

Kathryn Henry - Media Kit

Author Bio (standard)

Kathryn Henry is a writer, spiritual seeker, and business leader whose life has been shaped by blue-collar beginnings, executive success, and profound personal challenges and loss. After a dedicated career leading global teams at lululemon, Gap, and Levi Strauss & Co., she stepped away from corporate life to honor a promise made to her late wife: to live fully, love deeply, and tell the truth of her experience.

Her debut memoir, *A Dime to Say I Love You*, is an unflinching account of heartbreak, abuse, and grief—and the transformative journey into hope, compassion and spiritual awakening that follows. Drawing on meditation, mindfulness, and wisdom from diverse traditions, her work resonates with those seeking meaning beyond the visible world.

She now serves as an advisor, mentor, and independent board director while continuing her journey of self-realization. When not traveling, writing or reading, she can be found golfing, connecting with family and friends, meditating under the California sun, or walking with her beloved dog through the beauty of the Napa Valley—eyes and heart open for the next dime.

Author Bio (short)

Kathryn Henry is a soulful storyteller, executive mentor, and spiritual seeker who hopes to help others navigate grief, purpose, and personal transformation through love, resilience, and radical presence.

About the Book | A Dime to Say I Love You

A Dime to Say I Love You is a deeply moving, untraditional memoir by Kathryn Henry that weaves themes of love, loss, and spiritual awakening. Kathryn's real life lessons and experiences are told through heartfelt vignettes, capturing the essence of a bond strengthened by adversity—her wife Lisa's eight-year battle with a rare cancer becomes a story of courage, laughter, and unwavering devotion. As the couple faces unimaginable challenges, their connection only deepens through shared moments, spiritual practices, and unexpected signs—like the dimes that appear when Kathryn needs them most.

Honest, hopeful, and profound, this book explores connection beyond physical limitations. For anyone navigating grief, seeking spiritual insight, or searching for signs of love beyond this life, Kathryn's words offer inspiration, solace, strength, and the gentle reminder: we are never truly alone.

This book is for:

- Anyone grieving the loss of a loved one
 - Caregivers and those walking with someone through illness
 - Spiritual seekers looking for signs and meaning
 - Executives and high-performers experiencing soul disconnection
 - Women navigating transformation after trauma
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Talking Points + Topics for Interviews

- What is an AFGO (Another F*cking Growth Opportunity)—and why it matters
 - How caregiving for a dying loved one becomes a sacred rite
 - The dime moments: what they are, how they appear, and why they matter
 - Why corporate leaders need to talk about grief
 - How grief made me a better leader, friend, and partner
 - The power of radical vulnerability in high-performance spaces
 - From silence to voice: healing from childhood trauma and how it shaped me
 - Stillness, prayer, punching bags, and crab dip: real rituals for embodied healing
 - What to say (and not say) to someone grieving
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Contact Info

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Follow Kathryn:

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Book Reviews

“[A Dime to Say I Love You] is a compelling testament to the transformative power of love and the indomitable human spirit, inspiring readers to find meaning and resilience in their own lives, even in the face of loss.”

—The Book Commentary

“Through tender memories, shared adventures, and reflective chapters, Henry turns her mourning into a sacred process of healing, illustrating how love can endure beyond death and how the heart expands even in the face of loss.”

—Readers' Favorite

“Raw, heartfelt, and deeply human, Kathryn Henry’s *A DIME TO SAY I LOVE YOU: A Journey of Love, Loss, and Spiritual Awakening* is as much a tribute as it is an exploration of grief, healing, and love in the face of profound loss.”

—Indie Reader