

**FOR IMMEDIATE RELEASE**

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**A Memoir of Cancer and Family, Now in Ebook**

**By Carol, Tony, Christopher, and Darcy Alimenti**

**On sale December 1, 2017**

“…Beautifully written, *My Turn on the Couch* is a treasure of lessons for all of us on how to live an authentic life filled with joy, vitality and intimacy regardless of prognosis...”

 ~ Susan Bauer-Wu, PhD, RN, FAAN, President of the Mind & Life Institute, author of *Leaves Falling Gently*

“*My Turn on the Couch* is a hopeful, inspiring work of beauty. Carol’s voice—strong, faithful, loving, and kind—comes alive on the pages of this book as she describes her family’s and her own cancer journey…”

 ~ Rachael Palm, Communications Coordinator, Hospice of the Piedmont

[Belle Isle Books](http://www.belleislebooks.com/) is proud to announce the ebook release of the stirring memoir, [*My Turn on the Couch*](https://www.amazon.com/My-Turn-Couch-Cancer-Journey/dp/1939930936/ref%3Dsr_1_1?ie=UTF8&qid=1508337305&sr=8-1&keywords=my+turn+on+the+couch). Cooperatively written by Carol, Tony, Christopher, and Darcy Alimenti, this book covers nine years and three cancer diagnoses with the Alimenti family. *My Turn on the Couch* in ebook version is scheduled for release on December 1, 2017.

*My Turn on the Couch* is the true story of how this family confronted emotional and physical challenges brought on by the diagnoses, remaining resilient and growing closer. The primary author, Carol, tells the story of her mother’s struggle with cancer, as well as caring and fighting for her son, Chris, when he was diagnosed with leukemia. Carol then faces her own terminal diagnosis and must come to accept the finality of her own life. Although *My Turn on the Couch* began as a cathartic journal, it transformed into a project for the family, who united to help Carol finish writing and cross a final goal off her bucket list. The individuals in this story ultimately learn what it means to be “on the couch.”

*My Turn on the Couch* is a resounding testimony to the power of love, family, hope, and an unbridled faith in God. But more so, this is a story about life—the beauty of the life despite hardships, and the life that the those affected by cancer will one day have when they reunite in a land without suffering.

**About the Author:** Carol and Anthony Alimenti met in New Jersey, where they married and had their children, Chris and Darcy. In 2004, the family moved to Charlottesville, VA, for a better school system near the Blue Ridge Mountains. At 16, Chris was diagnosed with Acute Lymphatic Leukemia (ALL), a blood cancer. Two years later, Carol was diagnosed with uterine-based leiomyosarcoma (ULMS). The whole family cared for Carol and Chris, as well as Carol’s mother, who also had cancer. However, Darcy was the one to take this experience and study to become a nurse. Carol, an artist and lover of outdoors, passed away in 2015. She is survived by her husband, Anthony, who lives in Crozet, VA; her son, Chris, who is in remission and attends VCU; and her daughter, Darcy, who attends University of Pennsylvania School of Nursing.

For more information about the authors, please visit [www.carolalimenti.com](http://www.carolalimenti.com/).

**Interviews available upon request.**

[Belle Isle Books](http://www.belleislebooks.com/) is an imprint of [Brandylane Publishers, Inc.](http://brandylanepublishers.com/), an independent press located in Richmond, Virginia, that has published books since 1985.

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*My Turn on the Couch* (ebook, 204 pages, retail $4.99) will be available for purchase from [belleislebooks.com](http://www.belleislebooks.com/autobiographiesmemoirs.html) and [amazon.com](https://www.amazon.com/My-Turn-Couch-Cancer-Journey/dp/1939930936). The print edition of *My Turn on the Couch* (paperback, $16.95) is available on [amazon.com](https://www.amazon.com/My-Turn-Couch-Cancer-Journey/dp/1939930936), [bn.com](https://www.barnesandnoble.com/w/my-turn-on-the-couch-carol-alimenti/1126806087?ean=9781939930934), [belleislebooks.com](http://www.belleislebooks.com/autobiographiesmemoirs.html), and from fine booksellers. For more details, please see attached informational sheet.