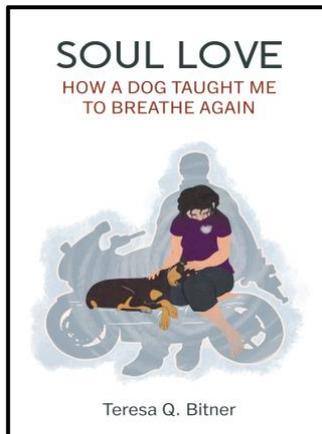


FOR IMMEDIATE RELEASE

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



Austin, TX (April 24, 2018) - Professional coach, and speaker, Teresa Q. Bitner, PMP, M. Ed., ACC is pleased to announce the release of ***Soul Love: How A Dog Taught Me To Breathe Again***. A visceral, real memoir for those who have lost hope, suffered loss, and feel alone.

paperback – perfectbound – 250 pages – ISBN 978-1-61043-2 – also available in eBook format.

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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.

Endorsements

“A Profound Journey This book made me laugh, made me cry..., 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. 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. ...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. 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*

About The Author:

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. Teresa brings to the coaching relationship many unique and challenging life experiences including career transitions, personal losses of first spouse and mother and forging resiliency amidst chaos. Her company Bold Fulfilled Life Coach helps anyone grieving a loss of any kind to claw their way out of the deep, dark abyss. I love hearing from my readers. You can find me on social media or drop me an email. Let’s connect!