



SEAL PRESS
www.sealpress.com

A Member of the
Perseus Books Group

December 2015
Dear Producer/Editor:

"*Passed and Present* is an invaluable resource, a bona fide primer packed with all the ideas and habits we need for remembering loved ones."

—**Gretchen Rubin**, *New York Times* bestselling author of *The Happiness Project*

"This book will do for remembering what Marie Kondo has done for tidying up."

—**Claire Bidwell Smith**, bestselling author of *After This* and *The Rules of Inheritance*

The first "how-to" book for remembering loved ones, ***Passed and Present: Keeping Memories of Loved Ones Alive*** (Seal Press/April 2016/\$16.00) by Allison Gilbert is an uplifting and action-driven handbook that takes readers far beyond the initial stages of grief, offering 85 creative and inspiring ways to celebrate family and friends they never want to forget. **This book is not about sadness and grieving—it is about happiness and remembering.** Among the possibilities:

- Ideas for transforming all kinds of inherited items—jewelry, clothing, photographs, letters, recipes, and other mementos—into novel keepsakes
- Strategies for using technology—scanners, apps, websites, and more—to integrate loved ones into our daily, busy digital lives
- Tips for marking special occasions such as a loved one's birthday or anniversary, carving out extra moments of celebration any time of year or whenever a reader feels that recognizable pull, and much more

"*Passed and Present* isn't a book about grief, it's a celebration of our loved ones and of life itself," proclaims **Ann Hood**, author of *Comfort: A Journey Through Grief*. "Allison Gilbert gives us Forget Me Nots—practical, useful, necessary tips for survivors of loss to preserve our memories and live a joyful life. **A must for everyone who has suffered loss, which is everybody.**"

Passed and Present is an essential source of comfort and joy and a necessary book because remembering is so closely linked to healing. Allison Gilbert is author of the critically acclaimed books *Parentless Parents* and *Always Too Soon*. She is a frequent guest expert on CNN, FOX, MSNBC, ABC, and NPR. We look forward to sharing this empowering and groundbreaking book with your audience.

Emi Battaglia
President
914.584.8297 / EBPR@yahoo.com

Gretchen Spiegel
spiegelgretchen@gmail.com
917.331.0314

Ashley Redfield
Publicity Assistant, Seal Press
ashley.redfield@perseusbooks.com
510.809.5692

1700 Fourth Street
Berkeley, CA 94710
tel 510.595.3664
fax 510.595.4228