



Visit us online at  
[www.sanaworks.org](http://www.sanaworks.org)

604.299.4004  
[rosana@sanaworks.org](mailto:rosana@sanaworks.org)



## PRESS RELEASE

December 03, 2007

### ***Nona's Story: Your Story*** – Giving back to the community!!

An important part of the self guided journal "***Nona's Story: Your Story***" is giving back to your community: contributing to society in a positive way. This is why author, Rosana Sablic, is donating a portion of the book's proceeds to various local charities. They include: Cancer, Breast Cancer, The Leukemia & Lymphoma Society of Canada, Friends for Life Society, The Alzheimer's Society and Children's Hospital.

The Alzheimer's Society has even included *Nona's Story: Your Story* on their Memory Bank site, which is expected to launch in 2008: <http://www.thememorybank.ca/marketplace>.

"***Nona's Story: Your Story***" is a wonderful gift idea for the holiday season. Two gifts at once: an inspiring journal for a special loved one as well as a donation for a very deserving charity.

Both organizations and individuals are finding the book to be a particularly useful tool for documenting one's life. Coaches, consultants, retreat leaders, women's groups, book clubs, hospices, care facilities, Cancer and Alzheimer's groups – all are realizing the wonderful potential of ***Nona's Story: Your Story***.

*"I think ***Nona's Story: Your Story*** is lovely and opens the door for deep conversations between family members or friends. This guided journal is open to anyone who enjoys journaling and preserving family memories and has a wide audience.*

*I personally really liked hearing the "old world" style story and personal character of your Nona. It made me think of my own Grandmother who faced so much hardship in life but carried on.*

*I think that this book could be very therapeutic for people who want to connect with the seniors in their lives and want to document histories before they are lost through death or memory decline. I can think of situations where I would recommend it for families wanting to honour a matriarch or become closer to their mothers. I think it could be such a gift for families to help deepen their relationships and memories.*

*I will pass this book around to my aunts to see if they can collectively re-create some stories of my grandmother. My daughter is her namesake."*

Sharon Paulse, RSW, Patient Services Manager,  
Western Canada Chapter, the Leukemia & Lymphoma Society of Canada

***Nona's Story: Your Story*** is making a real difference in people's lives through greater self-awareness. It brings people closer together, both in personal relationships and in communities. The promise to connect to self and loved ones is fully realized in this journal.

The author accomplishes all of this by sharing her own story and then asking the reader to share theirs. What a simple and wonderful idea.

Rosana Sablic is a business consultant and executive coach. She assists consultants, coaches and organizations by acting as a catalyst for life changing transformations. Her company, SanaWorks, is dedicated to inspiring greater happiness. She has used her expertise in Emotional Intelligence to help many achieve fuller and more satisfying lives.



***Nona's Story: Your Story***

is available at [www.sanaworks.org](http://www.sanaworks.org).

For more information or to arrange a personal interview,  
please contact the author at [rosana@sanaworks.org](mailto:rosana@sanaworks.org)  
or at 604.299.4004.