



Inspirational (and often humorous) essays for women illustrated with drawings by critically ill children.

PRICE: \$15.95

AVAILABLE: In all major bookstores

ONLINE: www.hugsandhope.org/Book.htm

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Need a laughter break? Hugs, Hope, and Peanut Butter hits the spot!

The author combines hope with humor, drawing upon her own experience of living with chronic illness and constant pain. She shares everyday experiences and the lessons she's learned from them.

Pain is never easy, but it's more bearable with the healing power of laughter; and you'll laugh with the author as she recounts, in Erma Bombeck style, her search for the perfect purse, camping adventures, her badly behaved toy poodle, and her experience with a new magnifying mirror. Some chapter titles include, "Limburger Attitude," "The Joy of Shopping," "Is Broccoli Hazardous?" and "Life in the Manure Pile." She also outlines ten tips for beating depression, written from her own experience of battling this illness for most of her life.

Any woman who has ever faced tough times will be encouraged by essays about everything from husbands, preschoolers, and a day in the emergency room, to in-laws, car accidents, and living with chronic illness.