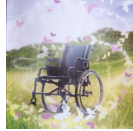


## Amy F. Quincy, Author

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Misadventures of a Happy Heart: A Memoir of Life Beyond Disability



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### **NEW MEMOIR BUILDS BRIDGES AND CHALLENGES OUR PRECONCEPTIONS OF DISABILITY**

JACKSONVILLE, FL—In *Misadventures of a Happy Heart: A Memoir of Life Beyond Disability*, Amy F. Quincy shares her life after surviving a brain hemorrhage with humor and authenticity. In a world where divisiveness threatens our communities, Amy's voice offers insight and understanding, bridging the gap between the disabled, their caregivers, family and friends.

At the age of 36, Amy's life as she knew it was over. Fortunately, her sly humor and tenacious attitude were just what she needed to deal with months of rehab. In *Misadventures of a Happy Heart: A Memoir of Life Beyond Disability*, Amy comes to terms with not only what she's lost, but also what she's gained. She challenges our preconceptions of the disabled, showing us that we're not so different after all. *Misadventures of a Happy Heart: A Memoir of Life Beyond Disability* is so much more than a book about a traumatic event. It's about a kick-ass life.

#### **About Amy F. Quincy**

Amy F. Quincy earned a B.A. in English with a creative writing emphasis from Florida State University in 1992. She worked in several different corporate positions, became a massage therapist and built her own practice until 2006, when a stroke forced her to do something she now says she should have done a long time ago—commit to working full time on her writing. Amy has been published in *Skirt!*, *Talking Writing*, *Fiction Fix*, *Kaleidoscope* and has been featured in *The Florida Times-Union* and interviewed for *The Badass Project*. Amy lives in Jacksonville, Florida with Bella, a persnickety kitty and Frankie, a Pekingese who monopolizes her time and is always up for a walk.

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[www.amyfquincy.wordpress.com](http://www.amyfquincy.wordpress.com)

# Misadventures of a Happy Heart

A Memoir of Life Beyond Disability



Author: Amy F. Quincy

Published: August 25, 2016

ISBN: 978-1-48357-026-6

Available formats: 5.5 x 8.5

paperback, Print on Demand and as an e-book for Kindle and others

Purchase: Amazon, Barnes & Noble, and BookMark in Neptune Beach, FL

Pages: 235

Price: \$15.95

**Author Amy F. Quincy is available for interviews and public speaking engagements.**

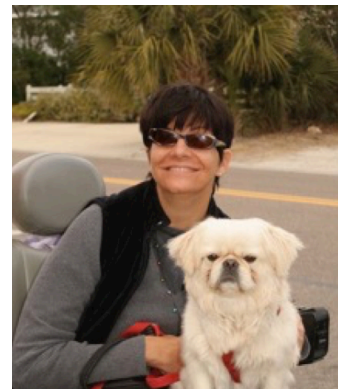
She will read from her book, answer your questions and share tips on How to Have Your Own Misadventures.

## Insights on Disability

According to the Centers for Disease Control, 56.7 million persons in the U.S. are disabled—18.7% of the total population or 1 out of 5 persons.

Amy's voice offers insight and understanding, bridging the gap between the disabled, their caregivers, family and friends. Amy's keen insight reveals the truth about how people react to those with disabilities. No sappy memoir, *Misadventures of a Happy Heart: A Memoir of Life Beyond Disability*, is a book about a kick-ass life. With humor and honesty, Amy shows us that, disabled or not, we are not so different after all.

1. Don't take things so seriously. Cultivate a sense of humor.
2. Don't define yourself by tragedy.
3. Consider getting a dog.
4. Live in a walkable community.
5. Get involved. Socialize. Help others.



## CONTACT AMY

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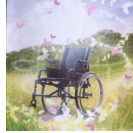


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### SYNOPSIS

*Misadventures of a Happy Heart: A Memoir of Life Beyond Disability* starts with the tingling of Amy Quincy's lips. Only a few months later, at the age of 36, she survives a life-threatening brain hemorrhage. Amy's life as she knew it is over. And the future she imagined becomes a distant veil.

Fortunately, Amy's sly humor and tenacious attitude is just what's needed to deal with months of rehab and coming to terms with not only what she's lost, but what's she's gained. In this unflinching memoir she shares what aggravates and hurts her, the moments of genuine connection, as well as the hilarious mishaps that make her the unintended heroine of her own sitcom.

*Misadventures of a Happy Heart: A Memoir of Life Beyond Disability* is a bridge for the disabled and their caregiving family members and friends. It's for those who are profoundly impacted by disability, as well as for all of us who love to read stories that break stereotypes. Amy shows us how to dig deep to find that we're capable of so much more, even when life throws a whammy into our plans. She challenges how we see ourselves and others—disabled or not. To show us that we're not so different after all. *Misadventures of a Happy Heart: A Memoir of Life Beyond Disability* is so much more than a book about a traumatic event. It's about a kick-ass life.