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**FOR IMMEDIATE RELEASE**

## **Author Diana Ensign's HEART GUIDE wins prestigious 2018 Independent Publisher Book Awards (IPPY) Gold Medal!**

*Author's compassionate book, HEART GUIDE: True Stories of Grief and Healing, highlights the myriad ways ordinary people find hope after the death of a loved one.*

INDIANAPOLIS, 2018 — The death of someone we love is one of the hardest challenges we face. Diana Ensign's newest book, HEART GUIDE: *True Stories of Grief and Healing*, reveals 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, "I am grateful for the IPPY Gold Medal Award recognition of this book. The award is a testament to the excellence of the stories, the honesty of the people who shared from their hearts, and the importance of caring for one another with love and compassion." HEART GUIDE doesn't placate grief, and it doesn't offer advice from experts. Instead, it shines a light on the heart's most tender terrain, revealing nuggets of profound wisdom for how to live with both hope and purpose after loss.

### **About the IPPY Award**

The Independent Publisher Book Awards (the "IPPYs") bring increased recognition to thousands of exemplary independent, university, and self-published titles. Each year since 1996, the IPPYs has identified a reading list of progressive, thought-provoking books, the kind that can touch lives, advance careers, and stretch our imaginations. "Recognizing Excellence in Independent Publishing," the IPPY Awards showcase the best books from throughout North America and the English-speaking world.

Launched as the first unaffiliated awards program open exclusively to independent, university, and self-published titles, the IPPY Awards are presented each spring at a gala ceremony during the BookExpo America convention in New York. On Tuesday, May 29, 2018, from 6-9 pm, the 22nd Annual IPPY Awards ceremony will be held in New York's Time Square, at the legendary Copacabana nightclub. The IPPY Awards are presented by publishing services firm Jenkins Group of Traverse City, Michigan and IndependentPublisher.com, "the online voice of independent publishing."

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