



Mary Bub

 marybubauthor.com

 mmbub44@gmail.com

*"I loved **Letters to Betty**! Having experienced my own grief, I inhaled the letters! The descriptions of feelings when shopping alone, attending family gatherings, or public events were so relatable. For those who haven't experienced this grief, it provides new insight; for the rest of us, it validates that we're not alone."*

Pat Chaloux, Photographer, Writer, Artist,
and Certified Zentangle Teacher

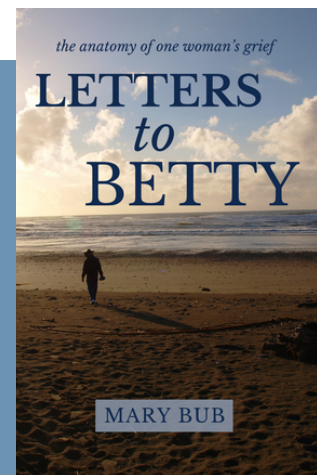
ABOUT THE AUTHOR

Mary Bub is a grassroots activist, social innovator, author, photographer, and artist. She is the co-founder, past president, and an advisor of Wisconsin Rural Women's Initiative.

Mary is a widow, mother, grandmother, great-grandmother, friend, facilitator of a small circle of Kindreds, and Officiant of Memorial Services. She lives on MoonStar Farm with her dog York and cat Liza.

LETTERS TO BETTY

Reeling and numb after the death of her beloved husband Don, Mary Bub turned to writing to navigate the journey from grief and despair to healing and purpose. In *Letters to Betty*, Bub describes how a metaphorical grief box and penning frequent notes to an imaginary recipient, "Betty", helped her process her emotions and discover her new self in the year following Don's passing. Her raw, honest letters describe a path that began with anguish, sadness, and loneliness, and led her to a place of gratitude, calm, and courage. Reading Bub's letters is like talking to a close friend. They provide comfort and inspiration to others traveling through their own journey of loss.



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