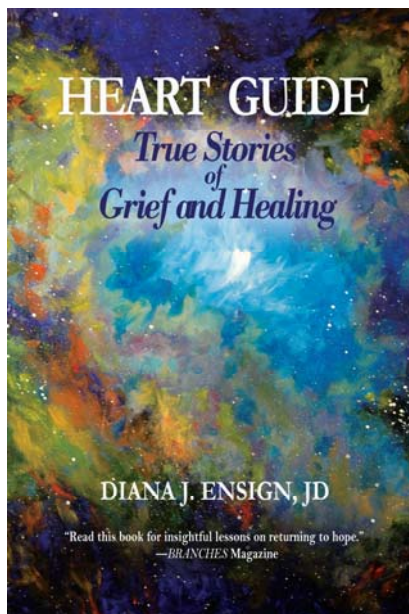


FOR IMMEDIATE RELEASE

Diana J. Ensign’s “HEART GUIDE” provides unflinchingly honest stories for healing grief

Author’s new book, HEART GUIDE: True Stories of Grief and Healing, highlights the myriad and unexpected ways people find solace when facing the death of a loved one.



INDIANAPOLIS, 2017 — The death of someone we love is one of the hardest challenges we face. Regardless of our spiritual or religious practices, the loss of a child, parent, spouse, sibling, grandparent, or significant person in our life can send us reeling. Diana J. Ensign’s new book, HEART GUIDE: *True Stories of Grief and Healing*, offers candid accounts from people across the United States whose lives have been touched by death. Despite the nature of the sorrow, each person’s story imparts heartfelt life lessons learned through an arduous journey of grief and self-discovery.

Ensign says, “With intense sorrow, it helps to know we’re not alone. This book doesn’t attempt to placate grief, and it doesn’t offer advice from ‘experts.’ Instead, it shines a light on the heart’s most tender terrain, revealing not only loss and sorrow but also wisdom for how to live.”

By collectively sharing our vulnerable accounts of grief, we build a safe harbor around the subject of death — even when the stories are heartbreakingly difficult, such as the death of a loved one by suicide, drug overdose, or violent sexual assault. Told with raw honesty, these intimate stories reveal our shared humanity. HEART GUIDE reminds us, “Always, our strength resides deep within our heart — in the enduring love for the people we cherish.”

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Press information and high resolution images available on <http://dianaensign.com>
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