

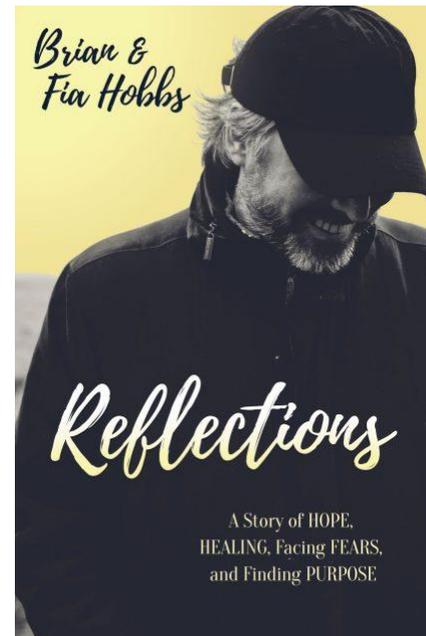
PRESS RELEASE

Stockholm February 4, 2020

E-BOOK LAUNCH

***Reflections* – about finding a deeper meaning at the end of life**

World Cancer Day 4 February is the release of the e-book *Reflections – a Story of Hope, Healing, Facing Fears and Finding Purpose* written by Brian and Fia Hobbs.



Brian and Fia Hobbs take us on a personal journey that affects us all when we are faced with the inevitable – coming to terms with death. Their life-affirming story tackles a difficult subject in a different and captivating way - not by going into all the brutal sides of the disease but by giving hope and creating space for acceptance, healing and presence - which takes us to the depths of life's meaning.

That both the thoughts of the cancer patient and their relatives are depicted in the same story is unusual - and becomes an inspiring dialogue about the final stages of life.

Reflections - a Story of Hope, Healing, Facing Fears and Finding Purpose is based on Brian Hobbs's blog which he wrote during his time as a cancer patient up until his passing. Through his words we see many of the thoughts and feelings that accompany the disease, everything from receiving the life-changing news to what happens to us mentally and emotionally, and how the disease affects us and our loved ones.

- Brian and I wrote this book together. Our purpose in releasing it was to give people affected by cancer some support, hope and an opportunity to reflect and to better manage their situation. The book is intended to make the reader think about what is important in life and how our mental attitude affects us in a positive or negative direction, says Fia Hobbs, co-author, lecturer and therapist.

Brian's posts are powerful and insightful and they are interspersed with his wife Fia Hobbs's own reflections as a care giver and therapist. Brian writes in his poetic way while Fia's words are more to the point and more descriptive of the reality of the situation. Each one shares how they struggled with doubt, anxiety, fear, the purpose of life, acceptance and healing on different levels - their love is strong and permeates the entire book.

Music was Brian's life and his blog became a great source of inspiration for many people to dare to do things they had postponed and to live fully. Several of his most touching song lyrics are recounted in the book.

With the book Reflections comes a digital workbook as a bonus - it can be accessed through Fia Hobbs's website - which explains how to raise tough questions that we often dare not ask the

affected or ourselves. It illustrates how we can mentally prepare to face death by learning about acceptance, healing and holding a space for someone and, last but not least, finding the meaning of life.

Reflections - a Story of Hope, Healing, Facing Fears and Finding Purpose is published by Morgan James Publishing and distributed by Ingram Publisher Services. The e-book is available on Kindle for Amazon, Nook for Barnes and Noble, Kobo, iBook, with multiple platforms starting February 4.

The physical book is being release on 12 of May 2020. The launch in May will be accompanied by a US book tour along the East coast starting in New York.

Said about the book

"This is a gripping story of life, healing, and the love that shines through it all. [... ...] My wish is for everyone to take part in this story that sheds light on even that which is part of the inescapably painful and yet part of the totality of life." **Marie Bergman, sångerska, låtskrivare, terapeut**

"The book provides an intimate window into two experiences, one from a cancer patient's perspective and the other through the eyes of a loved one and caregiver. Never before have I encountered a book where there was such an intimate and heartfelt exchange between two voices as this one". **Stig Hanno, ordförande Patient och närstående rådet för Regionalt Cancercentrum, Stockholm/Gotland**

"A truly inspirational book on life and death and having a purpose in life that will stay with you for a long time." **Kevin Harrington, Original Shark on "Shark Tank" Inventor of the Infomercial, Best Selling Author**

"With heartfelt honesty, this book takes us on the roller coaster ride of having a cancer diagnosis in a most sensitive manner." **Karen Smith Simonton Executive Director Simonton Cancer Center, USA**

The printed version will be released on May 12, 2020. The launch in May will be accompanied by a U.S book tour in July along the East Coast starting in New York.

About Brian Hobbs

Brian Hobbs (1958-2018) was a songwriter from North Carolina, USA and it was in the US that Fia and Brian met and got married - they settled in Sweden in 1992 and had twin sons. He has written texts for and collaborated with several major Swedish and foreign artists.

Brian was also a beloved teacher at the Kulturama school in Stockholm within the singer-songwriter profession and inspired many new songwriters to take that next step.

About Fia Hobbs

Fia Hobbs is an international lecturer, author and counseling therapist with long experience working with cancer survivors to improve their quality of life. She was by Brian's side, not only as his wife but also as a therapist. As a counseling therapist, she trained with cancer doctor Dr. Carl Simonton in California, USA.

She holds a master's degree in medical Qigong and is trained in mindfulness and has worked with stress management for 30 years. Founder of Cancer Healthcare Foundation and today she is the CEO and driving force behind Arcadia FriskVård AB. www.stresstostrength.se

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