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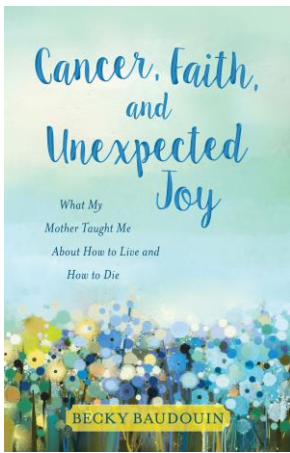


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PRESS RELEASE

Lessons in how to live and how to die

Becky Baudouin shares priceless lessons her mother revealed during her battle with cancer



Seattle: “I’ve taught you how to live; now I want to teach you how to die. You don’t have to be afraid.” When **Becky Baudouin’s** mother spoke those words to her, they weren’t said lightly. Her mother had an inoperable tumor — and after months of treatment, there was no hope for a longer life. There was, however, assurance of everlasting life. In **Cancer, Faith, and Unexpected Joy: What My Mother Taught Me About How to Live and How to Die** (Kregel Publications/September 26, 2017/ISBN: 9780825444746/\$14.99), Baudouin shares the invaluable wisdom imparted by her mother during her final days.

Upon learning of her mother’s diagnosis, Baudouin made a decision she knew she would not regret. “I decided to rearrange my priorities so I could show up and be fully present with my mom during her illness. I knew I needed to pull back from some of the groups and activities I was in so I would have the energy and time to take care of myself and my family and to take frequent trips to be with my mom. I realized I had

limited time and resources and knew it was a season that wouldn’t last forever.”

A writer by profession, Baudouin had always kept a journal. While she did not initially set out to write a book, it was a natural progression. “Writing is and always has been one of the ways I process what is happening and what I am learning. Sometimes I can’t even process something that happens until I write about it. During my mom’s illness, I had a strong sense I needed to write things down. I wanted to be able to remember things she said and did and what I was feeling, and to share these things with my daughters.”

However, *Cancer, Faith, and Unexpected Joy*, is much more than a memoir. Baudouin equips readers to face death from a Christian perspective by sharing her insights on fear, loss and grief. These honest insights are applicable to everyone’s story, not just her own, and can extend real comfort to every reader. Questions for personal reflection or group discussion help both those who are losing a loved one and those who are facing death. Baudouin’s story reveals God is the only source for a spirit’s true healing.

Baudouin digs into the sensitive areas people are often hesitant to talk about:

- What to do and say when someone has received bad news
- Inviting others into your journey and asking for help
- Grieving as you go
- Fear of the unknown
- Facing life after loss

For anyone living with the tension of wanting to hold on yet needing to let go, *Cancer, Faith, and Unexpected Joy* demonstrates a powerful and profound love. “The last lesson my mom taught me was surrender,” Baudouin shares. “She taught me what it looks like to surrender, especially when things turn out differently than we had hoped. She accepted what was happening, even though we had prayed for something different. She entrusted herself to the One who is all-loving and wise and trusted in His plan. This posture of surrender brought a deep, abiding sense of peace leading up to her final moments on this earth. She was deeply at peace and taught us that when we surrender to God, we really don’t need to be afraid. He is completely trustworthy.”

Learn more about *Cancer, Faith, and Unexpected Joy* at www.beckybaudouin.com.

About the Author



Becky Baudouin (pronounced Beau-dwen) is a freelance writer and speaker and a former columnist for Chicago's *Daily Herald* newspaper. Her three daughters supplied her with enough material for a five-year run with her column, "A Mom's Point of View." She has written for the marriage ministry at Willow Creek Community Church where she is an active member, and several of her articles have been published in Focus on the Family's magazine.

Baudouin loves speaking just as much as writing and speaks at Chicago-area MOPS (Mothers of Preschoolers) groups and women's events on topics such as parenting, marriage and faith. She believes in the power of groups and helps lead marriage and grief workshops, walking alongside those in seasons of difficulty and loss. She loves to cook and works part-time as a personal prep chef. Her favorite place to be is around her dining room table, sharing great food and connecting with family and friends.

She grew up in northern Michigan and now lives in the Chicago area with her husband, Bernie, and their three daughters.

Learn more at www.beckybaudouin.com. She is also active on [Facebook \(Becky Baudouin\)](#), [Twitter \(@beckybaudouin\)](#) and [Instagram \(beckybaudouin\)](#).

Suggested interview questions

- *Cancer, Faith, and Unexpected Joy* are insights into dying your mother shared with you following her cancer diagnosis. Can you tell us about the relationship you had with your mom? What was she like when you were growing up?
- When your mother was diagnosed with cancer, what prognosis did the doctor give her? What did the doctor add after answering the medical questions your family had?
- What role did your mom's faith play during her months of treatment?
- As Christians, we should be secure in what will happen to us after we die, but we still experience fear in relationship to death. What is it we are afraid of?
- On the topic of fear, what were your biggest fears as a child, and how were you forced to face those fears, even into adulthood?
- What was the first decision you made when you learned your mother had lung cancer?
- *Cancer, Faith, and Unexpected Joy* is written as a series of journal entries. Was there a reason you decided to document this time, or was journaling something you had always done?
- How did each of your daughters process the news about their grandmother differently? Why did you choose to be open about your grief with them rather than shield them from what you were feeling?
- Sometimes we don't know what to do or say when a friend is diagnosed with cancer. We wonder if we should reach out or give him or her space. In your experience, what is the best approach?
- Many people say God will never give us more than we can bear, yet you'll never find that stated in the Bible. What did you learn about facing circumstances you never thought you would be able to bear and the power of bearing one another's burdens?
- What does it mean to grieve as you go?
- What was the last lesson your mom taught you?
- Even though cancer plays a major part in your book, isn't there something everyone facing trials can take away from reading *Cancer, Faith, and Unexpected Joy*?
- The holidays will be coming up soon. What words of encouragement would you like to offer those who are facing their first Thanksgiving and Christmas without their loved one?

To request a review copy of *Cancer, Faith, and Unexpected Joy*, to schedule an interview with Becky Baudouin or for more information, please contact Audra Jennings, audra@lifusegroup.com.