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## GLAD NO MATTER WHAT

### *Beloved Bestselling Author Offers Healing Path for Trying Times*

Into each life some rain...Even into the life of SARK, the bold, bright, and inspirational artist and author of *Glad No Matter What: Transforming Loss and Change into Gift and Opportunity* (New World Library, November 15, 2010).

Though she has empowered millions to live their creative dreams, manage their financial lives, and savor personal connections, the death of her parents and beloved cat, as well as the end of a love relationship tested SARK's ability to walk her own talk. But as *Glad No Matter What* shows, she — and her readers — can face, feel, heal from, and transform because of, loss and change.

Much more than a simplistic search for the silver lining in storm clouds, SARK's approach is a map, guidebook, and step-by-step strategy for profound, positive transformation through, rather than despite, life's inevitable travails. "This is not a book about being glad when you're not — how annoying," she writes. "It is a book about finding and living from the glad parts in *all* of your feelings."

SARK explains that most of us were not taught how to hold and experience multiple feelings, or find a "middle place" to occupy when changes and losses occur. She calls this transformational process "practical gladness." When grief and sadness and other strong emotions seem overwhelming, *Glad No Matter What* offers practical advice for skillfully working with those feelings and utilizing their significant healing power.

SARK also interviewed dozens of people about change and loss, and incorporates their wisdom into the book, along with photographs, art, and innovative resources — all in her signature handwriting. Readers who get under SARK's umbrella just may just find themselves singing in the rain.

#### ABOUT THE AUTHOR

SARK is a best-selling author and artist, with sixteen titles in print and well over two million books sold, including the national bestsellers *Succulent Wild Woman*, *Bodacious Book of Succulence*, *Eat Mangoes Naked*, *Prosperity Pie*, and *Juicy Pens, Thirsty Paper*. Her newest book is *Glad No Matter What*. She is also the founder and CEO of Planet Sark, a thriving business that creates innovative products and services to support empowered living. SARK lives and creates in San Francisco, CA. Visit her online at <http://www.planetsark.com>.

#### Glad No Matter What

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