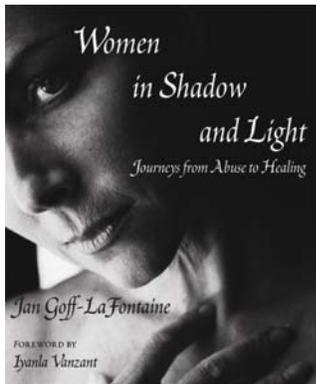


Announcing a breakthrough book that challenges conventional thinking about the nature of beauty and recovery from abuse



Women in Shadow and Light: Journeys from Abuse to Healing (ISBN: 0974961051; \$35.; Women's Issues / Photography; Creative Minds Press; 160 pages; foreword by Iyanla Vanzant; website: <http://www.janlafontaine.com>) by author/photographer Jan Goff-LaFontaine.

Forty women—ages nineteen to ninety-five—bared all to express their triumph over trauma. In this daring approach, fine art black and white photography combines with moving interviews to portray the essence of each woman's journey from the violence of abuse to transformation and healing. This is the most hope-filled book you will ever read about abuse and recovery.

“[A] compilation of powerful words and images that hit the reader *kapow*—right where they should—in the spirit. It's enough to send a person soaring.—Connie Gotsch, host of “Write On Four Corners,” KSJE

Jan Goff-LaFontaine came up with a revolutionary idea: that reconnecting abused women with their sense of beauty—achieved through fine art photography—would assist them in throwing off the shame that abuse so often causes. Goff-LaFontaine says, “Helping abused women rebuild their self-esteem, I have watched the wounded become healers. My new workshops utilize digital cameras to help abuse survivors find the beauty within themselves. I've discovered this method to be empowering and liberating for abuse survivors.”

“An inspiring book.”—Ellen Bass, co-author of *The Courage to Heal*

Begun as a photography exhibit, *Out of the Shadows*, the project started in rural Door County, Wisconsin, but eventually led Goff-LaFontaine to subjects across the nation as she sought to complete *Women in Shadow and Light*. The subjects are women who have experienced every economic situation from homelessness to the champagne lifestyle; they span many ethnicities and ages; they are the famous—such as Laura Davis, co-author of *Courage to Heal*—to the obscure—like the “ordinary” 62-year-old farm wife who left her abusive marriage. Each woman helped create her portrait as a personal symbol of healing, often focusing on one aspect of her body she felt was most affected in the healing process.

Jan Goff-LaFontaine is a photographer and author whose ongoing work is dedicated to bringing awareness and healing through art. Her photos have been exhibited in galleries and museums throughout the United States and are included in many private and public collections. *Out of the Shadows* is on a national tour through 2007, and was the genesis for *Women in Shadow and Light*. Goff-LaFontaine's previous book *Reflections—Between the Lines* (2000) focused on Vietnam veterans. She is on the faculty of Peninsula Art School in Wisconsin, teaches privately from her home studio in Aptos, CA and continues to do freelance photography.

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