

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