

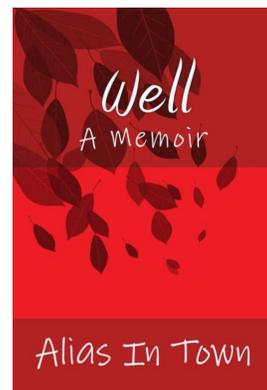
PRESS RELEASE

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06/08/2018

A Scrapbook Morphs Into A New Book



"Well is a testament to the courage of a strong woman who has allowed God to be her Shepherd 'even though she walked through the valley of the shadow of death.' This story is one of hope." - J.Shomo, RN

"Her deep devotion to the truth, exposing herself to others with the same addictions, chronic illnesses, and pain, reminds me of these words of Jesus when He tells us, "And you shall know the truth, and the truth shall make you free." John 8:32...The exposure of herself to those who read and heed may well be the soothing balm of Gilead that produces the healing they need from the anguish of pain and suffering." -Samuel J. Blakely, ThD

Well, by Alias In Town, began after the author came home from hospitalized treatment for addiction and a suicide attempt. She started pouring over old journals and found entries where she sought forgiveness, healing and deliverance. She gathered them into a scrapbook. She also added original artwork telling her story through the end of a paintbrush. She dug through her blog, and gathered essays into the scrapbook too. She realized this scrapbook had become something. It had become a vulnerable and raw memoir telling a story of hope.

The author chose the pen name Alias In Town because it is an anagram of her name and because in every town there are alias people living with chronic illness, chronic pain, addiction and depression. The author is one of those people. Those living with chronic illness share many commonalities. **Well** addresses these commonalities. The book includes information on Identity, Authenticity, Addiction, Coping, Grief and other topics associated with living well while ill. What makes you well is not your physical state. Everyone is in some sort of physical decay as we pass from this life to the next.

"I am more than my body. I am body, mind and spirit. My body is simply the weakest unit of the triad. Though chronic illness affects the entire triad, I have made considerable effort to strengthen my mind and spirit to find the balance of 'Well'. - book excerpt

Well, is a unique work of nonfiction making the reader feel as though they are looking at a scrapbook of a life story. Well is available on Amazon.com. Search for "Well Alias In Town"

The author's website is <https://www.aliasintown.com>

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