

January 06, 2023

For immediate release

Re: *Don't Worry About a Thing* by Katherine Yotides Sullivan, Green Reed Press, 2022, 404 pages, photos, \$18.95/paperback and \$9.99/Amazon Kindle.

For more information or for a review copy,
contact: kyotidessullivan@greenreedpress.com

Don't Worry About A Thing chronicles the life of a Maine girl in mid-twentieth century. In this coming of age memoir about life in a small town, Katherine Sullivan records her struggles to find her place in the world. Her father, a Greek immigrant, succumbs to a gambling life that throws the family into a perilous struggle and eventually to the disintegration of the family.

“Over the years, the anger, resentment, and shame I felt growing up poor,” said Sullivan, “diminished as I understood my parents were products of their environments, like we all are. The only way to get beyond the pain of growing up in a family with addiction issues such as mine is to forgive.”

Don't Worry About A Thing is an important addition, in general, to our understanding of life in small communities in the US in the last century and in particular, about how one individual can choose to embark on a hero's journey that leaves the past behind.

“Memoirs have become the people's voice,” said Denis Ledoux, Director of The Memoir Network, which worked extensively with Sullivan to produce *Don't Worry About A Thing*. “We are in the midst of an unprecedented explosion of memoir writing in which ordinary people claim a spot in *history*. Sullivan proves once again that the particular is universal.”

“Memoirs such as *Don't Worry About a Thing*,” said Ledoux, “are ones which focus on details, of information often thought to be marginal and so too frequently lost. A basic function of memoir is to give witness to a time gone by, and *Don't Worry About A Thing* succeeds admirably at this function, transcending the life of the individual who is its subject.”

The Memoir Network of Lisbon Falls, Maine, is devoted to helping people to

chronicle their lives in writing. Since 1988, the company has assisted thousands of individual to start and complete memoirs. *Don't Worry About A Thing* is one of hundreds of books the company has assisted clients to write.

The book is available through Amazon.com, Barnes and Noble or through: kyotidessullivan@greenreedpress.com.

Katherine Sullivan is available for an interview on request: kyotidessullivan@greenreedpress.com