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Elva Resa to Publish Shawn Hogan's *I. C.O.M.M.I.T.* *Personal guide for veterans and caregivers releases January 30, 2027*

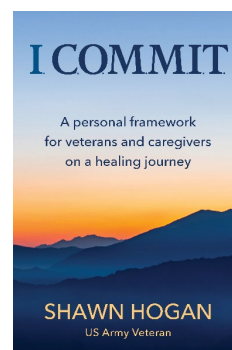
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MEDIA CONTACT:

Elva Resa PR, pr@elvaresa.com, 651-357-8770

(St. Paul, MN)—Elva Resa Publishing is honored to announce US Army veteran Shawn Hogan's inspiring nonfiction guide, *I. C.O.M.M.I.T.: A personal framework for veterans and caregivers on a healing journey*. The January 30, 2027, release takes place on the tenth anniversary of Hogan's life-altering accident.

In 2017, Warrant Officer Hogan was struck by a high-speed vehicle during his morning run. Fortunate to survive, he suffered permanent damage to his left arm and hand, a traumatic brain injury, PTSD, depression, and more, forcing his medical retirement from active duty.



In this deeply personal and practical guide, Hogan shares his story and the daily personal framework he developed as he rebuilt his life. He hopes to encourage others enduring recovery, especially fellow veterans experiencing injury or trauma, as they strive to rediscover their identity and purpose beyond their life-changing circumstances.

"I wrote this book because I know what it's like to lose the life you thought you were going to live and have to figure out what comes next," says Hogan. "After my military career ended, I struggled with understanding who I was outside the uniform. I had to learn that my purpose didn't disappear, it changed."

To give structure to his ongoing recovery, Hogan applied his training as a Lean Six Sigma Black Belt to develop a consistent approach to making intentional daily choices. He now shares his I. C.O.M.M.I.T. framework and One Day for Life mindset in his work as a veteran experience officer at James A. Haley Veterans' Hospital, as well as at speaking events and small group workshops.

From "Identify where you are" to "Overcome through systems" to "Thrive by living one day for life" the framework guides individuals through a reflective process of learning to accept their current starting point, creating healthy routines for consistent decision-making, and adopting a mindset of committing to one more day—today.

"I created this framework when I was in a fragile place," says Hogan. "On those dark nights, I convinced myself I could commit to one more day. I want veterans and caregivers to know that one meaningful step today is enough to begin moving forward again."

Elva Resa is best known for its longstanding leadership creating and distributing military-connected resources based on expressed needs of the military community. Publisher Karen Pavlicin says the team has seen increased requests for transition and wellness resources.

"Shawn's willingness to share his vulnerable story, his genuine desire to make a difference for others, and his contagious gratitude have inspired our entire team," says Pavlicin.

As Elva Resa celebrates its 30th anniversary in 2027, the team continues its focus on military family resources while deepening collaborations with first responder and veterans' organizations to expand support beyond active service, including suicide prevention efforts.

"The quiet nights when a person is alone with their thoughts and doubts, that's when the courage to take on another day is often most difficult and most needed," says Pavlicin. "Those, especially, are the moments we hope Shawn's message will positively influence."

I. C.O.M.M.I.T.: A personal framework for veterans and caregivers on a healing journey is available for preorder direct from MilitaryFamilyBooks.com/ICOMMIT.

About the Author

Shawn Hogan is a disabled US Army veteran, speaker, songwriter, and Lean Six Sigma Black Belt. As a healthcare leader at the James A. Haley Veterans' Hospital in Tampa, he leads transformational initiatives that improve care and experiences for veterans and caregivers. A personal turning point in his own recovery was rediscovering his love for playing the piano. With the help of a specialized glove, Shawn began playing by ear using his right hand and left thumb, sharing his music and collaborating online as the One Hand Piano Man. He continues to play each morning as a way to release stress, improve memory cognition, exercise his hand, and meditate. Shawn's book *I. C.O.M.M.I.T.*, speaking engagements, music, podcast, and social media support his mission to inspire other survivors to commit to living fully.

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Founded in 1997, 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 and first responder families. Elva Resa owns and operates Military Family Books, a specialty distributor and preferred supplier to military, education, and healthcare organizations worldwide. ElvaResa.com, MilitaryFamilyBooks.com

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**This book contains sensitive material that may be upsetting or triggering to some readers,
including descriptions of trauma and thoughts of suicide.**

Please seek support as needed.

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