



Choosing Hope: Moving Forward from Life's Darkest Hours

Kaitlin Roig-DeBellis, Robin Gaby Fisher

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"[S]tirring...a bold, inspiring and ultimately hopeful book."

--Arianna Huffington, co-founder and editor-in-chief of *The Huffington Post* and author of the *New York Times* bestseller *Thrive*

Kaitlin Roig-Debellis is the first-grade teacher at Sandy Hook Elementary School who saved her entire class of fifteen six- and seven-year-olds from the tragic events that took place on December 14, 2012, by piling them into a single-occupancy bathroom within her classroom, mere feet from the brutal and indiscriminate massacre taking place outside the door. Since then, despite the unimaginably painful experiences she endured, she has chosen to share her experience with others, in the hope that they too can find light in dark moments.

Choosing Hope is a lot of things. A written witness to a tragedy that will never be forgotten. A gripping firsthand testament to the power of good over the power of destruction. An inspirational memoir by a brave young woman whose story is one of courage, heroism, faith, and resilience. And a celebration of all the people who make the choice to pass along their hope and positivity to young ones—parents, mentors, and especially teachers. There is no moving on, but there is always moving forward. And how we move forward is a choice.

"[M]oving" -Wally Lamb, *New York Times* bestselling author of *We Are Water* and *She's Come Undone*

"[B]rave" -Karen Armstrong, *New York Times* bestselling author of *Twelve Steps to a Compassionate Life* and *The History of God*

“Although now I have witnessed the worst of mankind, instead of feeling bitter or regretful I have chosen to embrace gratitude. I believe in the power of kindness, the influence of educators and mentors, faith and God, and most of all I believe in humanity. Bad things happen to all of us, things that test us and impact us and change us, but it is not those moments that define us. It is how we choose to react to them that does.” —Kaitlin Roig-DeBellis

From the Hardcover edition.

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