FOR IMMEDIATE RELEASE

**A powerful story of turning heartache into hope, autobiography**

***From Surviving to Thriving* reveals one mother’s story of infertility, premature birth and infant loss**

*Marking World Prematurity Day, book will be released November 17*

**November 9, 2017 (Toronto, ON)** – “*Walking toward the stairs, I was calling my husband, Stel, leaving a trail of blood as I walked. Waves of fear enveloped me. Stel came to me quickly, hearing the emotion in my voice. I noticed his face. He was attempting to appear composed, but I knew my husband well. I could see the terror under the facade of calm. We needed to get to the hospital quickly.”*

Fabiana Bacchini has spent many years telling her story of infertility, losing a baby, and spending months in the Neonatal Intensive Care Unit with a premature baby. The surviving son, Gabriel, developed health complications including Cerebral Palsy. As a volunteer at the NICU at Mount Sinai Hospital, motivational speaker, life coach, and mother to a special needs child, she took a tragic event and decided to use her experiences to help others. She put her journey in a book, *From Surviving to Thriving*, available November 17 (World Prematurity Day) at [Amazon.com](https://www.amazon.com/Surviving-Thriving-mothers-infertility-miracles/dp/1988757053/ref=sr_1_1?ie=UTF8&qid=1509364299&sr=8-1&keywords=Fabiana+Bacchini) and [Amazon.ca](https://www.amazon.ca/Surviving-Thriving-Mothers-Infertility-Miracles/dp/1988757053/ref=sr_1_1?ie=UTF8&qid=1509364382&sr=8-1&keywords=fabiana+bacchini).

“I use my story to empower other families and give hope that life goes on. Even after living a traumatic experience we can have fulfilled lives,” says Bacchini, who is a board member at the Canadian Premature Babies Foundation. “One in ten babies is born prematurely worldwide and it affects the entire family: emotionally, mentally, financially. Premature babies may have a lifetime of medical challenges, others will show learning and behavior issues later in life. For many families is very hard to recover from the emotional trauma. NICU mothers are at a higher risk of Postpartum Depression and fathers higher risk of PTSD.”

*From Surviving to Thriving* is both heart-wrenching and inspirational. Bacchini believes that sharing her personal stories in a book will allow the reader to embrace their own stories and challenges, no matter what they are. The book’s purpose is to inspire and motivate people to consciously decide to rise above their challenges. Bacchini’s stark and honest recount of losing a baby will resonate with many families healing from these shared experiences: “*A very caring nurse whispered all the events that were about to happen in my ears. ‘You are going to feel a push, and now…here comes Twin A.’ Michael, Twin A, had passed away the week before. From my left side, I watched the nurse cleaning him and wrapping him in a blanket. She then placed him in my arms. My baby, my Michael, was stillborn.”*

Bacchini and her husband, Stelios Nikolakakis, run the philanthropic organization Handfull Hearts ([www.hanfullhearts.com](http://www.hanfullhearts.com)) with the goal to give back to their community through education, fundraising, and volunteering. They support NICU families through their Journey Bead Program, and every year they organize NICU Holiday Baskets, collecting food for families staying long-term in the NICU. This year 110 baskets of essentials will reach all NICU beds at Mount Sinai Hospital, Sunnybrook Health Sciences Centre and Mackenzie Health.

Proceeds from the book go to Handfull Hearts to support programs for NICU families and families with special needs children.

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