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*The positive energy in this book will touch the lives of many people.*

”

Raymond L. Aaron  
co-author, *Chicken Soup for  
the Canadian Soul*

## Message in a Book

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*Michelle Patrizio*

**I**n this beautiful journal, you write your appreciation of someone close to you and then give the book to them. She or he reads your message, writes their own appreciation of someone and hands the book on. And so it goes, person to person. When the book is full, a coding system allows it to be returned to the original sender. It can also be used as a record of best wishes for a special occasion.

INTERPERSONAL / FRIENDSHIP JOURNAL

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## Holding On

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*Cathy Sosnowsky*

**C**athy Sosnowsky's poems stand testament to a grieving mother's love for her son, who died in an accident just days after his seventeenth birthday. Although these poems began as therapy, "poetic medicine" for a wounded heart, the book is ultimately a celebration. It's about the ability to find joy, even in despair. Cathy is active in the Compassionate Friends support group and is invited to speak internationally. *Interviewed by Shelagh Rogers on national CBC Radio.*

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