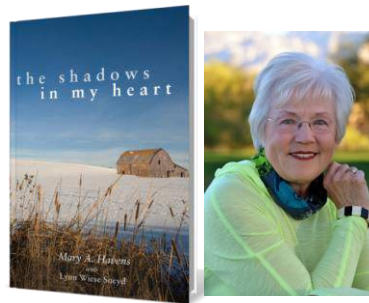


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**Local Author Releases Book in Conjunction with
Domestic Violence Awareness Month**

Mary Havens shares her compelling story in, *The Shadows in My Heart*, where she unmasks the truth and tragic consequences of family secrets and mysteries. This groundbreaking autobiography, her lifelong quest, is about real people who inhabited a sleepy, peaceful Midwestern dairy farm in the Wisconsin Ocooch Mountains.

“Mary Havens’ deeply moving story is a reminder that the good ol’ days—when appearances were valued above safety, secrecy above truth, and stoicism above healing—were the perfect breeding ground for incest and domestic violence to flourish.”

— Lizbeth Meredith, author of *Pieces of Me: Rescuing My Kidnapped Daughters*

The Shadows in My Heart offers strength and hope to the women and men who endure the struggles associated with domestic violence and abuse and reassures them that it is indeed possible to create a better life. Not only is Mary’s story a testament to that better life, it is irrefutable proof of the power of persistence, resilience, and love.

About the Authors

Mary A. Havens

Mary A. Havens, first time author of, *The Shadows in My Heart*, is one of twelve children raised on a small Midwestern dairy farm in the Kickapoo River Valley Ocooch Mountains. Mary’s world has expanded beyond the red barns and swaying fields of her hometown and now divides her time between the Midwest, Southwest, Alaska and elsewhere. Mary appeared on numerous TV talk shows, including *The Oprah Winfrey Show*, *Minneapolis’ Twin Cities Live* and *The Mary Hanson Show*. She was a Twitter contributor for *Dr. Phil* and *The Doctors TV Shows*. She is a member of the Alaska Writers Guild and participates with writers groups across the country. At the core of Mary’s story is family, all the good, the bad and the ugly that comes with it. Mary shares her story by helping others who have experienced an arduous journey such as hers, by volunteering with various domestic violence organizations and through speaking engagements

Lynn Wiese Sneyd

Lynn Wiese Sneyd is the owner of LWS Literary Services, an agency specializing in editing, ghostwriting, book proposals, and book publicity. Her previous published books include the award winning *The Horse Lover: A Cowboy’s Quest to Save the Wild Mustangs*; *Cowboy Up!*; *Healthy Solutions*; and *Holistic Parenting*. A native of Wisconsin, Lynn now lives in Tucson, AZ. Her website is www.lwsliteraryservices.com.

For more information on *The Shadows in My Heart*, or to inquire about speaking or media engagements, please visit www.maryhavens.com

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