

PRESS RELEASE

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Changing the Status Quo (Version #1)

WINDHAM, ME—Diane Dunton knows a lot about shaking things up. In a career spanning four decades, changing the status quo has been central to her work in planned organizational change and human resource development. So when she found herself prematurely widowed and facing breast cancer in her forties, Dunton did what she knows best: sought change.

Enjoying a successful career and already a widely published technical writer, Dunton's personal loss and health challenge prompted her to embark on a journey of artistic exploration. She immersed herself in the arts, discovering the therapeutic benefits of self-expression and becoming an accomplished nature photographer and painter. She experimented with creative writing and her essays were published in literary journals. Now Dunton has written a new book, *Living, Learning, Healing: Inspirational Stories from the Heart*, published under the Rainbow River Press imprint. This collection of humorous anecdotes and heartwarming essays about real people facing life challenges includes a section for personal journaling. Regional nature photographs by the author are featured throughout the book.

The stories in *Living, Learning, Healing* are “compelling and very, very human,” says Rev. David C. Hall, a Spiritual Life Director affiliated with the Maine Conference-United Church of Christ. “The book is like a tour guide gently drawing the reader into the simplicity and profound nature of life lived to the fullest, especially after the pain of life interrupts, and says: Pay attention!”

“All of us want personal and professional happiness,” says Dunton, “but often we find it difficult to take the action needed to realize these goals. Human beings are natural story tellers. I've been privileged in my work to witness first hand profound stories of change and felt compelled to write this book in order to share the inspiring and motivating narratives of real people who have discovered, regardless of their circumstances, how to define and create through their own actions happy and fulfilling lives.”

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