



Jana Baldrige Vargas

## NEWS RELEASE

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### NEW BOOK A RESOURCE FOR CAREGIVERS

*The Promise of Death, The Passion of Life: A Reflective Exploration of Death, Loss and Living Fully*

Rancho Cucamonga, Calif., August 15, 2006 – Caregivers (family, long-term care and hospice), psychologists, and religious leaders have a new resource for individuals struggling with the harsh reality of loss in their lives.

*The Promise of Death, The Passion of Life* explores mortality, death study, letting go, spirituality, preparedness, and living passionately in ten short chapters. Caregivers and family members will be able to utilize the hands-on tools immediately in their own personal situations.

In sharing stories of grief, author Jana Baldrige Vargas examines our inhibitions with death and explains how we can live more fully with death's promise.

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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,” said Bernard McGrane, PhD, Professor of Sociology, Chapman University.

The author holds a degree in the Social Science of Health and Medicine, and is completing a master’s in Education. She has focused her studies in the areas of death and loss, with an emphasis in hospice and long-term care.

Jana’s genuine warmth and charismatic style brings the discussion of death into a new perspective—one that embraces death and loss as a tool for living fully. Her articulate grace in discussing such a serious subject has made Jana a sought after speaker for churches, universities, colleges and other hospice/caregiver organizations.

For more information about Jana Baldrige Vargas or to purchase a copy of her book, go to [www.thepromiseandthepassion.com](http://www.thepromiseandthepassion.com).

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