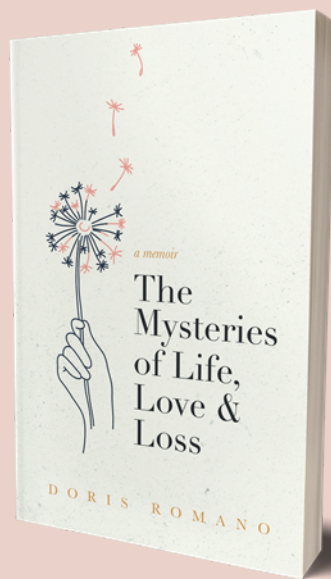




*a memoir*

# The Mysteries of Life, Love & Loss



Every relationship has a story to tell. "So, how did the two of you meet?" seems like a simple enough question, but Doris Romano has always found it difficult to tell the truth about how she met her husband for fear of being judged and misunderstood. What if your story is a complex manifestation of a meeting owed to other meetings and other lives, a vast series of traumatic events, the result of a million sacred moments strung together? What if you accept that some mysteries cannot be unraveled or understood, and instead embrace a future that lies in the space between certainty and trust? Both bizarre and stunning, incredulous and magical, *The Mysteries of Life, Love & Loss: A Memoir* follows Romano's relationship journey bound in the pages of stories that answer that simple question, but this time, told within a container large enough to hold space for the heightened wonder of a finely tuned Universe and a belief in the Divine.

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## About the Author



Doris Romano wants to live in a world where kindness is currency, thank-you notes are scribbled by hand, and conversations are held more than devices. After many years as a Registered Nurse and Holistic Nutritionist, she's come to learn that sometimes the best medication is a heaping dose of self-love. When she is not reading in her favourite coffee shop, Doris spends most of her time baking for her family and friends from the menu of her imaginary B&B. She lives in Toronto with her husband, Riccardo. *The Mysteries of Life, Love & Loss: A Memoir* is Doris' first book.

# Q&A with Author Doris Romano

## **Explain the book *The Mysteries of Life, Love and Loss: A Memoir***

Oftentimes, we have more control than we think, but it's not until we tell our stories that we realize this. Readers will see that while we may not have been able to control an incident in the past, our reaction to it and how we choose to see it now is completely in our control. That is liberating. And then we can ask ourselves, what else do I have agency over? What else is going on in my life that I can look at differently? I didn't write this book to free myself, but in the process, I did. And I wrote a really honest, raw and generous story, the emotions and struggles of which I think readers will be able to relate to. Having said all that, there is something so beautiful in looking back and not having an explanation for how things transpired, and in recognizing all the moments that had to come together to create this one. Life can be a "choose your own adventure" novel and at the same time, our experiences are woven by the fabric of magic and mystery.

## **Why did you decide to write and publish *The Mysteries of Life, Love and Loss: A Memoir*?**

This story wouldn't leave me alone. It called to me urgently, ready to be told. But it wasn't easy. To write this book, I had to look back at my most mystifying choices through an emotional microscope, and in the process, resurrect the deep pain that was hidden within me, much of which I was numb to on the first go-round. And when I didn't remember, my nervous system reminded me that it was still there, waiting to be uncovered. This book explores heartache and healing, food and family, and worry and wonder. The drive to write my story was an expression of my fascination with the connections between those things. I wanted to answer my own questions about what happened, yes, but also about what it meant. I wanted to explore these questions for me, and for you. What if I said no? How can I be stronger for this? Is this getting me closer to the person I want to be? We often look for answers, but it's the questions that teach us the most. In hindsight, writing it all down got it out of my body and onto the page so that it lived somewhere else, which was the medicine I needed. It reminded me of the hardest things I had ever experienced. This is the book I had wanted to read back then. I wanted to know that I had every right to have a broken heart, but trading it in for ease would have denied me moments of profound beauty in the breaking.

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