



## ***Living Through the Pain: New Memoir of Spiritual & Emotional Pain Empowers Women to Find Solace through Sharing their Stories.***

*Cathy A. Kurtz was faced with harrowing grief after losing her mother, father, two brothers and sister-in-law, all by the age of thirty. However, Ms. Kurtz's bold tenacity and unshakable commitment in her faith allowed her to still find a productive purpose. By sharing her raw and heartfelt story with the world, Ms. Kurtz hopes to inspire other women to open up about their own pain and start the long journey toward healing.*

**Available: Amazon and Barnes and Noble**

### **Synopsis:**

*Imagine waking up to your worst nightmare.*

*In 1976, Cathy Kurtz, at the tender age of sixteen, lost her father, mother, oldest brother, and sister-in-law in a private plane crash. In 1989, she lost her surviving brother to AIDS. As a single mother, Cathy struggled to take care of her son while still being haunted by the tragedies of losing her family.*

*Suffering gave Cathy a unique awareness of the pain an individual can live through and still be able to propel their life forward in a productive manner. A Christian upbringing was her only outlet to find peace, and the ability to live through the pain. Cathy considers her deep understanding of surviving tragedies, and using her pain to enrich her life, as a calling from God to serve others and assist them in finding the courage to move forward.*

*"Living Through The Pain - The Lonely Me" is about the universal journey of emotional and spiritual pain.*

Having also endured the sexual abuse of a boyfriend, Kurtz's memoir will be of particular value to young women who have been forced to become a victim of rape, sexual abuse or have personally experienced the loss of a close family member.

The author hopes her memoir will reach out and touch the hearts of women who are hiding their own pain and suffering. "Through meeting thousands of women, I have become acutely aware of how hard it is for us to open up about our suffering and share with people. There seems to be a fear of guilt, embarrassment and shame. While these fears are only natural, I have learned that opening up can help build a solid social and spiritual foundation through which healing can begin," says Ms. Kurtz.

"It's vital to have a shoulder to cry on, hands to hold and a support network to vent through. Women have had a long tradition of being able to find strength in each other yet somehow this has been lost over the years. My book provides women with the key concept of empowering them once again to reach out to other women for support and healing. I know I can't personally meet with every suffering woman, so my book provides the inspiration they need to reach out to other women."

"Living Through the Pain - The Lonely Me'," published by Healing Hart Publishing, is distributed through Ingram Sparks. For more information, visit the author's official website: <http://www.cathyakurtz.com>.

#### Reviews:

*"Cathy's story is a beautiful testament to the strength of the human spirit. Her journey of indescribable pain and loneliness starts when she was only 16 years old. Following a horrific plane crash killing her loving family, Cathy takes you behind closed doors and gives a brutally honest account of abuse, abandonment and personal failures. Through it all, Cathy grows in strength, love, forgiveness and her faith in God. Her memoir is riveting and inspirational." Janie Smith, Author, HOPE BEYOND TRAUMA.*

"Powerful!! When you think the human spirit cannot possibly endure anymore pain, tragedy, and loneliness . . . Cathy Kurtz, will encourage both young girls and woman alike: That with God's faithful strength and love we can get through and survive anything while living through the pain. She is a "Hero" in my eyes. C. Barrera

*"Cathy takes the reader through a story of redemption. Without betraying the details of the story, it suffices to say that a strong faith in God is revealed. Far from punishing Cathy, God is seen to be helping her cope with the series of tragedies. God is seen helping her even when she is unaware of His support and love. A review of this book would not be complete without a quotation. This one reveals the author's faith, determination, and the desire to help others: 'We never know what tomorrow will bring. One day you might find yourself as a lonely figure kneeling in the dark with tears streaming down your face. What I know is that you are not alone. God is right there.' Amen to that! A recommended read." Jeffrey Brooke-Stewart for Readers' Favorite [www.readersfavorite.com](http://www.readersfavorite.com)*

*"After reading your book, I can say I was blown away by what a powerful & tragic story this author tells. My jaw hung open for the entire page-turner book. The story is more shocking than one can possibly imagine. The amount of evil Cathy encountered in her life should have totally destroyed her, but she is actually a happy, successful, well-adjusted woman. You can only chalk that up to her relationship with God. ..Not only was the book fascinating, but it helped me understand why I made some of the mistakes in my life that Cathy did in holding on to multiple bad relationships. This book is an excellent read." Christine C.*

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