

FOR IMMEDIATE RELEASE:

## Local suicide survivor finds healing by hiking the Buckeye Trail

*Fort Thomas, KY – November 26, 2014 - CW Spencer announces the release and availability of his debut book, **Hiking Without Dave**, on November 26, 2014, at Amazon.com.*

*Hiking Without Dave* is a true account of failure, grief, forgiveness, and healing. When CW Spencer lost his kid brother Dave to suicide, he was devastated. Threatened with unrelenting guilt, he finally made the decision to step out of the dark place in which he found himself and begin his journey of healing. It involved a hike of the entire 1,444 miles of the Buckeye Trail in Ohio over a three-and-a-half-year period, during which time he journaled his experiences and thoughts to Dave. In *Hiking Without Dave*, CW's journal writings are cleverly intertwined with stories about his life with Dave over their 47 years together. Though this book addresses the serious topic of suicide, the reader will find that it also contains many humorous stories and a message of hope.

### FROM THE AUTHOR:

Every 13 minutes someone in the United States dies needlessly by suicide, sometimes high-profile celebrities, but more often your neighbor or even your family member. Nearly everyone who commits or attempts suicide has given some clue as to their intention. Sometimes we miss the warning signs, no matter how obvious they are. My story may open your eyes to someone in crisis. If you are a suicide survivor, my experience may help you on your path to recovery and healing.

### FROM OTHERS:

CW creatively and successfully blends each event-filled journal entry with memories of his relationship with his deceased brother . . . after reading this insightful book, I will . . . be more observant of signs of severe depression in those around me. This book should be read by anyone dealing with the devastation of losing a loved one to suicide. Survivors can learn from CW's healing journey. You don't have to be a hiker to be inspired by this memoir.

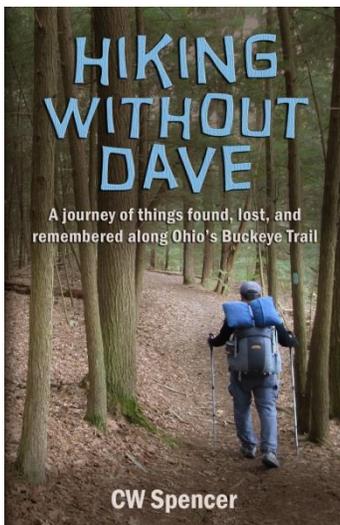
—Debbie Yeager, *English Program Consultant, 1999 Fellow of NKy Writing Project XIV*

CW Spencer . . . in dealing with the loss of his brother . . . chose to hike [the] Buckeye Trail, not as an escape but as a purposeful departure from daily life, to find healing in connecting to nature . . . [He shares] his heartfelt experience with all of us, with a sense of humor that lifts us up . . . an important and entertaining story . . . and he's invited us along for the journey.

—Andrew Bashaw, *Executive Director, Buckeye Trail Association*

*Hiking Without Dave* will appeal to not only hikers and people experiencing the effects of suicide, but also to anyone who enjoys reading inspiring stories of how everyday people deal with real life struggles.

To arrange a book signing or interview, contact CW Spencer at [cw@cwspencer.com](mailto:cw@cwspencer.com) or (859) 441-0063.



**TITLE:** *Hiking Without Dave*

**AUTHOR:** CW Spencer

**PUBLISHER:** Lamp.Light Publishing

**DATE OF PUBLICATION:** November 26, 2014

**RETAIL PRICE:** \$12.95 (Trade paper)

**ISBN:** 978-0-9907502-0-8

**PAGES:** 222

**SIZE:** 5.5" x 8.5"

**AVAILABLE AT:** Amazon.com - <http://tinyurl.com/mqptu6s>

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**COMPLETE PRESS KIT AVAILABLE AT:** <http://cwspencer.com/hiking-without-dave/>