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CHARLOTTESVILLE WRITER'S MEMOIR HAILED AS "BRAVELY HONEST" AND "MOVING"

(Knoxville, TN, September 20, 2016) Charlottesville writer Joan Z. Rough's memoir, ***SCATTERING ASHES: A Memoir of Letting Go***, was released today by She Writes Press to excellent reviews. *Publishers Weekly* said the book was ". . . bravely honest . . . a moving narrative, and one that will ultimately serve a useful guide for families and their caretakers." *Library Journal* called it ". . . a first-person look at how to embrace difficult people, as well as a meditation on forgiveness . . ."

Rough will launch her book at the following local event:

Friday, September 30th at 5:30 pm
Reading and signing
New Dominion Bookstore
404 East Main St.
Charlottesville, VA 22902

In ***SCATTERING ASHES***, Joan recounts her years being a caregiver to her alcoholic mother during the final years of her mother's life. Joan had hoped caring for her mother would provide an opportunity to heal their relationship. But as she describes in her moving and powerful book, being able to forgive and heal took much longer than saying goodbye.

For seven years, while facing continual ailments and eventually her mother's stage four lung cancer, Joan and her mother each struggle to maintain their own privacy and independence. When repressed memories of childhood abuse by her mother arise, Joan is filled with deep resentment and even hatred toward the woman who birthed her, and her dream of reconciliation fails miserably. After her mother dies, Joan is left with a plastic bag of her mother's ashes and a diagnosis of PTSD. What will she do with them?

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Five years and four different “Letting-Go” rituals later, while picking up the broken pieces of her life, Joan finds forgiveness for her mother and for herself and reaches a place of peace.

SCATTERING ASHES will bring hope to others who grapple with the pain and repercussions of abuse. In the end, it’s the story of how one daughter let go of a loved one, of a painful past, and of fear.

Joan Z. Rough is a visual artist, poet, and writer of nonfiction. Her poems have been published in a variety of journals and are included in the anthology, *Some Say Tomato*, by Mariflo Stephens. Her first book, *AUSTRALIAN LOCKER HOOKING: A New Approach to a Traditional Craft*, was published in 1980. She lives in Charlottesville, Virginia. Visit her online and read her blog at <http://joanzrough.com>.

[She Writes Press](#) is an independent publishing company and a division of Spark Point Studio, LLC.

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MORE PRAISE FOR SCATTERING ASHES

“It is as if Rough has tucked us into her pocket and we are allowed to observe her days as she experiences them. She is unflinchingly honest, sugarcoating nothing Anyone who has a difficult relationship with a parent, is a caregiver for a parent, or yearns to find peace in the aftermath of a traumatic relationship with a parent will resonate with the truths Joan Rough shares.”—[StoryCircle Book Reviews](#)

“In this well-wrought memoir, Joan Rough shows us the beauty of becoming the alchemist of one’s own life. What happens after she invites her elderly, narcissistic mother to move in to her home will often set your teeth on edge. The amazing ending, however, will leave you standing in awe at the power of love.”—**Shirley Hershey Showalter**, author of *Blush: A Mennonite Girl Meets a Glittering World*

RE: SCATTERING ASHES: A Memoir of Letting Go

By Joan Z. Rough

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She Writes Press

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