

Publisher's Note

Sharon Permack shares her compelling story of cancer diagnosis, life-threatening lung disease, and divorce in a raw and authentic way that will offer you hope for your own life. Baring her soul in *Millions of Knots*, Sharon takes us through many difficult and devastating moments. Yet she also shares how she overcame numerous obstacles to get to where she is now: a compassionate leader for healing and advocacy.

If you are facing a similar journey to Sharon's or know of someone who is, you will relate to her honesty and be comforted by her encouragement.

From a deep knowing, and with loving guidance, Sharon raises you up out of your fears so you can conquer the tough times. She's an incredible example to us all. Whether reminding us to be our own best advocate and accepting love and help from others, or being steadfast in self-love and self-care, you know she understands. And the wisdom she imparts is universal; there's something for us all to glean from her experiences.

We are so proud of Sharon and honoured to support her writing and publishing journey to help give birth to *Millions*

of Knots, especially so women faced with cancer and major life traumas can experience the light, hope, and healing that is within their grasp.

Warmest congratulations, Sharon.

Sheri Andrunyk

Publisher, Senior Writer, Author, Mentor

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