



FOR IMMEDIATE RELEASE

**FATHER-DAUGHTER BOND IN PREQUEL SETS FOUNDATION FOR
PROTAGONIST’S RESILIENCE AND SELF-HEALING**

HALIFAX--January 24, 2022--Studies have proven that the bond between a father and daughter has a direct impact on a child’s future emotional well-being. *The Holding* (a prequel to *The Healing*) by Lynda Faye Schmidt, launching April 23, chronicles the early years of protagonist Cate Henderson’s life, setting the stage for the drama that unfolds in both novels.

“Lynda Faye Schmidt invites readers into a close examination of a life filled with troubles and triumphs. While Cate’s journey holds surprises, what we ultimately see is how her scars fortify her,” said Alison DeLory, author of *Making it Home*.

The Holding, based on real life experiences of the author, takes us back to the beginning, where Cate is born in a small prairie town in Canada, six weeks premature. The heart of this novel is the relationship that develops between Cate and her father, William, and how a father’s devotion can instill a powerful sense of resiliency.

“I’m delving into some very difficult situations here based on true events from my childhood – sexual trauma, bullying, and rape. It was difficult writing it but also therapeutic. I tried not to downplay the trauma but I wanted to transform it into the focus on how love really gives you the resilience to get through those things.”

The author says that one of the core reasons she was able to rise above and be a joyful and optimistic person was because of the love of her father. Her strong faith is also a guiding principle in her continual healing and personal growth.

“I’m a deeply spiritual person but I hope what I write is approachable for all. Sharing different beliefs and being able to respect one another is the key to acceptance.”

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***The Holding* launch—2**
January 24, 2022

The Holding is partner-published by Halifax-based OC Publishing and is available now for pre-order on [Amazon](#), [Barnes & Noble](#), and [Chapters/Indigo](#). Learn more about the author and her books at www.ocpublishing.ca/lynda-faye-schmidt.html and www.lyndafayeschmidt.com, and follow her blog at [Musings of an Emotional Creature](#).

If Public Health guidelines allow, the author will be doing a Canadian book tour with in-person book signings during launch month in April, with stops in Victoria (April 1-9), Vancouver (April 10-14), Calgary (April 15-17), Winnipeg (April 18-22), Halifax (April 22-30) and Toronto (May 1-4).

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Advance review copies are available on request.

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