

Carmen Ambrosio to Sign Her Memoir on Multiple Sclerosis and Aging at Two Author Events

By AMBROSart, Ltd.

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Life Continues Book Signings Set for April 30 and May 7

Dublin author Carmen Ambrosio will sign copies of her memoir *Life Continues: Facing the Challenges of MS, Menopause & Midlife with Hope, Courage & Humor* on April 30 at Sage Sisters in Grandview Heights between 5 p.m. and 9 p.m. The following week she will appear at an Ohio Writers' Guild Meet the Author event on May 7 at the Dublin Branch of the Columbus Metropolitan Library from 1 p.m. to 3 p.m.

In candid, oftentimes witty and self-effacing short essays and poems throughout her book, Ambrosio describes how she relies on her sense of humor, help from her “Scaffolding Team”, music, and an optimistic attitude to cope with having multiple sclerosis (MS) and being middle-aged.

“I’ve been dealing with MS, a condition where ‘the only certainty is uncertainty’, for the past 20 years. My book is arranged to mirror that unpredictability,” the author explained. “When I wake up each morning, I don’t know if I’m going to have a ‘Duct Tape Day’ or a better-than-most day. I try to be hopeful, brave and find lots of reasons to laugh. That has been very hard to do at times. Daily doses of Vitamin L certainly help.”

Many people who have chronic conditions, their caregivers, relatives and friends may be inspired by Ambrosio’s refusal to relinquish hope even as challenges mount. The book may appeal to a wider audience. Midwest Book Review says *Life Continues* has “a simple and powerful message for other aging women” and is “very highly recommended”.

Life Continues is available in trade paperback for \$14.99 (ISBN 9780615388755) and will be on sale at the book signing events. The memoir also may be purchased at Amazon.com, barnesandnoble.com, any Barnes & Noble retail store, or local independent booksellers. The Amazon Kindle Edition of *Life Continues* sells for \$9.99.

About the Author

Carmen Ambrosio was born in St. Thomas, U. S. Virgin Islands. After she earned a B.A. in journalism from Michigan State University, she held corporate positions in marketing communications and sales before switching careers to advertising. Ambrosio later worked for nonprofit agencies in public relations and client programs. For the last three years, she has operated her own business designing and selling merchandise featuring her writing and photography.

Life Continues: Facing the Challenges of MS, Menopause & Midlife with Hope, Courage & Humor is her first book.

She lives with her husband and mighty mutt in Dublin, Ohio.

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AMBROSart is the publisher of *Life Continues* and an online retailer of Word Hug Tiles. Our intention is to encourage others to celebrate and reflect upon personal experiences throughout the roller coaster journey of life.

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Tags multiple sclerosis, MS, women, memoir, menopause, book signing, Ohio author event
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