

Sonia's Ring:

Miracles Do Happen

By Sonia Tita Puopolo

"With your book, SONIA'S RING: 11 WAYS TO HEAL YOUR HEART, you are helping and healing others facing difficult challenges. It is a great literary accomplishment!"

- Former Secretary of State and Former First Lady Hillary Rodham Clinton

"This is an amazing story... One worth knowing about."

- Ellen DeGeneres, *The Ellen DeGeneres Show* and *NBC's* new comedy hit TV show *ONE BIG HAPPY*



"11 WAYS TO HEAL YOUR HEART"

It is a privilege and pleasure to share my story and award winning book with you. SONIA'S RING: 11 WAYS TO HEAL YOUR HEART is the perfect MOTHER'S DAY present and a true treasure for all times! Do you want to know how do you heal a broken heart? How do you recover from what I call a "911 Moment"? My book provides the techniques and tools, as Mary Salada said in her BOSTON STRONG story for ABC TV network, I call my book a "how to cope" tool kit devised during my healing process from the loss of my mother and best friend on Tuesday, September 11, 2001. My mother, SONIA MERCEDES MORALES PUOPOLO, perished on American Airlines flight 11, the first hijacked plane to hit the Twin Towers. She was seated a mere two seats away from Mohamed Atta, the on-board leader of the terrorist attack. Her entire body was never found. Yet, my mother's left hand amidst 1.6 million tons of rubble was discovered and her ring completely intact. SONIA'S RING, my book describes this miracle, the message and more!

We all have our "911 Moments" and what I mean by that term is whether through an unexpected tragedy, the wrenching loss of a loved one, the piercing pangs of divorce, or devastating financial loss, the pain and suffering hurt, and for you, it is a horrible, personal 911 Moment. I turned to my own book when I was nearly killed by a hit-and-run driver.

The following is the 911 call never released before now as this was my own "911 Moment" experienced Friday, November 25, 2011 as I was on the way to an event for the ST. JUDE CHILDREN'S RESEARCH HOSPITAL to share my book and to spread my message of healing and love and that MIRACLES DO HAPPEN.

911 Dispatch: (Phone dialing...) 911, where's your emergency?

Nurse witness: calling 911, we're on worth ave and a car just ran over a woman's foot and he left the scene of the accident.
911 dispatch: what kind of car and which way did it go please?
Nurse witness: It's a Black Acura. He was heading east on worth avenue.
911 dispatch: OK, is the woman who got hit, the car ran over the foot?
Nurse witness: it ran over her foot and actually stopped on her foot. And she was screaming, "get, back up back up!"
911 dispatch: is she there with you?
Excuse me, Nurse witness: she's here.
911 dispatch: is she conscious?
Nurse witness: yes, she's conscious.
911 dispatch: is she breathing normally?
Nurse witness: she is breathing, I'm a nurse and my husband is a physician.
911 dispatch: your first name? And

you are a nurse?
Nurse witness: yes mam, and my husband is a physician and he is with her now.
Nurse witness: OK, here they come.
911 dispatch: do you see the officer?
Nurse witness: oh, yes, I see a fire truck, I don't know if they are coming here?
Nurse witness: EMS!
911 dispatch: yes, we sent them to you. If you can just flag them down when you see them. That would be good. Thank you

My left foot was crushed, I was in a wheel chair, told I would NEVER walk again and was bedridden for two entire years. SONIA'S RING: 11 WAYS TO HEAL YOUR HEART helped me heal from the catastrophic accident that almost took my life.
With PERSEVERANCE and all my 11 WAYS TO HEAL YOUR HEART, I have been able to move forward on my healing path day by day. Whilst I still have some difficult days and challenging times because of the nerve disorder CRPS (RSD) and it would seem that medical intervention and time would heal the injury, the ramifications of it had taken over my life. I had been left in excruciating pain. At times, my body broken down to the point where I was near death.

Indeed, what was going on is the result of a little known, devastating disease called CRPS. With all the brilliant advances made by medical

science, the workings of the nervous system are still a mystery to Western medicine.
CRPS (Complex Regional Pain Syndrome, also known as RSD, Reflex Sympathetic Dystrophy Syndrome) is the result of a nervous system gone terribly awry. One of the most important techniques for my healing is to keep a positive focus and the belief and understanding to know that MIRACLES DO HAPPEN and that with LOVE anything is possible. As I say in my book, LOVE LASTS FOREVER.

Now, my book initially was intended to help those in pain, suffering from their own "emotional" 911 moment. However, I know now that my book offers genuine good guidance to anyone with a heart who may need help to heal from physical pain and suffering too.

To buy the book and for more information on book signings and upcoming speaking events, I invite you to go to www.sontasting.com.

With Gratitude and Love, XOXO,
Sonia Tita Puopolo



"Life"
Life is so precious
Embrace it. Life could be better,
Do not think it,
Life is now,
Enjoy it,
Life is what happens,
While we are making other plans,
Life is like a quick blow
Of a flame from a small match:
Live!!! For Life is long, and the time... oh, the time
We spend here is so limited!!!
Life is so good and so wonderful!
Thank you, God!

By Sonia Mercedes Morales Puopolo