



A Little Book
of Courage
for the
Big Pandemic

Cheri Lovre



PRESS KIT

ABOUT THE BOOK



A Little Book of Courage for the Big Pandemic is for people who have been affected emotionally by COVID-19 and its effects. Some of us are struggling with grief and depression. Many are anxious about what may come next. And most of us are caught in the “lingering fog” of uncertainty as we wait for clear guidance to emerge. Based on experience with the aftermath of crises, Cheri Lovre tells us what to expect, how to prepare for any further difficult times, and how to make the most of recovery. It is healing and important to remember that all crises end. We will be whole again. What we think and do today, in the midst of our struggles with the pandemic, will help us recover from the effects of the pandemic, regain our former ability to function, and reinvent our lives. This book can help us learn how.

ABOUT THE AUTHOR

Cheri Lovre, M.S., has 40 years’ experience in responding to students dealing with death or tragedy. She started as a Behavioral Specialist working with students with emotional difficulties. She moved on to training crisis response teams for school districts nationally in the ‘90s. Also in the 90s, schools began calling her to help them respond to school shootings, and that became central to her work over the past two decades.

In the two years following 9/11, she has worked with schools in New York and New Jersey that suffered direct impact of the attacks. Some were schools that evacuated or received displaced students (“schools that fled”). Others were in communities in which many staff and students lost loved ones, but who were not close to the towers. In one high school, there were five staff and thirteen students who lost an immediate family member in the towers.

Responses range from natural disasters such as Hurricane Katrina and others to the tsunami in SE Asia where she joined a humanitarian effort in an orphanage in Sri Lanka, which was at war during that time. In addition to a number of school shootings, she is also called for suicide clusters, incidents involving sexual abuse or sexual relations between coaches or teachers with students and those life-shattering events that disrupt trust and good will within a community.

Ms. Lovre has authored several manuals and created materials on crisis response and provides training to school districts, ESDs, BOCES, IUs, school boards and others. She served on the Oregon Attorney’s General Safe School Task Force, and has provided training and technical assistance to state departments of education, national organizations and associations. Her experience includes working with FEMA, responding for NOVA (National Organization of Victim Assistance) to providing training for groups such as the national Green Cross Project and writing magazine articles for the American School Counselors Association. She gives keynote addresses, multi-day team trainings, a range of inservices and continuing professional development.



WHAT’S INSIDE

A Little Book of Courage... for the Big Pandemic features nine easy to read chapters and comes with a range of resources that will help you navigate some of the uncertainty felt by conditions surrounding us as we live in a pandemic effected world.

■Beginning at the End

We Are Not Lost

■Managing Trauma

Living with Trauma

Action Steps for Managing Trauma

More Action Steps for Managing Trauma

■Moving Forward

Phases From Now Till Then

Recovery and Foundation

Exercise: Draw Your Own Path

■Recovery

Naming It: Clarifying What we Feel

Reframing It: An Honest New Internal Dialog

Taming It: Finding a New Practice, Habit,

Support or Coping Strategy

Mindfulness and Self-Care

Habits of Recovery

■Living with Uncertainty

Why Uncertainty Immobilizes Us

Living with the Unexpected

Action Steps for Living with Uncertainty

Exercise: Living with Uncertainty

■Family and the Community

Reclaiming Childhood

Families with Adolescents

Adults and Communities

■Quieting Anxiety

Following the Path

Action Steps for Quieting Anxiety

Exercise: Quieting Anxiety

■For the Future

Affected

Returning

Stronger

Laying the Foundation

Action Steps for the Future

■Facing Grief and Depression

Grief Past and Present

Touchstones for Facing Grief

Into and Through Depression

Exercise: Managing Grief

AN EXCERPT FROM CHAPTER ONE

“We have many steps to take, and some unknown period of time to move through before the COVID-19 pandemic is fully behind us. Right now, the best immediate antidote to the uncertainty, difficulty and stress of this time is to remember the endpoint.”

TALKING POINTS

THE BOOK

- What makes uncertainty so uncomfortable?
- What are some of the common challenges for leaders, managers and administrators?
- How have people adapted in surprising and creative ways?
- Why is it so difficult for us to articulate our struggles with living in this time, with these necessary restrictions on our lives?
- How can people best prepare for our post-Covid world? (OR) What can we do while we're waiting for this to get better/resolve?
- What is the impact to children?
- What can people do to feel anchored in this time where things feel slippery or timeless or less organized or less predictable?
- Will good come of this? Why is grief a part of Covid? We recognize grief in the aftermath of 9/11 or hurricanes, but a pandemic?
- Why Covid is trauma-inducing for some.
- Is there a story of hope in this?
- How it is that what they learn is helpful for life in general?
- How this book can be helpful for managers, administrators and those in leadership

VIDEO



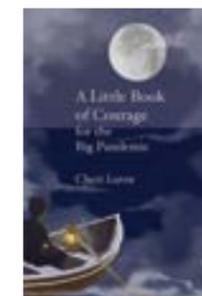
<https://vimeo.com/480873157>

TALKING POINTS

THE AUTHOR

- What prompted me to write the book?
- Why everyone needs to read it.
- Why I'm the right person to have written it.
- Take-aways (the elevator speech)
- Who is the audience (everybody)
- This is not just a self-help book, not just for those who are struggling. We will all need to emerge from this able to work with people who were gently touched by the pandemic, those who were impacted and had to work to recover, and those who struggled mightily. This is so foreign to us, this phenomenon that one thing had such rapid-fire impact on the whole world... creating enduring anchors and lasting relationships and solid institutions in our future will depend on all of us having a basic understanding of the impact this has had across the board as well, and we all need to come to a place of having extra patience and compassion for those who have not recovered as quickly as we have, those who sustained losses of loved ones, those who have lingering effects from their own illness of Covid... we need a common frame of reference.
- Why would people who are doing pretty well need this? Because we're all in this together, not just for our individual but also for our shared creation of our "new normal."

FIND MORE ONLINE



THE BUZZ...

"Immense wisdom is packed into this "little book." Author Cheri Lovre offers compelling and practical advice for navigating the painful uncertainty brought by the pandemic or by any of life's major challenges. With the crisis comes uncertainty and struggle -- but also strength (when we can choose growth over retreat and panic). A timeless resource, full of compassion." Amy Edmondson | Professor | Harvard Business School | Author, *The Fearless Organization*: (Wiley 2019)

"Issues like grief and depression have always been a part of the human experience but never before have so many human beings been exposed and forced to endure these challenging human experiences at the same time. But Cheri's book does much more than provide context and perspective, it offers many effective strategies for helping people to effectively deal with the assaultive and challenging psychological aspects of Covid." Allen Fertziger

"A Little Book of Courage for the Big Pandemic." provides a useful roadmap to help build strong families and resilient communities. It is an essential, practical guide for a healthy recovery from the numerous disasters and trauma so prevalent in our world." Robert (Ozzie) Rose | Executive Director (Retired) | Confederation of Oregon School Administrators

"What doesn't destroy us makes us stronger: We're learning the truth of that this year. Navigating the pandemic has tested our ability to pay full attention, cooperate, live with uncertainty and draw on old-fashioned guts. The Little Book of Courage is the most useful resource I've seen for helping us do that: those who've lost work, who've lost people they love, who've lost faith. As winter comes on, we're going to need it more than ever." Sally Helgesen | Author | *How Women Rise, The Web of Inclusion*

This book is written for anyone who can be helped by it, but I also acknowledge that it may not be sufficient for your needs. If you are lost or are losing a loved one to COVID, if you are a first responder or medical professional, or if you are a person whose job was deemed essential even if it put you at risk, your experiences may include more intense feelings of loss, grief and trauma than this book can fully address. ~ Cheri Lovre

THE PRODUCTION TEAM

Cheri Lovre, author

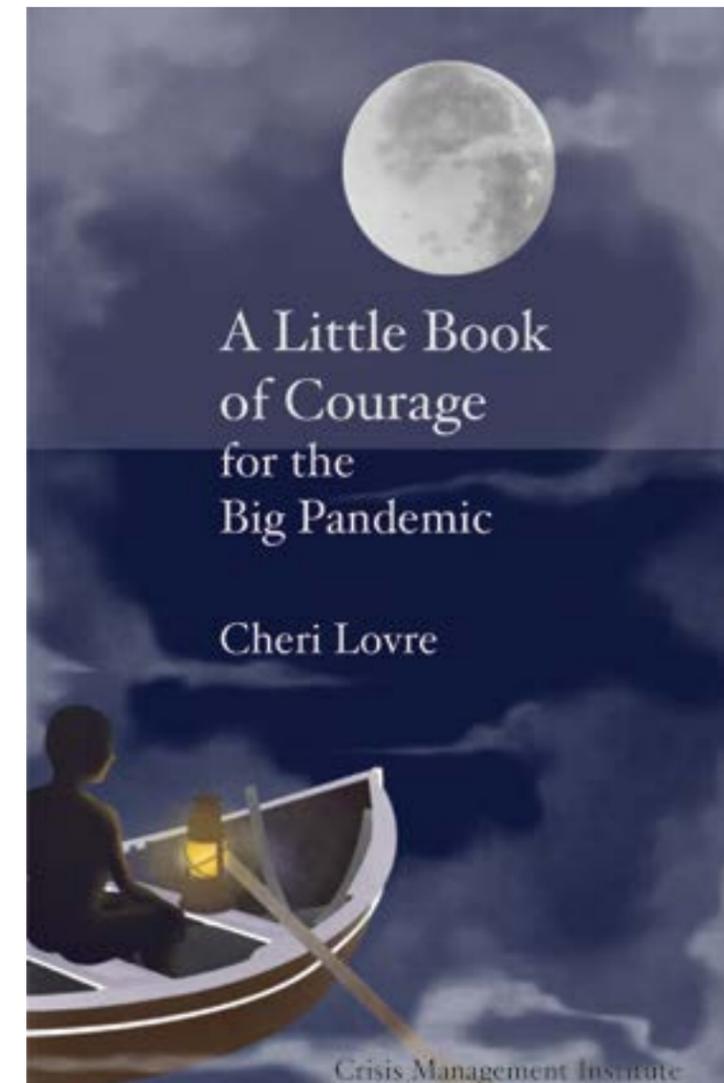
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**Available as a Kindle E-Book
Tuesday, November 24**

**Bulk orders and signed
copies available by visiting**

cmionline.com/little-book-of-courage

THE PRESS RELEASE



Crisis Management Institute's Cheri Lovre Announces the Release of A Little Book of Courage for the Big Pandemic

Portland, OR, Release: November 24, 2020. For immediate release

When Cheri Lovre began working with schools, it was for crises such as school shootings and 9/11. Midway through the summer of 2020, she realized that the pandemic was going to hit educational institutions -- and, by extension, parents and communities -- just as hard. It wasn't just the public health aspects of COVID-19 that would hit people hard. There would be lingering emotional effects as well: the kinds of aftershocks that could last for years. But with a little bit of upfront guidance, people could learn, as they had after other kinds of calamities, to get through with more equanimity and build their way back to a better future.

That's the purpose of A Little Book of Courage... for the Big Pandemic.

A Little Book of Courage... for the Big Pandemic features eight easy to read chapters and comes with a range of resources that will help you navigate some of the uncertainty felt by conditions surrounding us as we live in a pandemic effected world.

Read more about the book: <https://cmionline.com/little-book-of-courage/>.

Illustrating strategies for living with uncertainty, quieting anxiety, facing grief and depression, and managing trauma affecting us as individuals, families and communities, this title is both practical, highly educational, and inspiring. The topics in this book provide a framework for managing the trauma we feel and leads us through a process for recovery to a hopeful future.

The book will be available for purchase on Amazon and on the Crisis Management Institute website.

Lovre has published a number of books related to crisis and trauma management in the classroom. She is a sought- after speaker and crisis response facilitator, having responded to events such 9/11, the 2004 tsunami in SE Asia, the Amish school shooting in Pennsylvania and a number of nationally and regionally recognized mass-casualty events involving schools.

In a recent interview, Lovre stated, "A Little Book of Courage has a clear purpose to help people and their communities see the hope at the end of this pandemic."

Full details about the book along with further articles by Lovre can be found at: <https://cmionline.com/little-book-of-courage/>.

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