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Media Contact: 651-357-8770, pr@elvaresa.com

Elva Resa to Publish *Holding On & Letting Go* , a memoir by Lindsay Swoboda

(*St Paul, MN, September 2024*) — In an exclusive submission, Elva Resa Publishing, an award-winning independent publisher specializing in books by, for, and about military families, has acquired world rights to publish *Holding On & Letting Go: A Life in Motion* by Lindsay Swoboda. The memoir is scheduled to release May 6, 2025.

A young dancer with big dreams, Lindsay marries a Marine and creates a meaningful life despite intense change and challenge as their growing family moves around the globe.

“My hope for the reader is for them to know they can and will persevere when they face hardship,” says Swoboda. “I hope they know how important their story is, and they allow themselves to explore both their trials and their triumphs, strengthening their courage to move toward what matters most in their lives.”

Excerpt from *Holding On & Letting Go* :

As my family both endured and enjoyed military life, we met frequent upheaval, exhausting unknown challenges, and invitations to pause and pursue growth, intense connection, and forge new dreams for ourselves. I discovered one constant we could count on was change, and while we grew in our capacity to navigate what we were called to next, each chapter asked us to stretch. Sometimes that stretching felt nourishing, like a healthy yoga session, where our bodies and minds adjusted and felt stronger afterward. Other times it felt we were being stretched to a point of snapping, like the sickening pop of a twisted ankle.

To make sense of it all, I often turned to the pages of my journal and used its safe space to unleash my stories in an effort to process them. I held them up to the light with my pen, uncovering a spectrum of experiences in shimmering ink. A dear mentor of mine once told me that to find the essence of her story, she had to write through it, to put words on paper in order to both craft an understanding of challenging times and to unveil beauty that might have been there all along.

Over the past nine years, I began to open my journal and share my writing with fellow travelers. The journey to move my story into a book has been as full of joy and fulfillment as the life it chronicles. It has also been punctuated by days of questioning, unforeseen challenges, and self-doubt. I have discovered I can choose to notice the great and small joys before and also name my losses and grieve them. I have learned there is a balance in this life between holding on and letting go. ...

About the Author

Lindsay Swoboda is a military spouse who lives and creates alongside her husband and two kids in Texas. When she is not writing, she's either seeking time in nature or pursuing her other favorite hobbies of reading and sewing. Lindsay's work has been featured in numerous publications, including *Legacy Magazine*, *Coffee + Crumbs*, *The Line Literary Review*, and *Books Make a Difference* magazine. She is the former editor-in-chief of the *US Embassy Quito Newsletter*. Lindsay developed The Work of Words Writing Workshop with *Legacy Magazine* to champion military and service families to write their stories in an intimate, safe, and engaging setting. Her Substack, *The Eleven O'Clock Number* explores the art of what matters most. Lindsay believes in the power of storytelling and loves encouraging and connecting with fellow creatives. Instagram: @lindsay.swo

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ELVA RESA PUBLISHING LLC is an award-winning, mission-driven, traditional independent publisher based in St. Paul, Minnesota, specializing in quality resources by, for, and about military families. Elva Resa's mission is to make a positive difference in people's lives.

ElvaResa.com, MilitaryFamilyBooks.com

MEDIA: Please contact Elva Resa PR at 651-357-8770 or pr@elvaresa.com for author interviews and notification of advance reading copies.

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Holding On & Letting Go: A Life in Motion by Lindsay Swoboda is scheduled for release May 6, 2025.

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Author bio and headshot: <https://elvaresa.com/author-artist/lindsay-swoboda/>

Preorders will be available through [Military Family Books](https://MilitaryFamilyBooks.com) distribution beginning January 2025.