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## AUTHOR KRIS FRANCOEUR

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### BIOGRAPHY

Kris Francoeur, writer, and educator, is a grieving mother who has found joy and light again through the practice of conscious and deliberate gratitude, unconditional acceptance and connection with nature. A graduate of Middlebury College, Kris earned master's degrees in both Counseling Psychology (Union Institute of Vermont College) and Educational Leadership (Castleton University), and Kris writes with authority about grief and moving forward in our hectic and stressful world. A published author of fiction, Kris has published three romance novels (*More Than I Can Say*, *That One Small Omission* and *The Phone Call*) with Solstice Publishing using her pen name Anna Belle Rose. All three of her novels are widely available through online retailers and bookstores, or on Kris's website.

Kris lives in beautiful Addison County, Vermont with her husband and youngest son, a small herd of alpacas, a flock of chickens and several hives of bees. Kris loves to spend time with her family (including her eldest son, daughter, and grandchildren), spending time in the garden and spinning the alpaca fiber for yarn for knitting. Kris continues to write fiction, while also working on several non-fiction projects including a motivational journal for adolescents.

In May 2019, Kris's memoir, *Of Grief, Garlic and Gratitude*, was released by Morgan James Publishing.



### CONNECT WITH KRIS



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## BOOKS



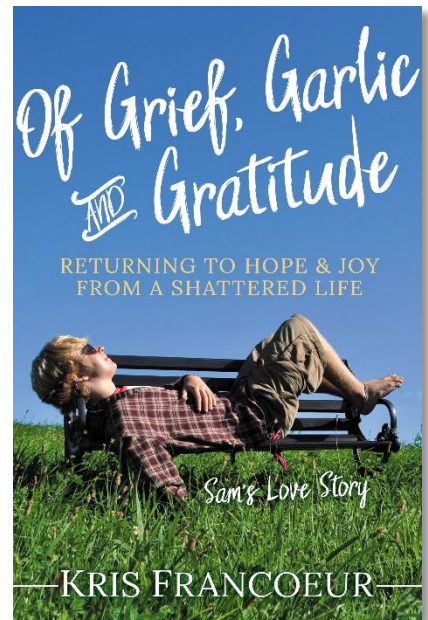
### BOOK DESCRIPTION

**When your life is shattered in an instant, can conscious and deliberate gratitude and connection to nature help you find joy and hope again?**

When Sam Francoeur died on October 9<sup>th</sup>, 2013 from an accidental drug overdose, everyone he loved was irrevocably changed. *Of Grief, Garlic and Gratitude*, shares his mother Kris Francoeur's journey through grief from the first Facebook posts announcing his death through the next thirty months as she struggled to keep sane in her bottomless grief while trying to support the rest of her family and continue with her professional life.

At times raw and uncomfortable to read, *Of Grief, Garlic and Gratitude* is a brutally honest first-hand account of the pain of losing a truly special child, and how the conscious practice of expressing gratitude, unconditional acceptance of others, and keeping a very active connection with nature helped bring light and joy back into Kris's life. Her story helps grieving families feel that hope and joy will return, no matter how devastating and permanent the loss.

***While Kris will grieve forever, Of Grief, Garlic and Gratitude shows readers they can find light and joy again—no matter how great the darkness.***



AUTHOR: Kris Francoeur  
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E-BOOK: \$9.99



Morgan James Publishing

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## REVIEWS

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Kris Francoeur's book is both heartbreaking and inspirational — heartbreaking because of the loss it recounts with such loving care and inspiring because of the radical honesty with which the story is told.

—**David Moats**, Winner of the Pulitzer Prize in Journalism

Kristin Francoeur's *Of Grief, Garlic, and Gratitude* is a deeply moving and articulate memoir of grief. It brought me to tears. This lovely book honors her 20-year-old son Sam, whose untimely death launched this requiem about the complexity of grief. This book is a part of Sam's enduring legacy and a gift for each reader since we all experience grief and loss. Kristin Francoeur has truly given meaning to her suffering, and we are all the richer for it. *Of Grief, Garlic, and Gratitude* is a powerful narrative that is simultaneously personal and universal.

—**Jack Mayer**, M.D., author of *LIFE IN A JAR: THE IRENA SENDLER PROJECT* and *BEFORE THE COURT OF HEAVEN*

This book kept me in its grip from the beginning. Beautifully written, it took me through the roller coaster emotions of loss of a child, Denial, Anger, Acceptance, Love, Joy and more. Creatively written as a daily, weekly, monthly, annual personal journal, I found it hard to put down, waiting for the story to keep unfolding. This book is a gift.

—**Tom Dutta**, Author of *The Way of the Quiet Warrior™*, President and Founder, KRE-AT

I thought it would be too painful for me to read this book. It was painful, but not too painful. The balance of personal perspective, brutal honesty (including alerts to tirades and snarky comments), and lovely, happy times mixed among the unbearable grief kept me going. I wanted and needed to know how the author and family managed. For me, the highlights were the chronicles of how accepting, compassionate, nonjudgmental, and “bigger than life” Sam was. His passion for music, lyrics, and theater are infectious. Your (the author's) advice to parents who complain about their children's various foibles should be seriously taken to heart. I can now admit to why I kept every painting, story, spelling and writing assignment, etc. that our children produced when they were young. One never knows.... Sharing and spreading love is perhaps the greatest lesson. Love changes and matures, but in the end, it endures.

—**Dr. Johana Kashiwa Brakeley**, M.D. F.A.A.P., Pediatrician

This book is a mother's heartfelt account of her struggle after losing her son. Sadly, parents across the country are dealing with this same devastating loss every single day. It is time as a nation to fully focus on preventing opioid addiction to the full extent possible and treating people with addiction with compassion and comprehensive therapy to stop the loss of our loved ones and avoid every parent's worst nightmare.

—**Stephen Leffler**, M.D., Professor of Emergency Medicine UVM College of Medicine

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## INTERVIEW TOPICS

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- The impact of conscious gratitude
- The grief process after the death of a child
- Mental health support for adolescents
- The positive impact of social media
- The benefits of gratitude and connection to nature
- How addiction is perceived
- How can parents support their children struggling with addiction
- How can families access support for their children
- How to open yourself to accepting others unlike you
- How to reach out to those struggling with addiction or the impact of addiction
- How trauma (adverse experiences) impact adults and adolescents, and how to respond

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## SAMPLE QUESTIONS

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- You're known primarily as a romance writer. Did coming out with a memoir feel like a departure, or an extension, of the work you've previously published?
- There are a few other grief memoirs out there, what makes yours unique and special?
- What's something people who haven't lost a loved one might not understand about grief?
- How can you best support someone going through loss?
- How long do you think it takes for someone to process a tragedy to arrive at the point where they can write about it for the general public to read? How do you know when you're ready to start editing and polishing a personal experience memoir for publication?
- How can anyone practice deliberate and conscious gratitude?
- If someone doesn't have land for a garden, how can anyone have a greater connection to nature or gardening?
- Do you feel there is a difference between the grief of losing a parent, or grandparent, and a child or sibling?
- What are some concrete examples of ways in which someone can reach out to show acceptance and support?
- What happens in the brain when someone practices conscious and deliberate gratitude?
- What are the health benefits of a connection with nature, gardening in specific?
- How can people reach out to find a sense of community, even as they struggle?

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## PUBLIC SPEAKING



An experienced public speaker and presenter, Kris welcomes the opportunity to speak to your group about *Of Grief, Garlic and Gratitude*, about the sample topics, or about how to find meaning and joy in your own life.

Some examples of speaking engagements which Kris is happy to lead:

- A presentation to adolescents about how to find meaning in a confusing world, and how to make meaningful connections with adults.
- Book talks – reading aloud from *Of Grief, Garlic and Gratitude* and/or her novels, talking about the writing and publishing process.
- Speaking to community groups about how addiction and shortages in mental health services impact our communities.
- Speaking with others experiencing grief.
- Speaking with communities about how the mentally ill and/or addicted are treated and supported.
- Book talk – speaking to how gratitude, garlic, gardening, and unconditional acceptance and love helped Kris and her family find light and joy again.

You can connect with Kris Francoeur to find out more and book your speaking opportunity at:  
[kfrancoeurvt@gmail.com](mailto:kfrancoeurvt@gmail.com)

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## CONTACT INFORMATION

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