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Bereaved mother releases audiobook, Reader's Guide to coincide with Pregnancy and Infant Loss Awareness Month

(October 16, 2017) October is National Pregnancy and Infant Loss Awareness Month, and Florida mother, Amy Lyon, has just released the audiobook version of her memoir, *Only God Knows Why*, as well as a 44-page Reader's Guide featuring chapter-by-chapter questions, verses to consider, thought-provoking quotes and 12 adult coloring pages.

"The print edition of this book was released five years ago and at that time I imagined a few bereaved parents would find comfort in my story," said Lyon. "I never could have imagined the messages I would receive from everyday people who questioned their faith, couples who struggled in marriages, women who battled postpartum depression, and others who sought help along their faith journeys."

The overwhelming response prompted Lyon to narrate and produce an audiobook version, which was released this week at Amazon, Audible and iTunes, as well as the Reader's Guide, which is available as a free download on Lyon's website: www.amylyon.com. Print editions of the Reader's Guide are available for a small fee and discounts are available for groups.

"The Reader's Guide was a labor of love for me and something I've wanted to create since the print edition was released," said Lyon. "I could definitely see book clubs and church groups using this guide. I created each page with the individual readers in mind so that they can dig deeper into their own lives in ways maybe they haven't before."

MISCARRIAGE, STILLBIRTH AND INFANT LOSS

Fall and early winter bring several opportunities for families to recognize and remember loss related to pregnancy and infant death. The sobering reality is that in any small crowd, there is likely at least one woman who has experienced such a loss. The facts are startling: each year

IMPORTANT DATES

- ❖ **October 2017:** National Pregnancy and Infant Loss Awareness Month
- ❖ **Dec. 10, 2017:** 7 p.m., Angel of Hope candle lighting and ceremony (memorial for bereaved parents; more than 150 statutes throughout the country)
- ❖ **Dec. 10, 2017:** The Compassionate Friends Worldwide Candle Lighting (in remembrance of children who have died)
- ❖ **July 2017:** National Bereaved Parents Awareness Month
- ❖ **Aug. 30, 2017:** National Grief Awareness Day

600,000 miscarriages, 26,000 stillbirths and 3,000 infant deaths from SIDS occur, according to the American Academy of Pediatrics and American Pregnancy Association.

“I pray that medical professionals will soon make discoveries that help them get to the root causes of these losses, eventually preventing them all together,” said Lyon. “Until that time comes, though, bereaved parents need support. My hope is that sharing my story can give them the comfort to know they are never alone on this journey.”

Lyon’s daughter, Isabelle, died of Sudden Infant Death Syndrome (SIDS) in 2007. Since that time, she has been a guest speaker at several community and state-wide events on the topics of grief and healing, finding forgiveness after loss, and creative ways to remember a loved one.,

In addition to her website (www.amylyon.com), which features resources for bereaved families, Lyon also has a blog (www.rememberourlovedones.blogspot.com) where she shares memorial ideas that have helped her, such as creating a memorial garden, hosting a Celebration of Life Party, balloon releases, making remembrance buttons and writing letters to Heaven’s Mailbox.

“Over the years I have found support groups, online forums and books that have helped me navigate this new normal after the loss of my 4-month-old daughter, Isabelle,” said Lyon. “It is my mission to share those resources with other families to help them move forward.”

Lyon will have print and audiobook copies of *Only God Knows Why* available, as well as the Reader’s Guide, during the **STARS Holiday Book Signing Saturday, Nov. 18, 1:30-4:30 p.m. at DeGroodt Library, 6475 Minton Road, Palm Bay, FL**. More than 15 authors are expected to sign books at the event, and there will be raffles and other giveaways.

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ABOUT AMY LYON

As a career journalist, Amy Lyon has published more than 1,500 articles in newspapers, magazines and specialty publications. She is the author of *Stories That Inspire*, a collection of cozy romance novels and one powerful memoir. She lives on Florida’s Space Coast where she writes, reads, soaks up the sun and treasure hunts on the beach – all while chasing after her 9-year-old son, Wyatt, and yellow lab, Zoey.

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