

Dear Producer,

How painful is an invisible illness?

Anyone struggling with depression, panic or phobias, anyone who is holding on to anger or a painful past, anyone who is hurting inside – knows what it's like to be misunderstood.

Fragments of Hope is pulled from over a decade of journals documenting my battle with severe depression. In my candidness, I hope to offer support and encouragement to those who have felt this debilitating disease rip their life, and their joy, away.

Will you help me to shed light on the darkness so many feel?

Talking Points:

- **3 ways someone would know if they are depressed**
- **3 things that I do to quiet the voice of depression**
- **3 steps in how I went from journaling as catharsis to publishing a book**

Contact the author for an interview:

Debbie@fragmentsofhope.com

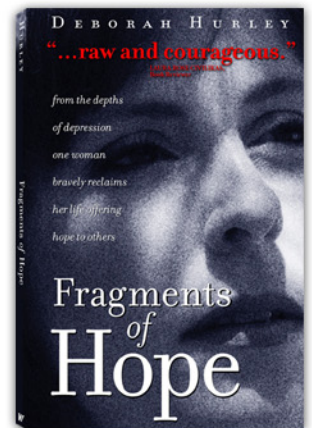
631-584-2481

Fragments of Hope



Deborah Hurley
Author • Speaker

fragmentsofhope.com



Fragments of Hope

ISBN: 1-932279-44-X

Available at your
favorite bookstore!

May you find
your own
fragments of
hope...

FOR RELEASE January 1, 2007

Media Contact:

Deborah Ann Hurley

Saint James NY

Tel: 631 584 2481

www.fragmentsofhope.com

publicity@fragmentsofhope.com

FRAGMENTS OF HOPE Author Deborah Hurley Helps 19 Million Affected by Depression Reclaim Their Lives

(St. James, NY – January 1, 2007) Battling depression for twelve years, first-time author Deborah Ann Hurley reveals what the depressed mind thinks in her January release, *Fragments of Hope*. Based on over a decade of journals, this book provides meaningful insights into this silent killer.

According to the National Institutes of Health, 18.8 million Americans have been diagnosed with a depressive disorder, a rampant condition that costs over \$43.7 billion annually, according to government estimates.

“I wanted to give depression a voice,” claims Hurley, a married mother of two from Saint James, New York. “*Fragments of Hope* is about self-love, self-worth and the unstoppable desire to break free from the chains that hold us captive to our past. Depression impacts more than just the sufferer. Entire families are affected by this disease. My book is designed to expose the painful truth about it and to offer those suffering tremendous hope during a very dark time in their lives.”

While millions of families suffer from the consequences of depression, Hurley’s book provides inspiration to women, in particular, who are struggling to raise their children to be secure, happy, confident people while dealing with this all-consuming condition.

“As devastating as depression is, people who are suffering with this illness do not have to lose everything in their lives.” Hurley adds.

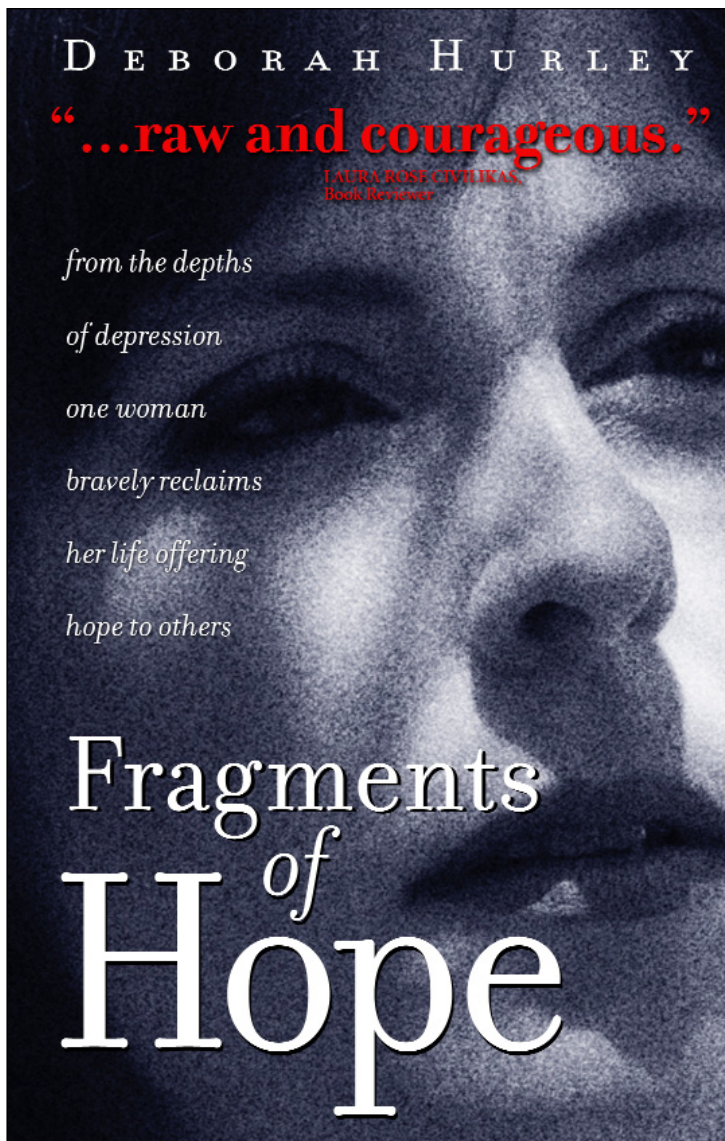
Fragments of Hope provides insights into how families can deal with it effectively.

“It is because of my dark journey that I have become the person I am today,” admits Hurley. “But, I wouldn’t trade that experience for anything in the world.”

Fragments of Hope (Wyatt-MacKenzie, ISBN: 1-932279-44-X) can be purchased at your local bookseller. Distributed by CDS/Perseus.

For further questions, contact Deborah Hurley at (631) 584-2481 or email debbie@fragmentsofhope.com

###



Fragments of Hope

by Deborah Hurley

ISBN: 1-932279-44-X

ISBN-13: 978-1-932279-44-3

168 Pages, 5.375 x 8.375

\$14.50 Trade Paperback

Pub Date: JAN 2007

PSY049000 Psychology/Depression

SEL011000 Self-Help/Depression



2007 Spring Title

DISTRIBUTED BY:

CDS BOOKS/PERSEUS

1-800-343-4499

(Ingram, Baker & Taylor)



Abandonment, extreme phobias throughout her adolescent years, and childbirth in her late twenties paved the way for a relentless, life-threatening condition that consumed Deborah Hurley's mind and body. She speaks candidly about what it felt like to have lost the ability to feel, think, want, give and love and how she fought desperately to live for the sake of her children.

Born and raised on Eastern Long Island, Deborah spent most of her life dancing and teaching young girls. She was an ambitious teen who loved to write to presidents, authors, teachers and newspapers. Following the birth of her two children Deborah began suffering an intense and debilitating clinical depression. In 2006 she combined her love for writing with a ten-year battle over depression to create her inspiring and candid book *Fragments of Hope*.

www.FragmentsofHope.com

For author interviews: Debbie@FragmentsofHope.com

“Honest in its severity.”

Fragments of Hope is the true story of an intelligent woman in her twenties whose unique journey through a severe depressive disorder disturbs, stumps, and baffles even the most respected doctors. The disorder, which should have been fairly easy to treat, leaves this young mother in a critical state for over ten years. This is her story, in her own painful words and poems pulled from over a decade of honest, cathartic journals.

MARKETING HIGHLIGHTS:

- Internet Radio *Jan-Mar*
- Mention on large internet mom-author blog tour *Jan*
- To be featured on over a dozen websites and newsletters reaching a total audience of 5 million moms in January '07

PUBLICITY CONTACT:

Nancy Cleary
Tel: 541-964-3314
nancy@wymacpublishing.com

PENDING

- Local NY Newspapers to feature book and author events
- Local NY TV
- Endorsements pending from high-profile authors and celebrity personalities who have dealt with depression



Wyatt-MacKenzie Publishing, Inc.
DEADWOOD, OREGON
www.WyMacPublishing.com