

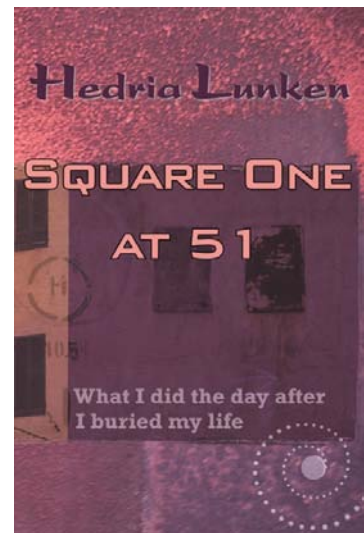
Book Review:

Square One at 51: What I Did the Day After I Buried My Life

by Hedria Lunken

Square One at 51: What I Did the Day After I Buried My Life is a book full of inspiration and creativity – beginning with one of the most tragic events one can experience – the sudden death of a spouse of over 30 years. Author Hedria Lunken takes the reader from the shock and disappointment of suddenly being alone, all the way to a positive, uplifting attitude, full of expectation. This is her story, sometimes told in a voice of anguish, sometimes in the voice of anticipation, but always with complete honesty and heartfelt feelings.

In the Introduction, Lunken writes, “I invite you to follow my steps from total shock to a new beginning. Read how I pushed myself to grow professionally and personally by creating and then accepting new challenges. If you’ve lost your soul mate, or are faced with making major changes in your life, you’ll recognize and understand the experiences I describe. Use this book to help you through your challenges and to find your way over the hurdles.”



Square One at 51 will make you laugh and cry. Within the pages of Lunken’s personal journal - written over a period of three years after her husband Paul’s death - you may see some of yourself, some of your friends and relatives, and all of the overwhelming emotion the comes with unexpected change. As you read this book, you will learn, via Lunken’s insights at the start of each chapter, how to get up and begin to live again. At the end of each chapter, she shares tools to help you move forward on the rough road ahead.

This is a book that is aimed primarily at women – women who find themselves at emotional crossroads, knowing that while it’s a bit fearsome, change is necessary. Whether that change is brought about through death or divorce – or other unexpected events, reading this book will challenge the reader to embrace and welcome the unknown; to become more than they were before. Filled with humor, compassion, and practical advice, the author asks readers to follow along as she candidly shares the ups and downs of learning to be strong in the face of anguish.

Today Lunken has remarried, earned a Masters of Science degree in Creativity, and travels worldwide working with women in transition, helping them to welcome creativity and its positive aspects, into their lives. She is a Past President of the Creative Education Foundation, and conducts seminars and keynote speeches throughout the country on how to embrace change. She also writes a blog at www.hedria.com where she continues to offer advice and stories on creativity and change.

Square One at 51 is published by Windsor Media Enterprises, and is available on their Website at www.wmebooks.com.