



Jana Baldrige Vargas

## NEWS RELEASE

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### **FIND A PASSION FOR LIFE THROUGH THE TRUTH OF DEATH IN THE NEWLY RELEASED *THE PROMISE OF DEATH, THE PASSION OF LIFE***

Rancho Cucamonga, Calif., January 24, 2006 – When we are born, we are promised only one thing: death. *The Promise of Death, The Passion of Life: A Reflective Exploration of Death, Loss, and Living Fully*, by Jana Baldrige Vargas, examines our inhibitions with death and explains how we can live more fully with death's promise.

In *The Promise of Death, The Passion of Life*, Baldrige Vargas looks into how our western culture shies away from death. Using a lens of professional and personal study coupled with an embrace of life, Jana's *The Promise of Death, The Passion of Life* examines not only the truth of our own eventual deaths but the inevitable loss of those we love, bringing light to an often dark arena.

*The Promise of Death, The Passion of Life* explores mortality, death study, letting go, spirituality, preparedness, and living passionately throughout ten chapters. Chapters include personal anecdotes of loss and challenge, some heartwarming, some heart-breaking- all relatable. In the sharing of personal stories of grief, Jana's writing captures the universality of loss from which she draws life-affirming lessons.

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"Reflecting on death improves life—every area of it. It deepens and expands life. It makes life more dangerously real and poignantly beautiful. It makes life more precious right now. Such is the simple and profound—the simply profound, lesson of Jana Baldrige Vargas' immensely practical book. Her work leaves the reader with the same feeling tone and insight as Tuesdays with Morrie. Like that work it somehow transmits personal, usable wisdom." - Bernard McGrane, PhD, Professor of Sociology, Chapman University.

## **About the Author**

Jana Baldrige Vargas holds a degree in the Social Science of Health and Medicine and is completing a master's in Education. Her articulate grace in discussing such a serious subject as death, but with the embrace of living fully, has made her a favored speaker and advocate to friends, family, and anyone experiencing the loss of a loved one. Jana lives with her husband of 30 years at their homes in California and Taos, New Mexico.

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