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MICHELLE HEYNEN - AUTHOR

Michelle Heynen is an inspirational writer, healer, and author. Devoted to inspiring people to overcome their struggles, Michelle guides people to find the beauty, purpose, and gift in the darkness they have faced so they can find their faith in life again.

In her book, Reflections of Sandra, Michelle tells the heart-wrenching story of supporting her mother through a losing battle with cancer. Sharing a real-life recount of the paralyzing grief and personal challenges she faced before and after her mother died in early 2012, Michelle celebrates her mothers' life and legacy in every page of this deeply touching book. Reflections of Sandra inspires the reader to find the courage they need as Michelle reveals the wisdom and gift that was hidden inside her mothers' passing in the final chapters.

Having found the path to her future through her life experiences and a battle with self-worth, Michelle is now a tower of strength and courage as she expresses her heart and love for people in all that she does. Michelle coaches people to see the deeper meaning of death and find the meaning of being alive by guiding them to discover a purpose worth fighting for.

"In order to find my true self and purpose for being here on earth I had to hit rock bottom, and it became the solid foundation on how I rebuilt my life and found my guiding light".

PRESS RELEASE

Reflections of Sandra is the true story of author Michelle Heynen and her mother Sandra. After her mother's death, Michelle struggled with depression for three years. This is the story of how she found a purpose in life through her mother's death. Each page is filled with raw emotion as Michelle tells her story of the blessings and lessons she learnt in her journey through depression.

Michelle wrote Reflections of Sandra as a beacon of light and hope for others suffering from depression and grief so that they can find beauty in almost anything as well as learn to see the positives, and appreciate what they have.

Those whose family members may be suffering from terminal cancer can read this book and know that they are not alone. They can prepare themselves, in a way, for the potential of what may come. By opening up communication about grief and depression, the stigmas surrounding these subjects can be overcome.

A book launch for Reflections of Sandra will be held on November 19th 2016 at 5:30pm at 4/184 Kingston Road, Underwood, Queensland. A \$5 donation will cover entry, which will be donated to the Cancer Council and Beyond Blue charities.

The Cancer Council Australia advises on practices and policies to help prevent, detect and treat cancer and advocates for the rights of cancer patients to the best treatment and most supportive care.

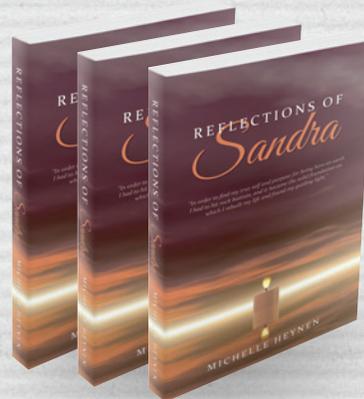
Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Michelle plans to do inspirational talks for people going through the loss of a close relative or friend, encouraging open and clear communication about death and grief. Michelle also hopes her talks will reach out to and help those suffering depression, empowering them and allowing them to find their purpose in life again.

A raw and emotional account of depression and grief.

Release Date: **October 2016**
Book Title: **Reflections of Sandra**
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TESTIMONIALS

I remember the first time that Michelle and I ever spoke. She expressed her desire to write a book about her mother's passing: first of all, to honour her mother and, secondly, to show people that they can become stronger as a result of the adversity that we sometimes face in life. I recall how tentative Michelle was about writing the book and how openly she welcomed my encouragement. Today, I could not be prouder of her for having the courage to follow the inner calling that has led this book to be in your hands.

Reflections of Sandra is a heart-touching story that will give you every reason to appreciate the people who are in your life today. It will remind you to live every second as though it is your last. It will also give you the courage to transcend your tough times – no matter how crippling they might feel at the time when you are experiencing them – and find the light inside the darkness.

I hope you enjoy it the same way that I did, and that Michelle's courage to find the truth of love inside her greatest challenges will inspire you to be stronger in everything that you do.

Emily Gowor, Author

Michelle shines a bright light into one of life's most profoundly difficult experiences...the passing of a dearly loved mother. With courage and insight Michelle has shared her life's struggles and shows us her unique vision for moving through the complexity of grief. She then helps us to realise the life altering lessons hiding inside the sorrow, then shares with us her new wisdom as she discovers a new way of life...one that is reborn with purpose. This book will connect with and help many people who are struggling with the loss of a loved one and provide them with a depth of solace and hope for the future...well done, Michelle.

**Megan Freeland
Author**

Michelle Heynen's Reflections of Sandra tells of her mother's battle with cancer. This beautiful book helps with the difficult process and dealing with emotions during this difficult time. It gives you strength, courage and shows you there is a light at the end of the tunnel, even through the darkness of it all.

**Nicole Crowhurst
Friend**

InHouse Publishing has a strong team of assisted independent publishing experts that offer the most up-to-date and creative input into any author's book publishing journey. We give you all the tools required to truly achieve the goals you set, and guide you through the book publishing process with confidence.

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