



Bob Newman  
617-952-1470  
Bob.Newman@Newmancom.com  
Newman Communications

FOR IMMEDIATE RELEASE

## A Light in the Darkness

Transcending Chronic Illness through the Power of Art and Attitude

by Lisa A. Sniderman

Living with a chronic illness for more than 10 years, Lisa Sniderman, also known as Aoede, is an award-winning, quirky, folk-pop artist, playwright, teaching artist, voice actor, and author from San Francisco who creates to heal. Says Sniderman, "Music and art are my lifelines, and I just can't stop creating."

Sniderman decided to share her story in **A Light in the Darkness: Transcending Chronic Illness through the Power of Art and Attitude (a memoir)** intended to inspire and encourage those battling chronic illness, disability, or life challenges. In 2008, singer-songwriter Lisa Sniderman was living the dream in California. As Aoede, the Muse of Song, her star as a gifted recording artist was rising fast. Her quirky folk-pop performance style electrified audiences up and down the West Coast, and the albums just kept flowing. But just when her career was rocketing skyward, a health crisis brought all of her dreams crashing to the ground. Diagnosed with a rare, debilitating immune disorder called dermatomyositis (DM), she struggled to maintain a normal life with a body in revolt and, eventually, to accept a new normal. Living with a chronic illness challenged her to see DM as a gift in disguise that has opened the door to new dreams, new songs, and new opportunities.

**A Light in the Darkness** is truly a light in the darkness for anyone who struggles with a chronic condition. Her insights and reflections on her journey inspire hope and the courage to keep dreaming and living to the fullest no matter what life hurls at you. Her mission to be a light and a muse by inspiring, engaging, empowering, connecting with, encouraging, and supporting young adults and kids at heart of all ages, challenges, and abilities through original art and music. She creates, records, and shares her original musicals, art and music as a healing path and to give back. Telling stories, creating recordings and turning them into theater productions makes her feel most alive, purposeful and deeply connected to others.

### **ABOUT THE AUTHOR:**

**Lisa Sniderman**, also known as Aoede, is an award-winning, folk-pop artist, playwright, teaching artist, voice actor, and author from San Francisco who creates to heal. She has been honored with more than 50 awards for songwriting, audiobooks and stage plays since 2012 against a fierce obstacle - while suffering from a rare autoimmune disease: dermatomyositis, a progressive muscle weakness disease. Living with a chronic illness, Sniderman creates, records, and shares her original musicals, art, books and music as a healing path and to give back, and seeks to use her gifts and experience to be a light and a muse. Follow Lisa on [Twitter](#) on [Facebook](#) online at <https://www.aodemuse.com/> A light in the Darkness: transcending chronic illness through the power of art and attitude is available Amazon, Kindle and at <https://alightinthedarkness.info/> Book video at <http://bit.ly/2pWPw8c>

## MEET THE AUTHOR:

Meet Lisa Sniderman at her local event or online <https://alightinthedarkness.info/events/>

*Lights in the Darkness*  
Creating to Heal

A collaboration with more than 50 artists around the world who are creating to heal

Live Multi-Media Performances\*  
**SUNDAY, December 16<sup>th</sup>, 2018**  
1pm- 5pm at the **Dragon Theatre**  
2120 Broadway, Redwood City, CA 94063

*Conversations on Creating to Heal*  
Online video showcase  
December 9<sup>th</sup> - 16<sup>th</sup>, 2018  
<https://alightinthedarkness.info/videos>

*Anne Carol Mitchell* *Kimberly Gold* *Frances Archetto*  
*Deborah J. Kamouris* *Annie Pennell* *Steve Goldberg*  
*Lisa Sniderman* *Francesca* *Emilia Russo*

\*Live performances will be broadcast online. For more information:  
<https://alightinthedarkness.info/events>

**CALIFORNIA ARTS COUNCIL**  
A CALIFORNIA STATE AGENCY

**NADC.**  
National Arts & Disability Center

## SUGGESTED INTERVIEW QUESTIONS for Lisa Sniderman:

1. You write, you sing, you produce incredible musical stories and albums, you do voices, you have won tons of awards for your music and now you have released this book *A Light in the Darkness*. Why did you decide to write a memoir now?
2. What's the disorder you write about and when did you discover it?
3. How has music and art helped you deal with this challenge?
4. Can being creative help you heal?
5. Where did the inspiration for your book come from?
6. What advice would you give someone struggling with a chronic illness?
7. What are some things you do when you are tired of being sick (and/or feel like giving up)?
8. What suggestions do you have for keeping hope and dreams alive when living with a chronic illness or disability?
9. What advice would you give couples going through chronic illness as caretaker and patient together?
10. Who's going to benefit the most from reading your book "*Lights in the Darkness*?"
11. Do you hope that by sharing your story can be a catalyst for healing?
12. Where can listeners go for more information about you and your book?

## REVIEWS:

"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](http://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**

#### **ABOUT THE BOOK:**

**A Light in the Darkness by Lisa A. Sniderman**

**Paperback: 126 pages**

**Publisher: Crimson Cloak Publishing (September 21, 2018)**

**Language: English**

**ISBN-10: 9781681605579**

**Newman Communications, Inc.**

**ISBN-13: 978-1681605579**

**ASIN: 1681605570**

**Product Dimensions: 6 x 0.3 x 9 inches**

**Additional information about Lisa Sniderman, is available at: <https://www.aoedemuse.com/>**

**To schedule an interview, please contact NEWMAN COMMUNICATIONS:**

**Bob Newman at 617-952-1470, [bob.newman@newmancom.com](mailto:bob.newman@newmancom.com) or**

**Elise Bogdan at 508-341-6642 or [elise.bogdan@newmancom.com](mailto:elise.bogdan@newmancom.com)**