

For Immediate Release:

Contact:
Gretta Krane
Inspiring Enterprises
Office: 602/332-3622
gretta@grettakrane.com

FINDING THE WINGS TO FLY
Moving Past Hard Times

Phoenix, September 2006 Ever wondered whether you could change the direction of your life? Ever imagined that a tough time could be the catalyst to a remarkable time? Ever believed you were capable of becoming all the things you wanted to? If you answered yes, you're not alone. Gretta Krane wondered too; then she made it happen.

Not voluntarily. It was only when a tragedy left Gretta a widow and single-mom that she took the steps to change.

It began one night in March, 9 years ago, when Gretta Krane's husband killed himself in front of her. It ended that night too. A family, a dream, security, and happiness. In an instant it was gone and Gretta was thrust down into a deep well of hopelessness and desolation.

From the Ashes Flies the Phoenix details Gretta's journey out of the well. Gretta believes that "it's not important how you fall in, for some it's a divorce, for others a death, for others it could be a drug or alcohol problem, but what matters is that you get out." She offers four ways to do it:

1. Believe there *is* a way to change your life.
2. My perception of my life is creating the illusion I have no way out.
3. If I believe in the possibility of a way out, the path will show itself.
4. Information & knowledge is out there that will help me and I'm willing to find it.

A journey that brought Gretta from hopelessness to hope, from powerlessness to power, from stuck to unstuck is one that you can make too. If you've struggled to move forward and break free of old beliefs that may be holding you back, Gretta's story will inspire you to find your own wings to fly and discover your dreams.

Gretta Krane is the author of *From the Ashes Flies the Phoenix*, and founder, of Inspiring Enterprises. She earned her bachelor's degree from Arizona State University and is a frequent speaker on the topic of suicide, as well an advocate for people who survived suicide or any other tragic event. Ms. Krane is currently speaking to groups and organizations on the topics of; How to change your life, How to Overcome Adversities and Tragedies, and Surviving Suicide. She is also in development of her own radio show. To find out more please visit: <http://www.grettakrane.com>.