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Author shares message of hope in midst of tragic loss

Barbara Jo Almendinger takes readers through losing her sister, her daughter in new memoir, 'A Heart in Pieces'

ALEXANDRIA, Ohio – Author Barbara Jo Almendinger has experienced tragedy in her life. In “A Heart in Pieces: A Journey from Grief to Grace” ([published by WestBow Press](#)), she shares the pain, the search for answers and God’s unwavering love as she coped with the death of her sister, Mary K, when she was younger, and then the death of her 8-year-old daughter, Mary, when she was a married mother of three. Both Marys had died suddenly, and Almendinger was left with more questions than answers each time.

“I was inspired to write this book because I wanted to help others through their grieving process,” she explains. “Loss is very difficult to work through and one of the only things that helped me was reading books written by people who had actually gone through a loss similar to mine. I also wanted to reach out to others who had experienced loss, so that I could remind them that God is with us, even when we feel like we are completely alone.”

Written from a first-person perspective, “A Heart in Pieces” shares many of the journal entries Almendinger wrote as she was trying to cope with her losses. Even when she felt like her life was falling apart, she reminded herself – and reminds readers – that God is always there; an ever-present help.

“I want my readers to take with them the comfort in knowing they aren’t alone,” Almendinger says. “I would also like for them to be able to relate an idea I shared with them in my book that can help them through the grieving and healing process.”

“A Heart in Pieces”

By Barbara Jo Almendinger

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About the Author

Barbara Jo Almendinger has been a junior high school language arts teacher for over 24 years. She holds a Bachelor of Science in education from The Ohio State University and a Master of Science in education – with a concentration in school counseling – from Dayton University. In 2012, Almendinger was awarded the Leaders for Learning in Education Award for her county. She currently lives in Alexandria, with her two sons, David and Jeremy, and their yellow lab, Scout, who is a trained therapy dog that accompanies her to school, engaging and inspiring her students to learn. Almendinger is passionate about teaching young adults and encouraging them to adopt a love for life-long reading. This is her first book.

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