

FOR IMMEDIATE RELEASE

Author Shares Life-Changing Journey to Self-Acceptance in Powerful Teaching Memoir

*In her debut book, Lisa Marie Runfola brings introspection and inspiration
to those who are looking to find limitless opportunities in powerless circumstances*

LAKE FOREST, Ill. – Author Lisa Marie Runfola has released her unflinchingly courageous memoir that follows her journey across an ocean and back again. With moving quotations and bits of wisdom sprinkled throughout, “A Limitless Life in a Powerless World” invites readers to reflect on their own adventure and asks them to consider the risks they’ve taken, how they can reframe their experiences to help them to grow and the times they’ve allowed themselves to be bold and unafraid of what they desire.

After living an average life in Buffalo, N.Y., Runfola gave it all up to marry her paramour and live abroad as an expatriate – only to return a few years later to support her ex-husband and children through his cancer and eventual death. In “A Limitless Life in a Powerless World,” Runfola dares others to practice raw honesty and radical self-acceptance by facing what scares them, speaking from their heart and, ultimately, loving their own messy, beautiful, perfect truth.

“It is my hope that my story of courage can help another look within themselves and find their own healing,” Runfola said. “My story shows how I was able to get myself unstuck by taking a leap of faith into the unknown.”

Packed with highly relatable stories about relationships, motherhood and loss, “A Limitless Life in a Powerless World” provides a safe place for those who are looking for healing and spiritual guidance in the wake of trauma. It teaches readers how to practice self-care in moments that make them feel weak and encourages them to find strength in their individuality and self-expression so that they can thrive through even the greatest of adversities.

“Lisa Marie’s book was exactly what I needed, coming at just the right time in my life,” a reader wrote in a five-star review of the book on Amazon. “If you are feeling ‘stuck’ and powerless in a situation, Lisa Marie’s guidance will help you overcome ANY obstacles that are holding you back. From grief to happiness beyond anything she could even dream of, she takes you through her life, and you can feel all her emotions.”

“A Limitless Life in a Powerless World”

By Lisa Marie Runfola

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Available through [Balboa Press](#), [Barnes & Noble](#) and [Amazon](#)

About the author

Lisa Marie Runfola went from living a conventional American lifestyle to an unconventional expatriate one and has lived abroad for more than 12 years. A mother of five and a lifelong reader, she brings her poignant observations and experiences as a parent, partner and daughter into her writing. This is her first book, and she currently has a sequel in the works. Runfola’s deeply introspective style mirrors her love for adventure, which has brought her through divorce, grief and many international airports. Runfola splits her time among homes in Switzerland, Chicago’s North Shore and Florida’s Gulf Coast, and she often visits her hometown of Buffalo, N.Y. To learn more, please visit www.lisamariurunfola.com or follow the author on [Facebook](#).

General Inquiries, Review Copies & Interview Requests:

LAVIDGE – Phoenix

Danielle Grobmeier

480-648-7557

dgrobmeier@lavidge.com