

**For Immediate Release**

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*Land Mines*  
by Sheilah Vance

**ATTORNEY TURNS TO ‘THERAPEUTIC FICTION’ TO HELP  
WOMEN SURVIVE AND THRIVE AFTER DIVORCE**

**--New genre emphasizes journaling to come to terms with  
loss, separation, guilt, and sadness**

Sheilah Vance handled some divorce cases as an attorney, and then her marriage exploded in divorce. Emotion trumped her legal expertise, and she found herself unprepared. Then, as some of her friends went through a divorce, she saw that they were unprepared, and so were her new clients. And, she saw that they all shared similar emotions and experiences.

Enter: *Land Mines*, her novel which establishes a new genre she calls ‘therapeutic fiction.’

“I wrote *Land Mines* to let women know what might happen to them and to let them know they are not alone, and that others have shared their thoughts, feelings, and experiences,” says Vance. “I also wanted to let women know they can rebuild their lives through self-reflection, journaling, self-help books, counseling and faith.”

*Land Mines* is written in journal format, with virtually no dialogue, providing a realistic look at divorce. Readers can ‘walk through’ divorce with the protagonist, seeing how she handles the ‘land mines’ she encounters, the unexpected problems, and build a ‘roadmap’ to recovery for themselves.

Vance includes a reader’s guide for readers in the midst of navigating divorce land mines. Journaling is emphasized as a powerful tool to sort through various issues such as the reality of divorce, dating again, and rebuilding their lives, just as the character does in the book. The reader’s guide is followed by ‘Prompts to Get You Through’ – 77 short phrases or prompts designed to begin the process of journaling.

Topics explored in *Land Mines* include:

- The various ‘land mines’ encountered in a divorce

- How and why divorce and the years leading up to it can damage a woman’s self-esteem
- The power of journaling, and why it can create a pathway to recovery
- Self-help resources
- The financial problems most women face after divorce
- The role of faith

“Not everyone can afford therapy or has a group of supportive family or network of friends they can turn to,” adds Vance. “Especially in these very tough financial times, when there already is so much stress in our lives, *Land Mines* is for anyone looking to answer the question: How do I rebuild my life after suffering a great loss and having the rug pulled out from under me?”

Vance’s book is unique in that it was written by an author who used journaling to help her chart her way through and rebuild her life after her divorce 10 years ago, and it tells the story of a woman who is doing the same thing. Instead of using escapism, fantasy, or adventure, Vance turned inward to write a book designed to help others.

“‘Therapeutic Fiction’ can fill in the gaps so often left by traditional methods of recovery, whether it’s counseling or standard self-help tools,” notes Vance. “The reader can personally relate to the protagonist, feel what she is enduring from first-hand experience, and follow her to recovery.”

**Sheilah Vance is the author of newly released book *Land Mines*, has her own law firm in Philadelphia, and is the President and CEO of The Elevator Group publishing company. Vance is a graduate of Howard University and Georgetown University Law Center. She teaches education law at Villanova University Law School and serves as Executive Director of the Institute for Educational Equity and Opportunity in Washington, D.C. Vance has earned many accolades as an attorney and writer including the Woman of Distinction Award from the Barristers Association and the honor of having her first novel, *Chasing the 400*, as the first selection of the African American Museum of Philadelphia Book Club.**

***Land Mines* (January 2009) is available at all bookstores and online vendors. 200p. ISBN978-0-9786854-1-6; paperback \$15.95 [www.TheElevatorGroup.com](http://www.TheElevatorGroup.com)**

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