

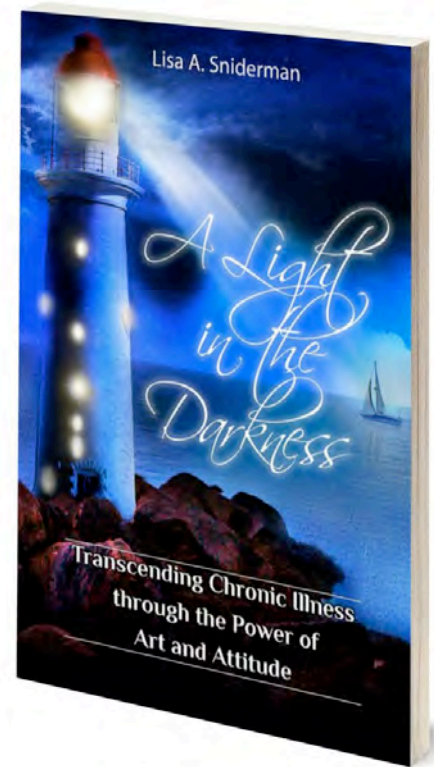
**LISA SNIDERMAN'S HEARTFELT AND INSPIRING NEW MEMOIR SHINES 'A LIGHT IN THE DARKNESS'
OFFERING HOPE AND ENCOURAGEMENT THROUGH THE POWER OF ART AND ATTITUDE**

When Lisa Sniderman first performed under her stage and future recording persona Aoede (after Greek Mythology's "first muse of song") back in 2006, she had no idea just how far her journey of being a muse and inspiring the world would take her.

Ten years after a grim, life altering medical diagnosis threatened to derail her artistry and dreams, the award winning independent pop-folk singer, songwriter, artist, playwright and author offers a path towards hope, healing and joy within the struggles with her new inspirational memoir: *A Light in the Darkness: Transcending Chronic Illness through the Power of Art and Attitude*, published by Crimson Cloak Publishing (September 21, 2018).

A quirky, colorful artist and performer whose vibrant imagination transcends creative boundaries, Lisa, as Aoede, is the visionary behind many fantastical fictional realms that have captured the imagination of the Bay Area's musical theater scene - and made her a beloved, multiple award winning artist in the worlds of folk and children's music. Since the release of *Affair with the Muse* in 2011, her recordings - including her three musical story audiobooks *Is Love A Fairy Tale?*, *What Are Dreams Made Of?* and *Do You Believe in Magic?* - have earned her a shelf full of accolades. She has received more than 50 awards since 2012 for her songwriting, audiobooks and stage plays, including Independent Music Awards Vox Pop Winner 2014; International Songwriting Competition 2013, 2012 Winner; and the John Lennon Songwriting Contest 2013, 2012 finalist.

While doing all she could to keep her creative light shining to the fullest as Aoede, Lisa behind the scenes was struggling with Dermatomyositis (DM), a rare and debilitating chronic inflammatory disease marked by muscle weakness and a distinctive skin rash. Lisa says, "If I had a crystal ball during rehab, I would have seen that in a few short years, I'd have released five albums, been considered for Grammy Awards, become a playwright, written and recorded three fantasy musicals (and staged two), been honored with more than 50 awards for my songwriting, audiobooks and stage plays, and would have written my memoir, all while living with a chronic illness and disability." In the early chapters of *A Light in the Darkness*, Lisa holds nothing back, chronicling her painful hospital stays, brutal treatment regimen and the seeming crash of all her creative dreams as she battled to maintain a normal life with a body bent on revolt.



The chapter titles reveal the wondrous arc of her journey as she overcame life's darkest fears, began to reluctantly accept, then embrace, her "new normal," and learned to understand her illness as a gift in disguise which has opened the door to new dreams, new songs, new opportunities and a legacy to pay forward. Chapters include: Redefining Success, Facing Your Fears, Following Your Bliss, Putting Yourself Out There, Surrounding Yourself with Cheerleaders, Finding Positive Role Models, Celebrating Your Abundance, Keeping Your Dreams Alive and, reflecting the work's ultimate mission, Being a Light in the Darkness. Says Lisa, "I'm



discovering that the most important way I can continue to be a light is to offer my story so that you are inspired to bring to light and share your story."

Richly detailed and emotionally raw and compelling, Lisa's story is a light in the darkness for anyone who struggles with a chronic condition or knows someone who battles illness, disability or unexpected life events - and those who seek fresh inspiration, assistance and encouragement, hope, possibilities and reasons not to give up. It's particularly relevant to her fellow creative souls who seek joy and healing from their

creativity. Her insights and reflections on her journey inspire hope and the courage to keep dreaming and living to the fullest no matter what life may hurl at you.

Earlier in 2018, Lisa, gearing up for the release of her book, launched a unique Facebook community of like-minded artists and souls also creating to heal called *Lights in the Darkness: Artists, Authors, Musicians Creating to Heal*. Lisa is collaborating with more than 50 other artists, musicians and authors and will share her and their stories and art focused on the art of healing, during her live/streaming multimedia "*Creating to Heal*" event in December, including a live performance on December 16th at Dragon Theatre in Redwood City, California and an online showcase of video interviews. Lisa says, "My story is persevering through this darkness called dermatomyositis through the creative process. Music and art are my lifelines and I cannot stop creating. But creating and expressing, donning my 'Aoede' artist hat, doesn't go far enough. I've discovered a yearning to be part of something bigger than myself, and that helping ourselves and others heal who may be battling something similar requires us to be vulnerable and takes the support of amazing people, all of whom have something powerful to contribute and inspiring, life changing stories that need to be heard."

To learn more about *A Light in the Darkness* book visit: <https://alightinthedarkness.info>
For more information on Lisa Sniderman and Aoede visit: <https://alightinthedarkness.info/media>
For more about lights in the darkness community and collaboration visit: <https://alightinthedarkness.info/event/conversations-on-creating-to-heal> (see also: Facebook Group-Lights in the Darkness-Creating to Heal)



PRAISE FOR A LIGHT IN THE DARKNESS

"Chronic illness challenges us in so many ways, but need not define who we are and what we have to offer. Sniderman is an inspiration. Her memoir provides an honest window into the power of the human spirit through real life examples and wisdom to reimagine what is possible."

— Keith W. L. Rafal, MD, MPH, Founder of *Our Heart Speaks*, www.ourheartspeaks.org

"Caring for a son with Juvenile dermatomyositis, I was overcome with the truth and rawness (and tears) of Sniderman's moving story. Her words are uplifting, compelling, engaging, and illuminating for anyone living with chronic illness and for those who love them."

— Shannon Malloy, Cure JM Foundation

"Lisa Sniderman is an amazing example of finding unbeatable strength through one's creativity. She inspires others with her passion for her music and art and using them to rise above the incredible challenges of her chronic illness. Bravo!"

— Angelo "Scrote" Bundini, producer and artist

"Sniderman shares valuable wisdom in her open and honest account about overcoming the adversity of living with a chronic illness. A truly inspirational story of the healing power of music and creativity and finding your true purpose."

— Tom Willner, cancer survivor and author of *Having A Ball At Thirty*

"Much like her experience in the MRI scanner, Sniderman treats every 'pulse' she hears and feels in her life as if it were music — understanding that the artistic beauty of life's journey is its individuality and desperate plea to ignore the confinement of having an itinerary."

— David Fiorentino MD, PhD, Professor of Dermatology, Stanford University School of Medicine

"Sniderman's inspirational tale serves to remind us of what is possible no matter what we are going through in our own lives. Music and art are often powerful healers that provide the hope medicine needed to keep us moving forward each day."

— Vincent James and Joann Pierdomenico, authors of *88+ Ways Music Can Change Your Life* and *Founders of Keep Music Alive*

"A personal and poignant meditation on healing and hope. Sniderman's brilliant account will surely enlarge empathy, so that more can understand what it means to live with and triumph over struggles."

— Kabir Sehgal, *New York Times* and *Wall Street Journal* bestselling author and Grammy Award winner

"As a former psychological counselor, poet, and mother of a child with Juvenile Myositis, I am thrilled by Lisa's book. Her story of both living with a chronic illness and finding ways to harness and express her talents to encourage and inspire others is a gift. I know many kids and adults will not only resonate with her story but will be uplifted by it and will find ways to let 'their lights shine' too. This is an important and necessary story, not just for people with Dermatomyositis, but for anyone who struggles with, or loves someone with a chronic illness."

— Suzanne Edison, MA, MFA, Cure JM Board of Directors

"Sniderman's ability to overcome impossible obstacles is nothing short of miraculous. Her positive outlook on life and remarkable passion for the arts has truly helped in her recovery. I highly recommend reading *A Light in the Darkness*. You will find it to be a transformative experience."

— Tim Battersby, Grammy nominee and novelist

"Lisa Sniderman's inspiring life lessons portray the story of struggle, relentless determination and perseverance, leading to her success lifting herself up. Her artistic life is an inspiration to others and an encouraging testament to never giving up in this beautiful universe to make the best out of this life despite challenges."

— Rupam Sarmah, Music Director, composer and filmmaker

"Lisa shares her journey with honesty and grace. The heartfelt ideas and suggestions she offers are useful, inspiring and uplifting — for people dealing with chronic illness or any other life challenge."

— Sarah Moran, health writer and author of the *Take Care* wellness book series

"In this honest and inspiring account of perseverance and triumph, Lisa Sniderman shares her honest insights and encouraging life lessons that you can use to manage the impact of your chronic illness, reignite your lost inspirations and still follow your dreams."

— Tony J. Selimi, Human Behaviour Specialist and international best-selling author of *A Path to Wisdom*

"This is a story of adaptation, of being handed terrible circumstances and finding ways to still follow your dreams and live life on your terms. A well-written book that plunges the reader into the life of someone with a chronic illness, Sniderman shares her journey and the transformation that allowed her to accept her limitations and embrace life as it is, while being a guiding light for others."

— Corrina Thurston, wildlife artist and author