

# TERESA Q. BITNER

A Raw, Real, and Riveting Memoir of Tragedy to Triumph

## SOUL LOVE

HOW A DOG TAUGHT ME  
TO BREATHE AGAIN



Teresa Q. Bitner

### *SOUL LOVE: HOW A DOG TAUGHT ME TO BREATHE AGAIN*

When Kris dies unexpectedly in a motorcycle accident, Teresa and her two high school-aged sons must figure out life as a single mother and fatherless kids. They live on a 12.5-acre ranch in Texas, and keep several pet dogs—none as special as Hans, a brown Doberman that they adopt after Kris's death. Hans's wise brown eyes, which 'peer deeply into your soul,' convince Teresa that he was sent by God to be her personal grief dog. Over the next four years, Hans helps this broken family heal the anger, helplessness, and hopelessness that deep grief causes, teaching them how to forgive, love, and laugh again.

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## ABOUT THE AUTHOR

Teresa Q. Bitner - PMP, M.Ed., ACC

Teresa is a professional coach, speaker, and author specializing in resiliency, change, and loss. She is passionate about partnering with those who have been knocked down by life and want to build resiliency and move forward to a bold life. Teresa has been coaching and mentoring professionals for over 20 years in various roles as an IT software developer, project manager and educator. Her company Bold Fulfilled Life Coach helps anyone grieving a loss of any kind to claw their way out of the deep, dark abyss.



[www.boldfulfilledlifecoach.com](http://www.boldfulfilledlifecoach.com)

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HOW A DOG TAUGHT ME TO BREATHE AGAIN  
BY  
TERESA Q. BITNER

## ENDORSEMENTS

★★★★★ “A Profound Journey This book made me laugh, made me cry (more times than I expected), and made me think deeply about my own life, how I’m living, and how I might deal with loss which I know I’ll face in my future. I feel profoundly honored to have been able to peer into the raw, honest roller coaster that Teresa and her family travelled on through this journey of love, loss and renewal. I have 20 books I’m actively reading, with wide and varied interest, so I was surprised to read this book and finish it in less than a week. It was an easy read, well written, and incredibly engaging. ~ Steve Mattus

★★★★★ “Hope and inspiration in the shadow of death Soul Love is a moving memoir of a woman somehow navigating through unimaginable loss and the many layers and complexities of grief and challenges. Boldly finding her way as life goes on and people move on, the author offers us a vulnerable, raw look at her journey - sharing from a deep heartfelt place, with no holding back.

As I read my Advanced Reader Copy, I often caught myself holding my breath and crying in anguish along with her, riveted as if I was living this story through her. Soul Love is a story of evolution from widow to woman, to finding a “new normal” as a family. Hope and inspiration arise from witnessing this woman emerge from shock and anger to deep darkness and despair to vibrantly living again. Soul Love is a must-read for anyone who is grieving, for anyone who feels alone in this process, or for anyone who knows that one day they too will surely lose someone they love.”

- Barb Klein, author of 111 Invitations: Step into the Full Richness of Life

★★★★★ “I found this book to be an easy read, as it flowed well from beginning to end.

I found this book to be an easy read, as it flowed well from beginning to end. It was a very powerful story (get your tissues ready before reading the first few chapters) about a family’s tragedy, grief, and struggles as they learn to move forward with their new “normal”. The introduction of their new pet, Hans, and his comments as a grief dog gave the story a sense of hope throughout. I was most impressed by the author’s willingness to be so vulnerable and share the dark emotions that haunt someone who has lost a loved one. She has a unique way of bringing the reader into the very moments that she experienced. I also enjoyed the fact that she included an Epilogue to let the reader know where things stand today. Hey, inquiring minds want to know, right? Overall, I would highly recommend this book for anyone who wants to better understand what happens in the life of someone who has lost a loved one, not just immediately after, but over the next several years. This book offers some great insight into the process of recovery from such tragedy.” ~ Mark Smyth

See more at <https://www.boldfulfilledlifecoach.com/book-testimonials.html>

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