

Living With a
**BROKEN
HEART**

Rediscovering Life after Loss

by Paul O'Rear

MEDIA KIT

AUTHOR BIO

Paul O'Rear is the author of *Living With a Broken Heart: Rediscovering Life after Loss*. He and his wife Susan lost their daughter Ashley to cancer at age 14.

Paul started blogging before it was called blogging, posting updates to his website throughout Ashley's cancer battle so that family and friends could follow her progress. He created the website "Cancer Kids" to help children with cancer tell their stories to the world. He has collaborated with textbook publishers, health research companies, and philanthropists on cancer-related projects. His work has been covered by the New York Times, and he has appeared on the nationally-syndicated radio show Kidd Kraddick in the Morning and on The Mark Davis Show.

Paul's career has been in Christian ministry. He has been a featured speaker at numerous camps, retreats, conferences, and meetings. He has written articles for local newspapers and national magazines, and has published three short books directly to Kindle.

Paul and Susan have been active as volunteers in their community and in local schools. Paul has served on various school district committees and in local civic organizations, and is a founding member of the Moral Courage Foundation Advisory Board. He served as a torchbearer in the Olympic torch relay for the 2002 Winter Olympic Games.

Paul and Susan have a grown son, Justin.



CONTACT INFO

Paul O'Rear

paul@paulorear.com

(469) 309-8636

Twitter: [@paulorear](https://twitter.com/paulorear)

Facebook: <http://facebook.com/LivingBrokenHearted>

Blog: <http://paulorear.com>

Book Website: <http://LivingBrokenHearted.com>

Extended Bio: <http://paulorear.com/paulwho>

MEDIA CONTACT:

David Webb

Marketing Representative

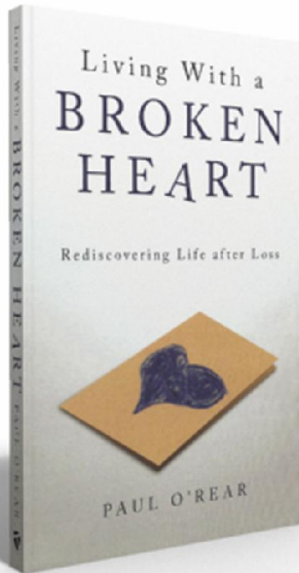
(888) 361-9473 Toll Free

(405) 376-4900 Office

david.webb@tatepublishing.com

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Book Promo Copy (Long Version):

Everyone has experienced—or will experience—the death of someone they love. How do you go on living when it seems your heart will never be whole again? How do you get back to a place where your life doesn't feel completely broken and shattered? Is that even possible? And how do you help a friend who seems hopelessly adrift on the dark sea of grief?

In *Living with a Broken Heart*, Paul O'Rear offers hope to fellow grievers, and practical advice to those wanting to help someone who is grieving. When his 14-year-old daughter Ashley died of cancer, Paul's grief journey did not unfold quite like he thought it would. Nor did it align with other people's expectations concerning how he should grieve. He began taking notes about his experiences, and offers his insights in this book. His prayer for you is that you will find peace in the midst of heartache, blessings in the midst of trials, and hope in the midst of despair; and that you will once again reclaim the joy of loving, and laughing, and living ... *with* a broken heart.

Book Promo Copy (Short Version):

Living With a Broken Heart: Rediscovering Life after Loss

Paul O'Rear offers hope to fellow grievers, and practical advice to those wanting to help someone who is grieving. When Paul lost his daughter Ashley to cancer, he embarked on a grief journey that did not unfold like he thought it would. His insights can help grievers find peace and hope, and rediscover how to live ... *with* a broken heart.

Book Endorsements:

“I’ve always been moved at how Paul can reach right into your chest and pull at your heartstrings. Both Paul and his poignant narrative will touch, comfort, and inspire anyone who has been through heartache.”

Nikki Stone

Olympic Gold Medalist

Best-Selling Author: *When Turtles Fly*

“This book, and the story of Ashley, will take you on an emotional roller coaster ride while dealing with practical issues that everyone who has lost a loved one must face and deal with.”

Darrell Scott

Founder of Rachel’s Challenge

Best-Selling Author: *Rachel’s Tears*

“Paul has the extraordinary talent to express his loss and his faith that sustains him in stories that speak to the wounded hearts of both mourners and their caregivers, giving them needed hope and support.”

Larry Barber, LPC-S, CT

Certified Thanatologist

Director of GriefWorks (Dallas, Texas)

Author: *Love Never Dies*

“Paul’s book is a blessing for those who have gone down the path no one would ever choose. It is also a gift to those of us who see their pain and suffering. It allows us to believe that parents will go on, with both sadness and eventually, joy.”

Naomi Winick, M.D.

Lowe Foundation Professor of Pediatric Neuro-Oncology

University of Texas Southwestern Medical Center (Dallas, Texas)

(Ashley’s primary oncologist)

“As Paul O’Rear tells of the beautiful life and passing of his daughter, Ashley, the emotions are real and raw. If you’ve experienced the loss of a loved one, your heart will pound as your emotions are given permission to grieve. As someone who lost three family members within four months, I can say this book is a must read.”

Alene Snodgrass

Author: *Graffiti: Scribbles from Different Sides of the Street*

“Paul O’Rear is a big man with a big heart. In this book, he reaches out with love and compassion to lift up people who are hurting because of the loss of a family member or a child. You will weep and you will rejoice. You will get angry and you will find peace. You will see complete hopelessness turned into unparalleled hope. This book will give you guidance that will strengthen your heart and uplift your soul.”

Dean Kilmer

Minister

Author: *Igniting the Moral Courage of America*

“It's a wonderful, wonderful book. It's uplifting. It's inspiring. It is a must for every library - and a great book to pass on to family members and friends.”

Neal White

Editor, Waxahachie Daily Light

“This book has faith written all over it. It contains a lot of answers to practical questions. I was fascinated by the raw practicality of it.”

Mark Davis

Host, The Mark Davis Show

660 AM The Answer (Dallas/Fort Worth, Texas)

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Review Copy:

Bloggers, Podcasters, and Members of the Press: To obtain a downloadable review copy of the book (PDF format) for use in writing a review or preparing to interview the author, please email your request to reviews@LivingBrokenHearted.com.

INTERVIEW RESOURCES

Bio Talking Points:

- Name: Paul O’Rear
- Lives in Waxahachie*, Texas (just south of Dallas)
 - * Pronounced: **wox – uh – HATCH – ee** (first syllable rhymes with “rocks”)
- Wife: Susan
- Children:
 - Daughter Ashley, who died of cancer at age 14
 - Son Justin, who is an Ag Teacher out in west Texas
- Began career in full-time ministry at age 19
- Currently works with the Brown Street Church of Christ in Waxahachie
- Current position: Involvement and Education Minister
- Born and raised in south Texas (hometown: Alice)
- Met Chuck Norris (and lived to tell about it)
- Carried the Olympic torch for the 2002 Olympic Winter Games

Sample Interview Questions:

- What is the significance of the book’s title, “Living With a Broken Heart”?
- On the back cover of the book it says that your grief journey didn’t unfold quite like you thought it would. In what ways did your grief experience catch you off-guard?
- It took you ten years to write this book. Why did it take so long, and what effect did that have on the book’s message?
- How did you find out that Ashley had cancer? What were her symptoms?
- What are some things that you and Susan learned about dealing with a sick child and navigating the medical system?
- 9/11 is not only a significant day in the history of our nation, it was also a significant day in Ashley’s cancer journey. Walk us through the events of that day for your family.
- How would you describe the legacy of Ashley’s life?
- Tell us about your Olympic torch experience.
- You talk in the book about your dad’s death at age 58. How did that affect you?

- A friend of yours shared with you the idea that grief is like a deep wound. In what ways?
- In your experience, does everyone go through the same stages of grief?
- How long should a person grieve?
- How can you tell when a person's grief has reached an unhealthy level?
- What are some things that friends and family members can do to help someone who is grieving?
- Is it OK to talk to someone who is grieving about their deceased loved one, or should that be avoided because it might cause too much pain?
- When a child dies, one question that the grieving parents must face at some point is, "What do we do with his or her stuff?" How did you and Susan handle that, and what advice would you give other grieving parents?
- Do you recommend that grieving parents seek help in the form of counseling or grief support groups?
- You talk in the book about finding creative outlets for your grief. What are some things you suggest?
- As a minister, how would you answer the question, "Why do bad things happen to good people?"
- Did you struggle with your faith at any point as a result of Ashley's death?
- Have you wrestled with the question of why God would allow Ashley to die at age 14 instead of healing her of the cancer?
- How has Ashley's death affected her little brother Justin?
- If this book had been written by your wife Susan instead of you, how might it have been different?
- Tell us about the song you wrote in Ashley's memory.
- The Foreword to your book was written by Olympic gold medalist Nikki Stone. How did that come about? What is your connection to her?
- What are the primary thoughts about grief that you hope your readers will take away from the book?