

SO NOW WHAT?

One Foot in Front of the Other

BY SARA ROSE



When a person in her early twenties embraces vulnerability to share her life experiences with honesty, heart, hope and wit, a reader of any stage or walk of life is likely to find him or herself within its pages. *So Now What? One Foot in Front of the Other* draws on Sara Rose's own story; it is one of learning to manage and live well with depression and anxiety, of overcoming fear of finding joy, of losing people close to her to illness or accidental death, and of witnessing the perspectives of people in varying stages of palliative care.

So Now What? explores how each of us lives – as well as the inevitability of our passing – as the author shares her personal guide to embracing each day more fully and wholeheartedly. As she searches for and assembles pieces of the puzzle of her own time here so far, Sara Rose seeks to prove to us all that love is, indeed, undying.

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ABOUT THE AUTHOR

SARA ROSE is a 24-year-old Canadian-born singer-songwriter and author. She began writing her first book, *So Now What? One Foot in Front of the Other*, between the introduction of her debut album, *Until Now* (2018), and the release of her second album, *We Could Be Beautiful* (2019). In addition to receiving awards for Emerging Artist of the Year (2019), Local Musician or Band (2019), and the 25 Under 25 Award (2018), and nominations for the Reader's Choice Award (2020) in Orangeville, Ontario and The Voice (NBC) Closed Auditions (2020), Rose also holds a Bachelor of Social Work (Honours) (2018). She has served as vice president on the board of a not-for-profit hospice dedicated to providing compassionate palliative care, and has offered her skills as a performer as host of Hope Through Harmonies, a founded (2017) benefit concert. She is currently working on a country-pop album and fiction novel.



A LOOK INSIDE

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At the thought of the unknowns ahead, I'm not sure how I feel. Excited? Overwhelmed? Scared? A tad insecure? Ready? All of the above? Undeniably, whether I've been ready for a shift in direction or not, there always seems to be a few feet of open space leftover, a reliance on the certainty that a new normal will form as life shapes me with every minute, hour, and day that unfolds.

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While never belittling what a gift it is to be here, it's a tough thing to shoulder, being alive. Figuring out who you are and becoming the person you're meant to be, building your circle and finding your feet. Overcoming a lack of patience in what can be an otherwise impatient world. Drawing mercy out of seemingly merciless situations. Living with loss. Becoming full-on, decent human beings. Realizing your purpose and then finding a career that not only reflects but hopefully fulfills that purpose is ultimately what keeps you afloat. The entire process is a rhythmic operation and the fact that occasionally a beat comes down directly in our chests, allowing us to fully experience it is surely gratifying.

As the last few years have passed, I've started feeling as if all the puzzle pieces of my life lie scattered across the living floor in front of me. Some pieces are bits of time, experiences, lessons learned, and emotions and memories from places I've been, while others are still in the box—dreams, aspirations, and worries that have yet to take on enough of a tangible shape to determine whether or not they'll be a good fit. I've been lost, torn between scrambling and just staring at them, head in my hands, trying to figure out how they all fit together. Despite being just a year shy of 25, I can't seem to help but feel a pull, a dire need to hurry up and finish the puzzle so I can see the final picture and get to where I eventually hope to be.



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