

FOR IMMEDIATE RELEASE

**Contact: Jennifer Tucker
856-489-8654 x303
Jennifer@SmithPublicity.com**

***The Buddha at My Table:
How I Found Peace in Betrayal and Divorce***
By Tammy Letherer

**The Ultimate Betrayal... The Ultimate Blessing
POWERFUL NEW MEMOIR REVEALS, IN REAL TIME, ONE WOMAN'S JOURNEY
THROUGH PAINFUL INFIDELITY TO REDISCOVERING
JOY, LOVE, ACCEPTANCE & PEACE**

Tammy Letherer had been married for twelve years, with three children, when her husband called her to sit at the table. It was just before Christmas, and instead of talking about the logistics of upcoming family gatherings or crossing items off the shopping list, he was about to make their world come crashing down around them.

Letherer's husband revealed, in excruciating detail, that he had been unfaithful for a decade and that he had recently met a woman in Las Vegas who he wanted to be with. He was leaving her, and he wanted the whole thing to be "taken care of" as soon as possible. After he shattered everything Letherer thought she knew about love and faithfulness, he left her alone on her dining room floor to pick up the pieces.

In Letherer's unflinching, powerful, and ultimately hope-filled new book, *The Buddha at My Table: How I Found Peace in Betrayal and Divorce* (She Writes Press, October 2018), she opens up about that harrowing night and what came after. Letherer leaves no stone unturned as she retraces her steps, walking with the reader through the pain of betrayal and divorce to the strength and redemption of self-discovery, acceptance, joy, and peace. The turning point in her journey was, as the title suggests, the night she found a silent, smiling Thai monk sitting at the same dining room table.

Letherer didn't know it then, but the biggest hurdle of her life was about to become her greatest blessing. For the 30 million married women facing divorce or infidelity, as well as countless others who have been betrayed in their lives, and still others who are simply struggling, *The Buddha at My Table* is a beacon of light: they, too, can emerge on the other side better, happier, and stronger.

"I want to help people find peace in the midst of any challenge they may be facing," Letherer says. "If we interpret all events as perfectly-designed lessons, we can then use them when we feel lost to find our way back home."

Letherer's skills as a professional writer shine as she deftly conveys key lessons such as:

- It's easy to live in blame and become bitter when something terrible happens, but that it's crucial to pick yourself up and take a step forward.
- Peace becomes possible when one begins to consider that life is happening FOR you instead of TO you.

- Stay present to small kindnesses and comforts in the midst of trials.
- Even when you're facing your worst fears, there is a better, higher version of yourself that has gone ahead and is pulling you forward – you can trust it!
- You have a right to tell your story and to be heard.
- And much more!

A true page-turner from start to finish, *The Buddha at My Table* is at once raw and brimming with promise, refueling readers with a belief in themselves and their path forward.

Tammy Letherer is an author, writing coach, and blogger. She holds a degree in Journalism from Indiana University and has enjoyed a long and varied professional writing career. In addition to *The Buddha at My Table*, Letherer is also the author of the novel, *Hello Loved Ones* and the children's book, *My Health is in My Hands*. She lives in Chicago with her three children.

Read her blogs on [Huffington Post](#) or learn more about her work at [TammyLetherer.com](#). Also visit her on [Facebook](#), [Twitter](#), and [LinkedIn](#).

***The Buddha at My Table* is now available for [preorder](#) and will be available for purchase on October 16, 2018 from [Amazon](#), [Barnesandnoble.com](#), [Indiebound.org](#), and [Shewritespress.com](#).**

REVIEW COPIES AVAILABLE UPON REQUEST

###