life changer for me. Not to sound cliché, but it set me free. It was as if a heavy weight had been lifted. I honestly never thought I'd find a way to forgive my dad especially, and I most likely wouldn't have without the grace of God. What he did hurt me even more deeply than the rape or the bullying in many ways, because I desperately wanted and needed his love. His love and approval were always all-important to me.***
10. Did you finally feel that love and acceptance from the dream visitation with him? ***Definitely! The dream visitation was a crucial piece of the puzzle to healing my relationship with him. I received the hug and the love he'd never given me in life. It was an indescribable experience and a blessing beyond words!***
11. What would you like to say to a girl contemplating suicide because she has been made to feel 'too fat' or 'too ugly'? ***Don't do it. Seek out and share whatever is on your heart with family, a good friend or a clergy member that you love and trust. Pray. Seek help and guidance from the Lord. Suicide is never the answer to anything. Those feelings of being 'too fat' or 'too ugly' are not truth. They are likely coming from a place within you of low self-esteem caused by your pain and your wounds. They are the lies of the enemy, but the truth is: in the eyes of the Lord, you are His perfect creation.***
12. What is redemptive suffering and is this how you have suffered? ***Redemptive suffering is the belief that we can 'offer up' or unite our trials and tribulations to the Passion of Christ, thereby sharing in His redemptive suffering. When we choose to embrace suffering in this way, we are using our suffering in the hope of "spiritually repairing" our soul', or another's soul, and so helping in His work of redemption. Now to answer the second half of the question. No, I didn't suffer***

*in this way for many years. Sadly, even being a cradle Catholic, I had no clue as to what redemptive suffering even was. The awareness of redemptive suffering came many years later. I'd say, it came around the time I had the profound imaginative prayer experience I speak about in the book of sitting at the foot of the Cross. Today, I have a practice for offering up my suffering, and the suffering of others.*

13. Would you mind telling us what that practice is? *No, not at all. I have a small prayer jar on my altar. I write on small snippets of paper whatever the trial or tribulation I or someone else in my life is experiencing. I place it in the jar and offer those intentions up as a whole, for a particular intention close to my heart, for the good of the Church, or a soul in purgatory.*
14. Would you be interested in participating in different approaches to anorexia and depression? *Definitely. I'm open to learning about and participating in any approach that might be advantageous to helping those suffering from eating disorders or depression, or mental illness in general.*
15. Has your relationship with Jesus now returned to a steady faith? Does he drift away from you sometimes, and how do you bring him back? *If I may, let me answer the second part of this question first. I don't believe God ever drifts away. We may feel as though He has, but God is always with us. In my Contemplative practice, I learned that long periods of dryness in prayer are part of the normal flow of any prayer practice. There are times for whatever reason that we struggle with prayer. Just as in any relationship, we aren't always 'feeling' it! So too in prayer. We aren't always on the emotional mountain with the Lord as much as we'd love to be! How do I bring Him back? Again, I don't believe the Lord, in reality, has drifted away from us. Those moments in prayer when we are feeling connected – feeling His love and presence strongly – are a grace of the Holy Spirit. We don't control the ebb and flow of our prayer life. No matter where we are in our prayer discipline, we must stay faithful to the prayer, and allow the grace of the Holy Spirit to do the rest.*
16. How important is faith? Can a cure be attained without it? *While I believe my love and devotion, my seeking God so earnestly, played a large part in my miracle healing, I'm not sure you'd say that was necessarily faith in the truest sense. I went through periods of great doubt and uncertainty about whether the Lord was still with me. But through it all, I still loved Him and sought Him in prayer. So, yes, in that sense I was faithful. Yes, I stayed faithful. But I wasn't faithful in the sense of believing I would be healed, etc. I never prayed with that intention in mind. So, while I certainly believe faith can and does heal, I also believe the grace of God alone can heal.*
17. Are you able to eat normally now? Is your relationship with food under control? *I don't know if you'd call how I eat 'normal'. I don't think my relationship with*

*food will ever be what anyone might call normal. There are still foods I stay away from, foods that were always triggers. I eat healthy now. For me it is all about the quality of what I eat. What has changed is I can go out to eat now and enjoy a meal with my family without sneaking off to the bathroom to purge. I no longer obsess over food or my weight. What the Lord did for me by silencing the Voice was to give me back the control over my life and my relationship with food. It's simple really: that voice is the illness, and by shutting it down I was freed to begin healing.*

18. Do you believe the eating disorder is cured? Do you ever worry that the voice will return? *First, I don't believe an eating disorder is ever "cured". I believe those of us that have suffered from them are "recovered". Yes, it does concern me at times that the voice could return. It's a thought I've considered. In preparing to publish this book, I went through a great deal of adversity in my life. Let's just say the enemy attacked me from every side in an all-out effort to keep the book from publication and my story from being shared. I was under supreme duress, and while the voice attempted to return, it didn't stick. I'm human. I stumbled. But I didn't fall or succumb to it. For that, I give God all the glory!*

## PRESS RELEASE



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### FOR IMMEDIATE RELEASE

## Memoir of Miracle Healing Offers Hope, Inspiration for Suffering

*Heavenly Encounter Ends Forty-Year Battle with Anorexia Nervosa and Depression*

SAINT PETERS, MISSOURI – For nearly forty years, Belinda Rose fought a life-and-death battle against two powerful adversaries – anorexia nervosa and depression. That is, until she had an encounter with the Divine. By the grace of God, amid a life-transforming spiritual experience, she received a miracle – a miracle that not only healed her but resurrected her life. In her new memoir, *Little Girl Crying*, inspirational author and poet Belinda Rose takes us for a soul-stirring ride on an emotional roller coaster, going from the depths of despair and hopelessness to the heights of joy and victory. Coming to bookstores August 11, 2018, this compelling memoir is a moving, and often heartbreaking, story of miracles and survival. Against all odds, Belinda emerged victorious from a decades-long battle with anorexia nervosa and deep depression. Her gripping story speaks to the traumatic effects of the physical and emotional abuse she endured at the hand of her father, the humiliating bullying she lived with daily from classmates, and a vicious rape and betrayal that resulted in her drawn-out battle with anorexia nervosa, bulimia and depression. Near death many times, and at one point hospitalized thirteen times in eighteen months, she defied doctors who had all but given up on her, and believed that she would die from her illness.

Recovery would take nothing less than a miracle. Lost, alone and at the mercy of an illness intent on her destruction, all hope seemed gone, or was it?

As a young child, Belinda had found sanctuary from those who abused and bullied her in the sheltering arms of her imaginary friend, Jesus. It would be her unwavering devotion to God that would ultimately

lead her on a journey of prayer, a journey that led her to a deep, abiding relationship with God, culminating in the miracle that stilled the Voice of Anorexia, and lifted the suffocating darkness of her depression. After 38 years of suffering, she was finally set free!

“My book is meant as a message of hope for all those who are suffering,” says the author. “I pray my story will first and foremost glorify God and make a difference in someone else’s life. But I also want people to understand that our God is not a has-been God, but a living God, who is always with you, even when He is silent, and especially when you hit rock bottom. Believe in His goodness, and don’t ever give up, because He is a God of miracles.”

Besides working to help others through her active prayer ministry, Belinda Rose has also emerged as a powerful advocate for those suffering from eating disorders. Her advice for families on ways they can support a loved one with an eating disorder is given from the perspective of someone who long suffered from one. She hopes her story will bring more awareness to the Voice of Eating Disorders, which she believes is the powerhouse of the illness. She says, “The Voice of ED is real and sinister. I might even go as far as to say it’s demonic. It is a relentless and destructive voice that has the capacity to wield totalitarian control over your thoughts and your life.”

#### **What People Are Saying:**

- “A compelling and inspirational memoir, *Little Girl Crying* offers hope for a suffering world.” ~ **Fr. Richard Rohr, OFM, Center for Action and Contemplation, author of *Falling Upward* and *Immortal Diamond*.**
- “Belinda's trials of unspeakable darkness and triumphs of ineffable grace will inspire you. Please read this book.” ~ **Bud Macfarlane, President, The Mary Foundation**
- “Belinda Rose takes us on a powerful journey as she travels a tortured path toward healing and transformation going through the pain of trauma and abuse to discover the experience of ultimate love. A modern Pilgrim's Progress.” ~ **Janice Morgante, Executive Director, Riverwalk Eating Disorders and Wellness Centres**

#### **About the Author:**

Belinda Rose is an inspirational writer, poet, and creative. Since the moment of her miraculous healing experience she has been on a healing mission to uplift those who suffer, through her inspired poetry, writing, and prayer ministry. She is a Christian Contemplative and devoted Catholic, who is dedicated to the Blessed Sacrament and the Sacred Heart.

Belinda’s devotional writings and extensive line of art-prayers can be found at [Http://www.belindarose.com](http://www.belindarose.com) She also has an active following on her Illustrated Devotions [Facebook Fan](#) page, where her daily inspirational posts offer hope, strength and encouragement to her readers.

**About the Book:**

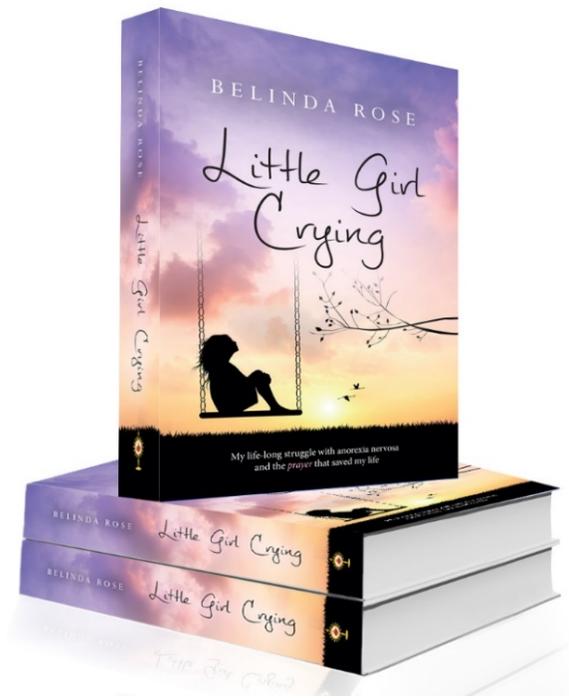
***Little Girl Crying: My life-long struggle with anorexia nervosa and the prayer that saved my life.***

**Genre:** Christian Memoir

**Paperback:** \$24.95

**Available August 11, 2018 at Amazon, B&N and all major retailers**

**ISBN:** 978-0-9988401-1-6, 476 pages, 40 original illustrations



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