

Literary Preview: *A Dime to Say I Love You* by Kathryn Henry

A Dime to Say I Love You is a deeply moving memoir that invites readers into the heart of Kathryn Henry's journey through love, loss, resilience, and spiritual awakening. At its core, the book is a tribute to her wife, Lisa Mahealani, whose battle with cancer and indomitable spirit shaped every page.

Kathryn's narrative is both raw and reflective, blending personal storytelling with universal wisdom. The memoir opens with the profound grief of losing Lisa, but quickly expands into a meditation on healing, hope, and the transformative power of vulnerability. Through chapters like "The Punching Bag," "Meditation & Quietude," and "Resilience Through Adversity," readers witness Kathryn's struggle to process pain, her search for meaning, and her commitment to honoring Lisa's legacy by living fully.

The book is rich with spiritual insights, drawing from Buddhist teachings, the Bhagavad Gita, and the wisdom of poets and philosophers. Kathryn explores themes of attachment, forgiveness, self-love, and unconditional love, weaving in stories from her own challenging childhood and the couple's shared journey. The recurring motif of "dime moments"—unexpected signs of love and connection—serves as a gentle reminder that meaning and comfort can be found even in the darkest times.

Each chapter ends with guided introspection, encouraging readers to pause, breathe, and reflect on their own lives. The memoir is not just a story of surviving loss, but a guide for anyone seeking to cultivate resilience, compassion, and joy amid adversity.

With heartfelt honesty and gentle humor, Kathryn Henry's *A Dime to Say I Love You* is a testament to the enduring power of love, the necessity of letting go, and the beauty of living with an open heart. It's a book for anyone who has loved deeply, lost profoundly, and is searching for a way to heal and thrive.