



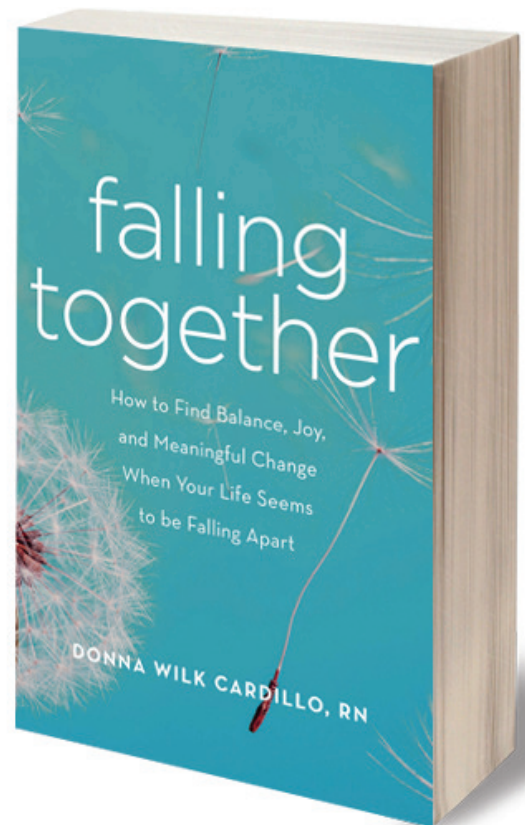
falling together

*How to Find Balance, Joy, and Meaningful Change
When Your Life Seems to be Falling Apart*

There are times in life that shake us to our very foundations. We wish for things to get better, fast. But the truth is that moments of “falling apart” are also our most powerful catalysts for growth and change. In *Falling Together*, Donna Cardillo, a registered nurse, Dr. Oz blogger, and beloved public speaker, reflects on the overwhelming challenges that fall into every life, and the renewal that comes when we are able to meet them with courage. A funny, big-hearted self-help memoir that takes on issues like divorce, caregiving, and burnout—and many women’s biggest enemies of all, fear, insecurity, and self-doubt—*Falling Together* shows how to turn the challenges that threaten to knock us to the ground into the building blocks we need to become more successful, more joyful, and ultimately, more alive.

For Fans Of

*Broken Open: How Difficult Times Can Help Us
Grow* by Elizabeth Lesser
The Last Lecture by Randy Pausch



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MEET DONNA WILK CARDILLO



Donna Wilk Cardillo, RN is The Inspiration Nurse — a transformational keynote speaker, humorist, retreat and seminar leader, and author helping others to be fearless in career and life and maximize their potential. Her accomplished career combines more than thirty years of clinical, managerial, and business experience, not to mention her stint as a professional singer! Donna’s clinical experience includes emergency and psychiatric nursing. These days she heals with words. She blogs at DoctorOz.com and is the former Dear Donna columnist at Nurse.com and Monster.com. She is also a passionate advocate for family caregivers. Donna is a lifelong Jersey girl and lives at the beautiful Jersey Shore in Sea Girt with her husband, Joe. Find out more at www.DonnaCardillo.com.

PRAISE FOR *FALLING TOGETHER*

“Donna Cardillo shares her personal journey, and the lessons she’s learned along the way, authentically and generously. This book will inspire women to practice self reflection and self-care to discover the profound opportunities and lessons their own lives hold for them too.”

“Donna Cardillo has written a primer on how to come back to yourself after losing your way, recreate your joy and creativity, and learn to nurture your body and soul. A powerful and beautifully written book, *Falling Together* will inspire all who read it.”


Marion Roach Smith, author of *The Memoir Project: A Thoroughly Non-Standardized Text for Writing & Life*

Michelle May, M.D., author of *Eat What You Love, Love What You Eat*

“The future belongs to those who integrate mind, body, and spirit, and the world is hungry for the information in *Falling Together*. You cannot heal what you cannot feel, and Cardillo’s book brings together intellectual, emotional, and physical healing.”

Sharon Wegscheider-Cruse, founder of Onsite Workshops and author of *Learning to Love Yourself*

CONNECT WITH DONNA

f Donna Cardillo, RN The Inspiration Nurse  @DonnaCardilloRN
www.donnacardillo.com

We hope you’ll consider *Falling Together* for reviews, author Q&A’s, and roundups you’re planning for upcoming book coverage.

Publicity contact: Crystal Patriarche, BookSparks • crystal@booksparkspr.com, 480.650.1688