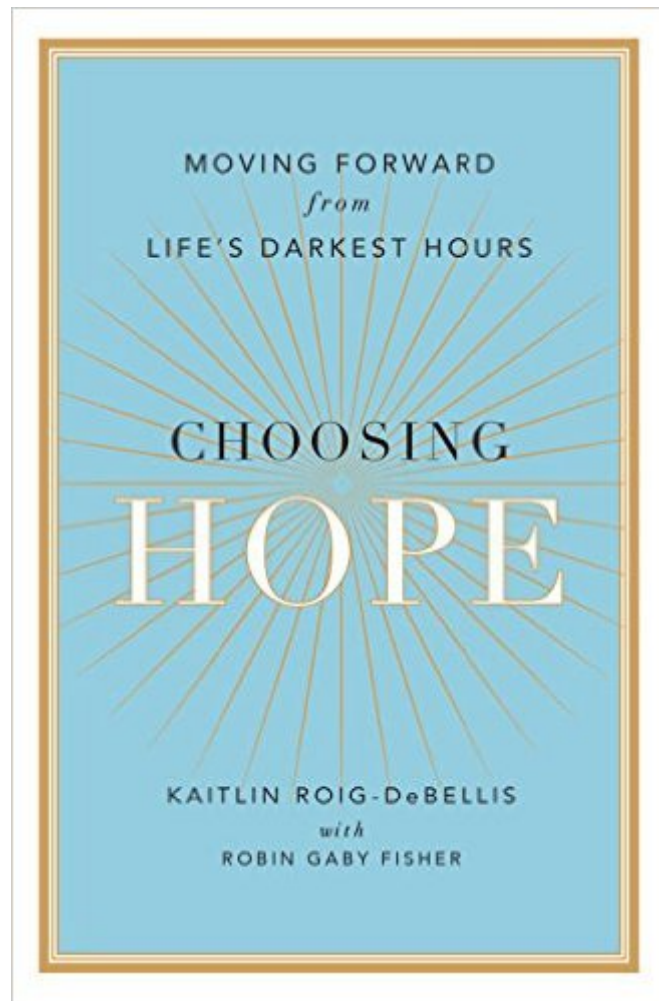


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# Choosing Hope: Moving Forward From Life's Darkest Hours



## Synopsis

"[S]tirring...a bold, inspiring and ultimately hopeful book." --Arianna Huffington, co-founder and editor-in-chief of The Huffington Post and author of the New York Times bestseller *Thrive*

Kaitlin Roig-DeBellis is the first-grade teacher at Sandy Hook Elementary School who saved her entire class of fifteen six- and seven-year-olds from the tragic events that took place on December 14, 2012, by piling them into a single-occupancy bathroom within her classroom, mere feet from the brutal and indiscriminate massacre taking place outside the door. Since then, despite the unimaginably painful experiences she endured, she has chosen to share her experience with others, in the hope that they too can find light in dark moments. *Choosing Hope* is a lot of things. A written witness to a tragedy that will never be forgotten. A gripping firsthand testament to the power of good over the power of destruction. An inspirational memoir by a brave young woman whose story is one of courage, heroism, faith, and resilience. And a celebration of all the people who make the choice to pass along their hope and positivity to young ones—parents, mentors, and especially teachers. There is no moving on, but there is always moving forward. And how we move forward is a choice.

"[M]oving" -Wally Lamb, New York Times bestselling author of *We Are Water* and *She's Not There*

"[B]rave" -Karen Armstrong, New York Times bestselling author of *Twelve Steps to a Compassionate Life* and *The History of God*

Although now I have witnessed the worst of mankind, instead of feeling bitter or regretful I have chosen to embrace gratitude. I believe in the power of kindness, the influence of educators and mentors, faith and God, and most of all I believe in humanity. Bad things happen to all of us, things that test us and impact us and change us, but it is not those moments that define us. It is how we choose to react to them that does.

—Kaitlin Roig-DeBellis

## Book Information

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Memoirs > Professionals & Academics > Educators #467 in Books > Politics & Social Sciences > Social Sciences > Violence in Society #4086 in Books > Self-Help > Motivational

## Customer Reviews

I am saddened to have even picked up this book. I can't believe the amount of self glorification continued within its borders. I was expecting to a heartfelt and enlightening account of the Newtown tragedy but it was none of that. I wish I can ask for a refund.

If you're in need of serious help, and are in your darkest hour, choose another book. Calling this a "Self-Help" book is a large misnomer. Self-praise, yes. Self-help, not so much. At least it didn't help me, a much older person than the author trying to recover from my worst crisis, a painful divorce. I give her top marks for resourcefulness and bravery I couldn't even imagine happening. But her chance to recover was much greater than my own. For starters, the author was 29 when Sandy Hook happened-much younger than myself. Second, she started with money in her background and made a lot more on speaking tours since Sandy Hook. It's a lot easier to have hope for the future if you have lots of jack in the present, and speakers-even marginal ones like I used to be don't come cheaply. This book is 90% uninteresting memoir, 9% exciting tale of a resourceful woman's survival, and 1% clichés about moving forward. This is five hours of my life that aren't coming back, while I remain in the quagmire I've been stuck in for so many months now.

This book is total bull s\*\*\*

If there is a God she has not seen her darkest hours yet.

If 65% of reviewers give this book one star, how can the rating appear so high?

How exactly 48% of the 1 star vs of the 44% of the 5 stars get you 4.1 stars review?

TPTB

Too many words. Waiting for the movie

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