



Beloved

Author: **Emma Farry**

Publication date: **May 29th 2017**

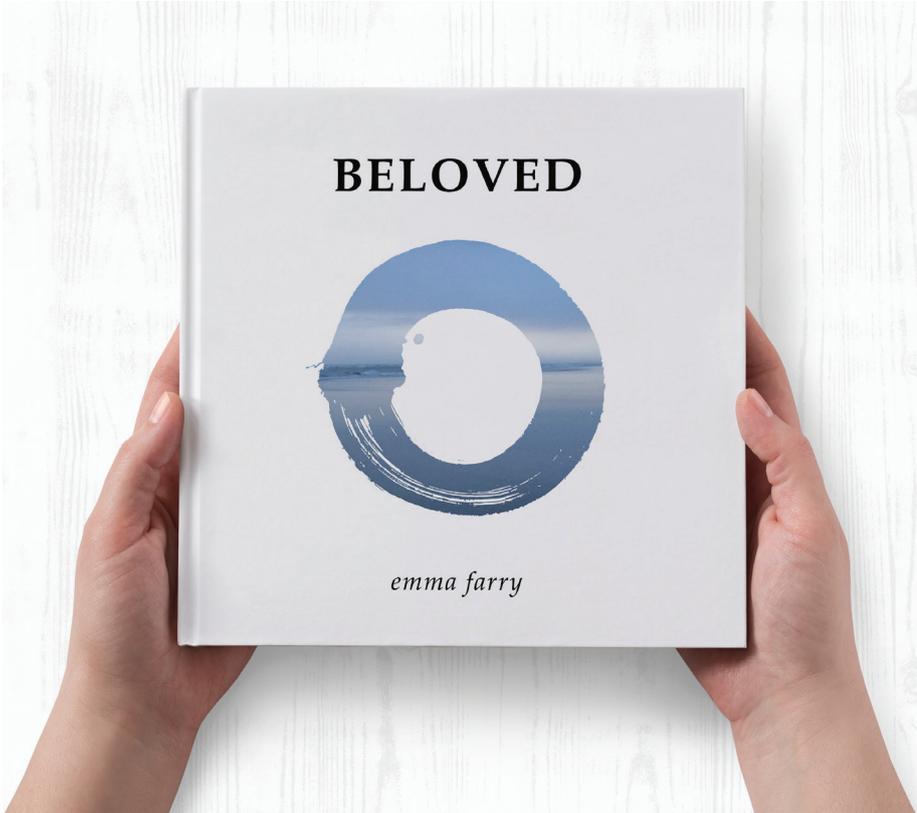
Hardback: **62 pages**

Dimensions: **170 x 170mm**

For all rights inquiries,

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"It is rare to find a book that presents suffering as a source of wisdom.

We live in a pain-avoidance society that dictates a variety of analgesics, but Emma Farry, in the spirit of the Beatitudes, invites us into a stillness where suffering is seen as the birthing of new life."

**-Joy Cowley DCNZM OBE
New Zealand literature icon**

"A beautifully healing and gentle book for anyone who has endured loss. Emma shows us how reflection, self acceptance and the healing power of nature can transform our lives."

**-Simonne Butler, spiritual healer
& author of Double Edged Sword**

SALES POINTS

- A unique blend of elegant imagery and comforting words with wide appeal.
- A practical guide for dealing with loss and the confusing emotions that arise at this time, based on the author's personal experiences.
- Hope, comfort and simple wisdom in a time of great uncertainty.
- A unique way to connect to people experiencing grief, change and emotional upheaval.
- The perfect gift for Mother's Day.

DESCRIPTION

Beloved is an antidote to these crazy, accelerated and uncertain times. It encourages us to slow down, breathe deeply and connect with our true nature in order to become more present in our own lives.

The timing for the book is perfect, as individuals navigate all manner of challenges in the world. **Beloved** is a book that you can keep beside your bed as a way to calm the mind and spirit when life feels overwhelming. Just by reading a page and looking at a photo a feeling of calm and relief can replace anxiety and worry. This book is about mindfulness, changing our perspective and bringing awareness back to our connection with ourselves, and our world.

Beloved grew out of a very dark time in Emma Farry's life, as she navigated the death of her beloved mother. This was a huge loss, and the time she spent in nature gave her the space she needed to accept and process her grief. Through this process, she was guided by the peaceful and steady presence of a rock at the end of Karitane beach. The words in the book emerged from this silent time in nature. Her wish for these words is to comfort others, in the same way that she was comforted, and to bring the reader peace, acceptance and gratitude.

Grief, change and turmoil are all stepping stones to personal growth. **Beloved** encourages you to embrace them and set yourself free!



Be Loved Press

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AUTHOR BIOGRAPHY

EMMA FARRY was born and raised in Dunedin, and is of Lebanese and Scottish heritage. She completed a Post Graduate Diploma in Journalism and has worked on newspapers, magazines and television shows both in New Zealand and overseas.

Her first novel *Redemption* was warmly endorsed by Keri Hulme, which led to a book deal with New York based, independent publishing company, Face 2 Face Press in 2001.

For the last year, Emma has been able to concentrate more fully on

her creative work and, along with her cousin Sara-Jane Lahood, has formed publishing company Be Loved Press. Through their publishing endeavors and work with Soul Stones, Emma and Sara-Jane hope to encourage and inspire others to cope with change and grief, and learn resilience through mindfulness, meditation and compassion for self.

Emma lives at Muriwai Beach with her husband and two sons.

For more, please visit: www.emmafarry.com.