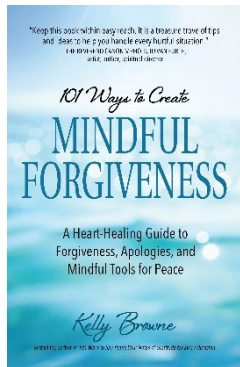


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FOR IMMEDIATE RELEASE

Gratitude Expert Shares Meaningful Insights on the Art of Mindful Forgiveness



Los Angeles, March 7, 2023 — Rapid-fire digital communication, remote employment and the airbrushed world of social media can leave people feeling disconnected, divided and disillusioned. Basic social graces are sometimes nothing more than afterthoughts ... watered down by emojis and acronyms. The ability to express authentic apologies, accept forgiveness and make peace with pain are vital skills worth nurturing — perhaps now more than ever.

In her new book, *101 Ways to Create Mindful Forgiveness*, gratitude expert Kelly Browne addresses the modern-day art of how to mindfully forgive and make amends for the sake of individual self-care and wellness — personally, publicly and electronically. Offering personal stories, priceless practical guidance, journal prompts and therapeutic tools to open the hearts of readers, *101 Ways to Create Mindful Forgiveness* is an imminently useful guide for anyone seeking to embrace the power of forgiveness to forge a happier, healthier life.

“True forgiveness does not mean you are condoning or forgetting the difficult event that occurred,” Browne writes in the book’s introduction. “But that you are freely choosing to move forward in peace, enveloping yourself in love and compassion for your wellness.”

A survivor of personal trauma, Browne’s insights are meaningful and heartfelt, as she covers both personal and professional relationships in her book, teaching readers:

- How to Apologize Using the 6 Rs
- Electronic Apologies: Text, Emojis, and Emailed Apologies
- The Three Faces of an Apology
- Meaningful Apologetic Words and Notes
- Moving Forward Toward Forgiveness
- The Forgiveness Thesaurus
- Releasing Grudges
- Choosing Compassion Over Revenge
- Overcoming Trauma
- And much more

In addition, the book includes inspiration from *The Book of Forgiving* by Desmond Tutu

and Mpho Tutu, which contains wisdom that humanity desperately needs for healing the racial divides in current times.

“In a world that can feel divided and disconnected, everyone wants a quick fix to solve their personal issues,” Browne added. “It’s not easy to just ‘get over’ something that has hurt us deeply. But with the right mindfulness tools, we can enjoy a daily lifestyle of personal awareness and wellness.”

About the Author



Trauma survivor Kelly Browne evacuated her parents during the SoCalGas Aliso Canyon Blowout over Los Angeles — the worst environmental gas disaster in U.S. history. As her mother spiraled into a fatal cancer diagnosis from the toxic exposure, Browne's daughter was thrown from a horse at an unlicensed equestrian camp, breaking her neck. Browne sought trauma therapy for herself and family, digging deep to embrace the tools she teaches in this book, forging ahead with tenacity, acceptance, forgiveness, and navigating a way to find her personal peace amidst the pain.

Browne is a well-known gratitude expert on thank-you notes for adults and children. She is the author of the bestselling series in its category: *101 Ways to Say Thank You: Notes of Gratitude for All Occasions* (Sterling 2008, 2nd edition, 2015); *101 Ways to Say Thank You! Kids & Teens* (Cedar Fort, 2015); and *101 Ways to Say Thank You: Notes of Gratitude for Every Occasion* (Adams Media/S&S, 2022).

To learn more, visit <https://www.kellybrowne.net/>, or follow the author on IG at <https://www.instagram.com/kellybrowne6/>.

*101 Ways to Create Mindful Forgiveness:
A Heart-Healing Guide to Forgiveness, Apologies, and Mindful Tools for Peace*
Publisher: HCI Books
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Trade Paperback, 224 pages

Media Questions for *101 Ways to Create Mindful Forgiveness* by Kelly Browne

1. You recently wrote a book, *101 Ways to Create Mindful Forgiveness*. Can you tell us more about the new book?
2. Why did you write *101 Ways to Create Mindful Forgiveness*?
3. What is the book’s message?
4. Your book offers tools to mindfully forgive personally, publicly, and electronically. Can you tell us a few of them, and how they can help readers?
5. How do you forgive yourself and others?

6. What are some strategies for navigating challenging family bonds and hurtful situations?
7. Your book draws on your own experience of healing from heartbreaking trauma. Can you tell us more about your experience, and how it influenced your book?
8. Do you have any advice for anyone trying to embrace the power of forgiveness?