

THE Essays on Loss, Courage, and Personal Transformation **DIFFERENCE**

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***The Difference* anthology of compelling essays
hits online bookstores everywhere on June 1, 2023.**

Published by Balboa Press, a division of Hay House, the non-fiction collection rethinks the moments and people who made the biggest difference in the authors' lives.

MIAMI, FL, June 1, 2023-- *The Difference: Essays on Loss, Courage, and Personal Transformation*, edited by Achim Nowak and Rosemary Ravinal, hits online bookstores today. The anthology arrives at a time when the world needs deeply personal stories told with vulnerability and candor.

Reviewer Patricia Gussin, *New York Times* best-selling author of *Medicine and Mayhem: The Dr. Laura Nelson Files* stated: "A true treasure! These stunning personal stories of strength, courage, and hope are exactly what we need today to inspire us to reach for the stars. They assure us that we can do it!"

Nowak and Ravinal asked eight accomplished thinkers, creatives, coaches, and healers to define the one factor or experience that made the biggest difference in their lives. The deceptively simple premise triggered revealing essays that hold lessons for all humans on the planet.

In their description of the motivation behind the *The Difference*, the authors said they assembled a diverse group of storytellers by design. "Each one has experienced loss, faced dramatic personal transformation, and demonstrated courage beyond measure. Individually and collectively, they inspire millions of followers around the world to lead more authentic, wholehearted, and expansive lives," they wrote.

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THE DIFFERENCE ANTHOLOGY/add one

The editors added their personal narratives to the collection of unique voices. Nowak, executive coach, podcaster, TEDx speaker, and three-time author, describes in raw detail the terminal HIV AIDS prognosis that took him to an esoteric healing center where he entered an “archetypal dark night of the soul.”

Ravinal, executive speaker coach, TEDx speaker and communications consultant, reflects with vivid clarity on her family’s exile to the United States from Castro’s Cuba and the cultural bereavement and displacement that still haunts her decades later.

From a motivational coach who went from homeless to millionaire; to a prominent psychologist whose 2-year-old daughter drowned in the family pool on her watch; to a self-described female boxing warrior who entered the ring at age 40; to a chiropractor turned shaman, fire walker and healer after helping a friend transition; the unvarnished essays capture a multi-colored tapestry of lived experiences.

Written by the storytellers themselves, the essays are highly personal, vulnerable, raw, and deep. Their insights into how their lives transformed forever resound with timeless and transcendent wisdom and offer lessons for anyone who seeks a rich, purposeful, and fulfilling life.

Faisal Hoque, the #1 *Wall Street Journal* and *USA Today* bestselling author of *LIFT, Everything Connects*, observed: “In the superbly written essays, you will find the guidance to face, overcome and even be strengthened by adversity.”

With a foreword by Bruce Turkel, author, corporate branding expert, and Hall of Fame speaker, the collection features essays by:

Alisa Sample-Alexander: motivational speaker, recording artist, master facilitator, and learning professional.

Caroline de Posada: international bilingual speaker, author, life coach and the Founder of Caro’s CORE, a community of people striving to be their best selves.

Carl Ficks, Jr.: endurance athlete and former trial lawyer with a career spanning more than 30 years.

Dr. Tom Garcia: a soul-centered coach and transformational guide who teaches, leads, and guides people to awaken to their higher purpose.

Dr. Betsy Guerra: bilingual psychotherapist, international speaker, and author of *Hurt 2 Hope: Heal the Pain of Loss, Grief, and Adversity*.

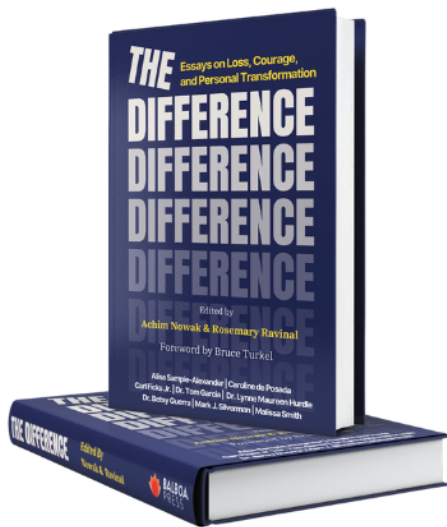
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Dr. Lynne Maureen Hurdle: a communication expert and conflict resolution strategist; a diversity, equity, and inclusion facilitator; and a writer.

Mark J. Silverman: is an executive coach, speaker, host of “The Rising Leader Podcast,” and author of the bestselling book, *Only 10s 2.0: Confront Your To-Do List and Transform Your Life*.

Malissa Smith: author of *A History of Women's Boxing*, the first definitive history of the sport. She is a global female boxing authority and co-host of the “WAAR Room” sports podcast.

For more information, visit the book website, <https://thedifference-book.com/>



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Foreword by Bruce Turkel

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