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**RI Native Launches Transformative Book on Grief and Gratitude**

**If you're a fan of Glennon Doyle and Elizabeth Gilbert, or you're looking for a profoundly moving and enjoyable summer read, you absolutely need to experience this book.**

**West Kingston, RI** – Have you ever experienced a loss or challenge that transformed you so completely that you never saw the world in the same way again?

Devastated by the sudden loss of her beloved father, Bethany Harvey embarked on a year-long, self-imposed odyssey of self-reflection. During that time, she dove into her writing, using words to help her navigate the unpredictable spiral of grief. Those heartfelt, tender, and often unexpectedly hilarious writings became the basis for Bethany's brilliant new memoir, *Dipped In It*, which launches today.

This transformative memoir is a powerful reflection on love, human emotion, and resilience. *Dipped In It* illustrates how we can't grateful ourselves out of hard feelings. It is an entreaty to feel everything — especially the difficult feelings — and tell our stories, because being vulnerable with each other allows us to truly connect and appreciate love's many forms. Simply put, grief and gratitude are not mutually exclusive. We get to hold each within us.

Visit the book site to learn more about *Dipped In It* and to order:

<https://www.worldchangers.media/dipped-in-it-bethany-harvey>

**About Bethany Harvey:** Bethany Harvey is a native Rhode Islander — born in Newport — who now lives in West Kingston with her two brilliant daughters, two cats, and an insatiably hungry Labrador. When she's not writing or managing her nature-inspired preschool and childhood center, Bloom, located in Middletown, RI, you can find Bethany paddle boarding, hiking, reading, and spending time with her family. Bethany is proof that allowing ourselves to feel the full spectrum of human emotion is what keeps us alive and connected.

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