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Learning to live through life's unexpected turns *Author, speaker discusses dealing with loss in new book*

ORLANDO, Fla. – Everyone has experienced loss at some point in life, whether you've lived through the death of a loved one or the demise of a relationship. If you're breathing, chances are you know what it is to hurt from an unfortunate turn of events, something life-changing that leaves you teetering where you stand. The good news is, you can not only live through loss, but also grow spiritually and emotionally no matter what your situation.

Barbara Francis, author and popular speaker, shares her personal story of overcoming grief and loss in her new book, *Unexpected Turns: Leaning into the Losses of Life* (Expert Publishing, Inc., 2007). Francis defines these "unexpected turns" not as catastrophic events of loss solely, but as any event in life that makes you stop and say, "Oh no, not this!"

"This is a book I never wanted to write, and you never wanted to read," says Francis of the slim volume, which also offers readers space to record their own thoughts. "It's important for people to lean into the losses life throws our way and grow through the feelings of sorrow in order to eventually recover."

Francis's story centers on the death of a close friend, who was killed in a plane crash. Left devastated and grief-stricken by this sudden loss, Francis details her spiritual journey from darkness to light in order to help others give words to their own grief. She says unexpected turns in life can take many forms—including the hopelessness of infertility, a friend's betrayal, or the passing of a loved one, to name only a few—but the feeling of loss is always the same.

"Unexpected turns are any occurrences in life that make you feel as if you've just been sucker-punched in the belly or had the rug pulled out from under you," says Francis. "I will never fully recover from the loss of my best friend—and yet, I'm growing through the losses of life. I'm learning the language of sorrow so I can be there for others who have also been blindsided by the unexpected."

In an interview, Francis can discuss:

- How to grow through loss
- Tips for helping friends and family through the grieving process
- How to stay spiritually strong during times of loss
- Parents and teachers: How to help children cope with loss
- Breakup blues? How to deal with losing love

Francis currently resides in Orlando, Fla., with her husband of 33 years. She serves on the national team for Campus Crusade for Christ, of which she has been a part for 30 years, providing prayer strategy leadership for the organization's staff worldwide. Francis often shares her inspirational messages at seminars, conferences and retreats worldwide. For more information, please visit www.BarbaraFrancis.com.

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To schedule an interview with Francis, or to receive a review copy of *Unexpected Turns*, please contact Amy Currie at (512) 478-2028 ext. 211 or