

NEWS RELEASE

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Dallas—Contrary to popular myth, more suicides occur during the spring than at any other time.

A new book, *Softly, As I Leave You* by East Dallas author Jeanne S. Guerra, will be discussed by the author Wednesday, March 19, 1:30 pm at the Lochwood Branch Library.

It is a novel about mental illness and hope, based on the unedited journal writings of Shayne, a victim of suicide.

Shayne wrote, *"I have believed my life is a beautiful thing, I just am not able to be a part of it."*

Shayne was thirty-three and a successful actress based in Atlanta when she took her life in 2010. She left behind not only a loving family, but a stack of secret journals that vividly describe her depression and pain. She was the beautiful person everyone wanted to be. Everyone except Shayne.

Set a year after her death, *Softly, As I Leave You* is the fictional story of her family's painful and poignant journey as they wade through the journal writings for the first time. Shayne's ghostly spirit appears—to help them understand her life. With the assistance of a psychiatrist, the family is set on the path to healing their broken hearts.

In her weekend appearance, both heart-wrenching and humorous, Shayne takes on different roles, complete with costume changes, that allow her beloved family to finally accept her loss, assuage their guilt, and find peace.

The manuscript has been vetted by a leading psychologist in Atlanta. Permission for use of the journals and approval of the manuscript have been given by Shayne's family.

This is the debut novel for long-time Dallas resident Jeanne S. Guerra. As a communications professional, Guerra earned numerous state and national awards for writing, design, creative marketing, and communications. While the internal communications editor for *The Dallas Morning News*, 1997-99, she produced *Intercom*, an international award-winning magazine. She is an active member of the Dallas Fort Worth Writers' Workshop.

Sharon Kohout, Shayne's mother said, "I live with the hope that Shayne's own words—filled with angst, pain, humor and tenderness—will inspire those who struggle with mental illness as well as the family members who love and care for them."

Both author Jeanne Guerra and Shayne's mother Sharon, an active suicide prevention advocate and experienced speaker and presenter, will be at the Lochwood Library book review. The public is welcome to attend the Library Friends event at 11221 Lochwood Blvd, across from Home Depot.

Softly, As I Leave You will be available for purchase at the signing and is now available on amazon.com in both paperback and e-book format where it has earned a five-star rating.