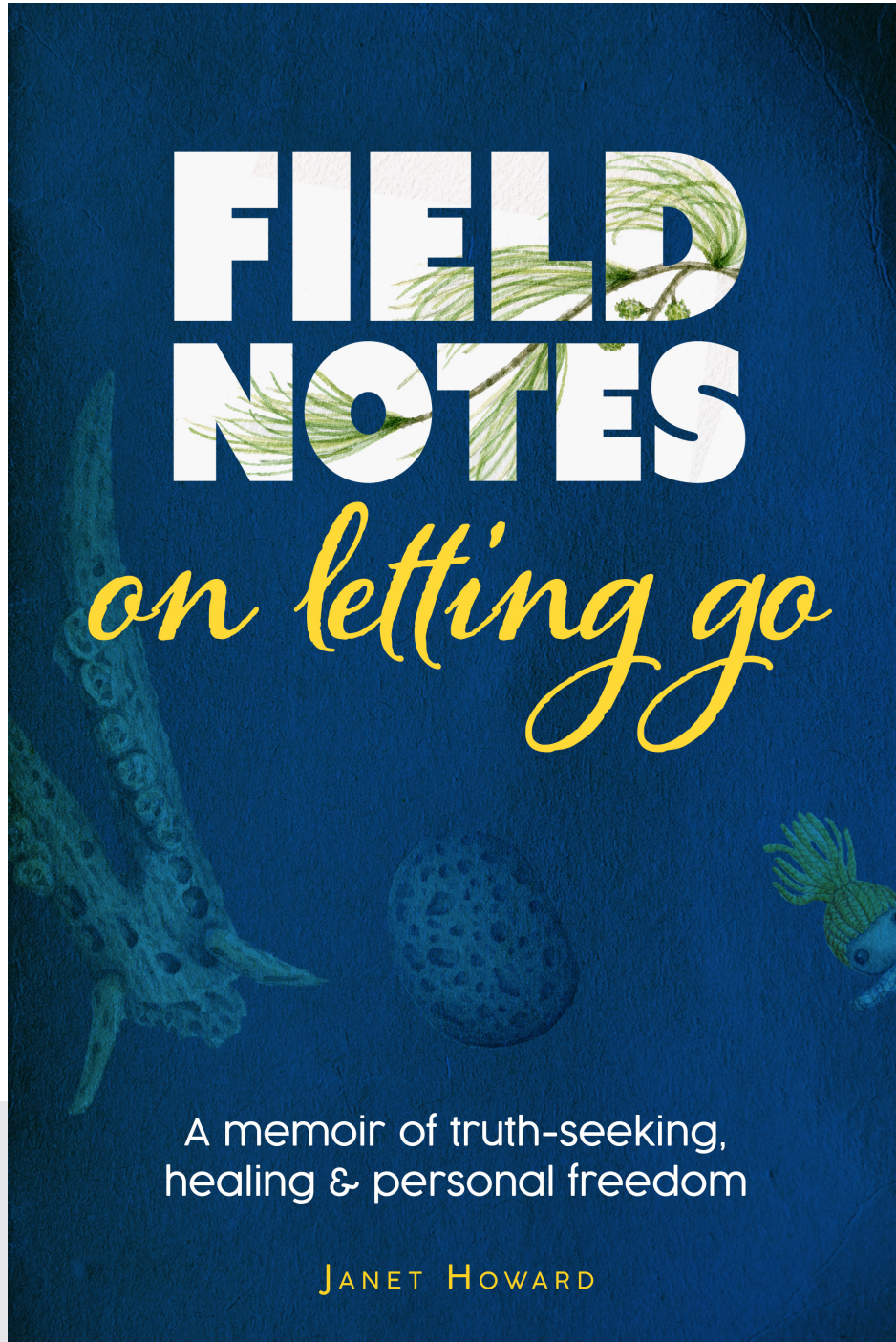


JANET HOWARD



A memoir of truth-seeking,
healing & personal freedom

JANET HOWARD

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Author Biography

Janet Howard has been writing about her personal healing journey for five years and after a vision quest in Hawaii, it all came together into her memoir - "Field Notes on Letting Go."

Field Notes on Letting Go is Janet Howard's first book. Janet's passion for the planet drives her lifestyle, seva (selfless service) and spiritual practice. After a 33-year career in health care sustainability, she stepped out beyond her garden gate, outside the boundary of her perceived sense of safety, into the wide-open world. With a focus on healing and learning how to slow down, Janet continued her lessons from nature and documented her journey. Janet is happiest when she is with her children, playing with friends, quietly exploring nature and adventuring. She splits her time among Massachusetts, Maine, Hawaii and wherever she is drawn to visit. Explore her website at www.rosehip26.com for updates, pondering blog, Kundalini yoga classes, and healing offerings. Find her on [Instagram at Rosehip26](#) and [facebook at janet.howard.rosehip26](#).



Janet Howard

02 Book Details

AUTHOR: Janet Howard

CATEGORIES: Memoir, Motivational, Inspirational

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When Janet Howard's 25-year marriage fell apart, her life came crumbling down. As she sat in the rubble, she realized that the only way to move forward was to confront a painful past and learn to let go. Leaving her 33-year career, Janet headed to Hawaii to put an end to what was and find the beginning of what's next.

Embarking on a vision quest, she immersed herself in the natural world and received a message of trust and divine guidance. She started to see nature as a safe place to learn valuable lessons for navigating life and healing.

Janet offers hope and insights through inspirational essays and heart-centered stories to help others feel less alone with life's challenges and instead embrace difficult life experiences as initiations, offering wisdom and hidden gifts.

On her spiritual journey, Janet realized that, creating real change in the world, - environmentally, socially, politically, spiritually, - starts with ourselves. Heal ourselves, heal each other, and heal the world. *Field Notes on Letting Go* is for people that want to drop the script they've been forced to follow, write a new narrative, and live free from fear.

It is accompanied by *Field Notes on Letting Go - A Pondering Workbook* for further exploration of the landscape of life, connection to nature, and to your inner child for healing and personal freedom.

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Chapter Excerpt

EXCERPT FROM THE INTRODUCTION

I cut a dead branch off the ironwood tree and let the dead weight go—let my own dead weight go. The tree and I were connected that way. I precariously stood on a short ladder, sawing the branch. The branch broke off before I was finished, from its own weight and gravitational pull, striking me in the right side of my torso and knocking me to the ground. It was not a big fall. I lay on the soft grass looking up through long needles of the ironwood tree towards the sky. I felt at peace. The tree and I had been through a lot together.

Cutting away the dead wood wounded both of our trunks. Releasing a heavy past causes tenderness. I had been trying to slow down, and the literal wound showed me how. I had to take a fall, let gravity pull me down and lie still for a moment, before I could get back up. And then I had to proceed with care. The wound and yellowing bruise on my trunk made literal what we do not always see—or have proof of being there. Trauma's wounds are often underneath addiction, depression, anxiety, and nightmares. It can take years for the original wound to be uncovered and brought out of hiding. But that day, I had an irritated sore to represent what was harder to see.

The next day, I went camping at Ho'okena Beach Park on the Big Island of Hawaii. The scab kept getting stuck to my tankini top. I gently pulled it off, making it bloody, oozy and irritated. Rolling up my bathing suit top, I revealed the wound that I refused to hide. I floated in salt water with the sun beaming down, asking for purification and healing.

Authoring this book revealed a hidden wound. It was a wound that I ignored most of my life, pushing past it and keeping busy. When my marriage fell apart and life came crumbling down, I sat in the rubble and knew I had to address a painful past. As a child, I was handed a script to follow, and I complied. Everything was fine. It was time to update the narrative, rip up the script and write my own. This book is the end of what was and the beginning of what's next.

EXCERPT CONTINUED

Please keep the image of the wound with you—a healing wound, a collective wound. If we do not bring these wounds out from under wraps, we reinjure ourselves and those in our lives. This book is an act of love—love for all creatures. Forgiveness for all. Forgiveness to myself. Love for the planet. This is not a tell-all. This is a heal-all. The trauma from my family lies in my gut and permeates my being. I am in energetic shackles and they're coming off.

As I heal, I receive gifts from my lifetime. I advocate for what's important to me: the planet, equity, food access, and fairness. I'm a seeker of truth. I'm learning to be a speaker of truth. I share essays chronicling healing from nature, cat lessons, dreams, my career and a spiritual practice that held me through it all.

I'm still shaky. I walk gingerly and feel close to falling sometimes. I actively work at seeing things as they are and not how they were scripted or how I want them to be. It takes practice to slow down, read all the signs of life and let them in, unedited. It hurts. There are things in this life that I don't want to see. They sting my eyes, take my breath away, and pierce my heart. But there are gifts, too. Like finding joy in simple beauty—a turtle swimming in a wave, loving someone different from you, holding the branch of an ironwood tree, the sound of a lone frog, and a lupine flower. I feel the power of my independence and know I am protected, guided, loved, and safe.



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Sample Interview Questions

01

Why did you write this book?

02

Why do you think this book is important right now?

03

Tell us why a spiritual practice is a key component to healing from a painful past.

04

What's your message to those recovering from a painful past?

05

How do you face your fear?

06

What do you suggest to someone who is just getting started on their well-being journey?

07

How do you connect with your inner child and why is it important?

08

In the book, you talk about shedding false beliefs. What false beliefs did you discover about yourself?

09

Why is writing such an important part of your healing?

10

How do you think your book can help others?

05

Media Coverage Headline Ideas

01

Field Notes on Letting Go is a must-read for anyone looking to turn a page in their life

02

Field Notes on Letting Go should be read by anyone working with trauma

03

Field Notes on Letting Go - Practical (and funny) strategies for living a creative life - and leaving the past in the past

04

Field Notes on Letting Go - An authentic account of the impacts of childhood trauma and strategies for letting go

05

Field Notes on Letting go and Pondering Workbook are the antidote to our chaotic world

06

Get grounded with Field Notes on Letting Go

07

Field Notes on Letting Go - Felt like I was journeying with Janet

08

Field Notes on Letting Go - A breath of hope

09

A must read for anyone looking for a deeper connection with the planet

10

Cat Wisdom - Why I'll Never Look at my Cat the Same Way

06

Target Audience

READERS OF SPIRITUAL AND INSPIRATIONAL BOOKS

Anyone struggling to cope with life's issues can find inspiration and motivation in this memoir that recounts Janet's own journey toward healing and self-discovery.

THERAPISTS AND YOGA PRACTITIONERS

Individuals who are dedicated to helping others heal mentally, emotionally, and physically are sure to consider Janet's book to be recommended reading for their clients.



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**Connect with
Janet Howard
via email**

jannyhoward11@gmail.com

or online at

[Website](#) - [Instagram](#) - [Facebook](#) - [Linkedin](#)