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SYNOPSIS:

When Cathy Agasar's husband of over twenty years was killed suddenly, leaving her to raise their three children alone, she finally took stock of how she'd been living—and made a choice which transformed everything. She'd been putting everyone else's needs first, which completely zapped her emotional, physical, and spiritual reserves—the exact reserves she desperately needed when her world turned upside down.

Cathy's journey to wellness started with one small step: acknowledging that she had choices. Her inspirational journey invites you to look at your own life, evaluate your joy levels, and shows you how to mindfully trust that with faith, anything can be achieved.

ABOUT AUTHOR CATHY AGASAR



Cathy Agasar believes that there were incredible gifts that came after the sudden death of her first husband. Using that experience as a catalyst for personal growth, Cathy completely transformed her life.

Although Cathy believes her entire adult life has been leading to her current health journey, she admits she did not understand what that meant until she purchased a holistic wellness day spa and knew nothing about how to run a holistic wellness spa. It wasn't until Cathy began to truly explore the mind/body/spirit connection for herself that her journey took a major turn that led her to live a life full of vitality. Through hard work and a desire to truly discover who she was and who she wanted to be, Cathy came through tragedy to triumph and is now living her best life ever.

Cathy and her husband, Jerry, reside and work in historic Bucks County, Pennsylvania, where they have merged their practices to serve the community together. She is the mother of six children and two cats and enjoys taking long walks, biking, reading, but most of all, spending time with loved ones. She is a woman of strong faith, grateful every day for the life she is living, and extremely honored to share her journey with all who will listen.

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You can also find Cathy on Facebook, LinkedIn, and Instagram by searching for Agasar Family WellCare at Inner Spa.

Keynote Speaking:

- Colon Hydrotherapy International Congress (CHIC). October 2019
- International Association for Colon Hydrotherapy (I-ACT), coming June 2020

FREQUENTLY ASKED QUESTIONS

Q. What is a self-care journey?

A: To me, a self-care journey is what you do every day to live life to the fullest. Self-care is not about having enough time and money to put into a program that is all the rage. It is about taking care of yourself in a way that keeps your body functioning optimally and living the life you deserve. It's about finding your mind/body/spirit connection and doing what you need to keep it in balance. It's about living an attitude of gratitude every day, one that keeps your outlook positive. Self-care is all about connecting to yourself so that you can find real joy and connection with your world.

Q. What are your top three self-care practices?

A: It's tough to narrow it down to only three self-care practices because they can vary day-to-day. However, there are three that I do daily because they set my intention for the day. First, I spend time in gratitude. It's the best way to begin and end my day, and even when I have challenging days, it helps me to keep my focus where it needs to be. Second, I move; notice I didn't say exercise, just move. Whether I walk or workout or dance around the house, I get moving for in the movement my body knows it is living. And third, I drink plenty of clean, fresh, pure water—at least half my body weight in ounces.

Q: What was the driving force behind you deciding to leave a “secure” banking job and purchase a spa?

A: I was excellent at what I did, but when I woke up one morning and realized someone else was raising my kids, I knew I had to make changes. I had been going through the motions, which wasn't fair to anyone concerned, so I left the bank and never looked back. I won't say it was easy, but it was what I needed to do.

Q: What's your “WHY” for working with the clients you do?

A: My “why,” plain and simple, is helping my clients along their wellness journey. It's my honor to support them, and I love when they come back and tell me how great they feel; it makes me feel good as well.

Q: What is colon hydrotherapy, and why should people care?

A: Colon hydrotherapy is basically a bath for your colon. The process is nothing more than water in and then water and out. Hippocrates promoted the notion of cleansing the bowel daily. With colorectal cancer the number two cause of death in the United States, focusing on colon cleansing just made sense. Colon hydrotherapy is a low-risk tool in a health care program that many people around the practice. Working with a professional, certified colon hydrotherapist is vital because you also get the benefit of learning about healthy digestion and your microbiome, as well as a healthier colon.*

Q. Do you see yourself as a role model?

A: I've never really considered myself to be a role model, but I have heard so many people say I inspire them; does that make me a role model? As I continue on my journey, I am aware that my actions have impact so if someone is watching me, I hope that I am leading by example and leaving a legacy of hope and courage to live life as the best version of oneself.

Q: How did faith support you through the loss of your husband, and how does it continue to support you?

A: God promises that He will never leave me or forsake me (Deuteronomy 31:6), and when there's nothing else to hold onto, that promise is a lifeline. It is my lifeline. Putting my trust in God's promises has sustained me through both good and not so good times. I know that I am just a speck in this vast world, but knowing that I matter to God and that His promises are given as much to me as to everyone else, that makes me feel not quite so small. It also makes me feel loved, and when we go through difficult times, knowing that you are loved can make a big difference in the choices you make to get through.

Q: What have been the most significant challenges when merging families, households, and businesses when you remarried?

A: From almost the beginning, Jerry and I knew that we were together for a reason. We are truly blessed that our children have blended themselves. It's such a joy to watch them when they are all together, and heartwarming that they want to spend time with each other. There is always a lot of love and laughter when we are together.

As for blending two households, that's still a work in progress. While it would be nice to wave a magic wand and have everything be "perfect," life has taught me things don't work that way. I think the biggest challenges have been to make new traditions while honoring those of the past. It's also an opportunity to remember that different histories are not barriers but bridges to new ways of doing things for new times and circumstances.

We both love how we serve others in our businesses, so seamlessly blending two distinct practices into one business was a little easier. Honestly, it's just another day at the office, and I wouldn't have it any other way!

Q: If you were to point to one thing as a game-changer on your path to wellness, what would it be?

A: Truly understanding the mind/body/spirit connection and how that played into my overall health and well-being was the game-changer. For so many years, I thought I was healthy and never paid attention to what my body was telling me. I picture the mind/body/spirit connection as a triangle. When I finally examined each side—*really* looked at my relationship with each side—I saw what my life could be. I also think that being honest with myself about the foods I ate and understanding what they were doing to not just my digestion but my overall health was particularly eye-opening.

Q: What's your biggest message to those who are on their own wellness journeys?

A: Learn everything you can and then make decisions that are good for your body. When you try something new, be sure to give it time. You didn't get to the place you are at overnight, so don't expect changes overnight either.

Q: What was your motivation to write this book?

A: Honestly, the idea of writing a book was born from all the encouragement and support that I received when I would talk with clients and friends. I was getting a massage one day, and as I lay there very relaxed, I had a vision of a book—*The Journey to Inner Spa*—that would talk about caring for the body and living well. As I started to write things down, it became clear that the story wasn't about the spa and what we do, it was about me and how I found my journey to self-care. As my journey continued to evolve, my writing direction changed so that in the end, I wanted to share a story—my story—of hope.

Q: What was the most challenging part of writing this book?

A: Making the time to sit and write. I never knew how distracted I could become until I needed to write. There were times I would sit in the living room after everyone had gone to bed and write because it was quiet. I wrote notes in between sessions because of something that came up during a session. I recorded messages on my phone while driving, so I didn't forget a thought that popped up. I even scheduled writing times in my calendar, but once I got on a roll, there never seemed like there was enough time to get it written. I never knew how lost I could get in writing, but once I got that first draft completed, it felt great to know I accomplished what I'd set out to do. What a kick!

Q. Why did you choose this title?

A: Originally, I didn't. I was talking with a friend who also wrote a book about her story to self-care, and she suggested I title my book *Will The Real Cathy Please Stand Up*. For many months, that was my working title, but after completing the first draft, I wasn't sure it was the right choice. When my editor/publisher came back after the first read-through and suggested a couple of alternatives, *The Gift of Loss: Transforming Tragedy* resonated. There are so many messages in this book that I do think the title sparks interest for each one.

Q. What does it mean to write a book?

A: I have always loved to write, especially letters and stories. I enjoy journaling (even though I don't consistently do so) and find myself writing things all the time. It's a way to get my thoughts out of my head and heart, an outpouring of my thoughts and feelings, so in writing a book—this book—I did all of that in a way that I hope will inspire others to find their journey to living the best version of themselves. We all have commonalities, and even if the circumstances are not exactly the same, we can learn from one another in a way that helps us to grow and live.

Q. How much time did it take you to write your book?

A: From start to finish, the first draft took about eighteen months, but I didn't write every day. I took several of those months to downsize my house of twenty-seven years, get married, merge two households and families, and then combined two practices into one fantastic center. There were times I wrote and became emotionally drained, and others that I would write for hours. The last six weeks of

writing were the most focused because I had a deadline to meet.

Q. What are three things people would be surprised to know about you?

A: I'm not sure, because I think I'm pretty open about who I am.

1. I'm an avid St. Louis Cardinals fan. Go Cards!
2. I have a competitive streak, and when challenged, I want to win.
3. I am a true redhead.

Q. What do you see as the outcome of your book?

A: First, I hope people enjoy reading it as much as I've enjoyed sharing it. I didn't always want to share my story, but I've come to learn that in sharing with others, we heal, learn, and grow for the next set of circumstances we encounter. If my experiences can help someone else through their situation, then all the better. We live in a broken world, and if my story can help just one person find hope for a better day, then I have done a good thing.

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