



April 3, 2012

For Immediate Release --SAVE THE DATE

**The Mental Health Committee of Jewish Family Service Present Lauren Manning:
Unmeasured Strength: A Journey of Survival & Resilience**

Contact People: Dennis Ellman – 858-453-9600 (dme@behmedia.com)
Anya Moberly – 858-453-9600 (anya@behmedia.com)

WHO: Mental Health Committee of Jewish Family Service

WHAT: The Mental Health Committee of Jewish Family Service presents Lauren Manning: Unmeasured Strength: A Journey of Survival & Resilience

WHEN: Thursday, May 24, 2012
11:00 a.m. – 11:30 a.m. – Registration
11:30 a.m. – 1:30 p.m. – Luncheon and program
Event fee: \$48 prior to May 10, 2012*. \$55 thereafter. \$5 parking
Registration is required.
Register online at www.jfssd.org/mh2012 – (858) 637-3231

WHERE: Hyatt Regency La Jolla, 3777 La Jolla Village Drive, La Jolla, CA 92037

*\$15 for 1.5 CEUs for LCSWs and MFTs

Event generously underwritten by Caryl Lees White with generous support from the Lilian Kerr Memorial Bequest

###

Unmeasured Strength: A Journey of Survival & Resilience by Lauren Manning

“You are a true American hero.”–Oprah Winfrey

“I have found my new hero. Her name is Lauren Manning...Her determination is awe inspiring. She is the most remarkable woman I think I’ve ever met.”—**Katie Couric**

“This is a very inspiring book.”—**Barbara Walters**

“*Unmeasured Strength* is a gripping tale of [Lauren Manning's] long fight back from a devastating injury that easily could have killed her... She has valuable lessons to impart about the personal challenges of overcoming physical and emotional adversity.”

—*The Wall Street Journal*

Lauren Manning was a hardworking business woman, wife and mother of an infant son, with a confidence born of intelligence and beauty. But on 9/11, good fortune was no match for catastrophe. When a wall of flame at the World Trade Center burned more than 80 percent of her body, Lauren Manning began a ten-year journey of survival and rebirth that tested her almost beyond human endurance.

Long before that infamous September day, Manning learned the importance of perseverance, relentless hard work, and a deep faith in oneself. So when the horrific moment of her near-death arrived, she possessed the strength and resilience to insist that she would not yield—not to the terrorists, not to the long odds, not to the bottomless pain and exhaustion. But as the difficult months and years went by, she came to understand that she had to do more than survive. She needed to undergo a complete transformation, one that would allow her to embrace her life and her loved ones in an entirely new way.

Fleeing the burning tower, Manning promised herself that she would see her son’s face again. Courageous and inspiring, *Unmeasured Strength* tells the riveting story of her heroic effort to make that miracle—and so many others—possible.

“*Unmeasured Strength* is both an enduring story about the resilience of character and an ode to the human determination to defeat evil. Lauren Manning did what the mighty Greek Sisyphus could never do: push the boulder to the top of the hill and never let it roll down. She has written a brilliantly vivid, wholly empowering tour de force that makes the impossible seem possible; her inspiring example just may teach us how to reverse our fates.”

—**Lucinda Franks**, Winner of the Pulitzer Prize, author of *My Father’s Secret War*

###

ABOUT JEWISH FAMILY SERVICE OF SAN DIEGO

Jewish Family Service was founded in 1918 by a consortium of women’s clubs who sought to address the myriad of human needs of the time. Today, JFS is a comprehensive human service organization with eleven locations throughout San Diego County and three in the Coachella Valley. From its early grassroots origins, the agency now serves more than 35,000 people annually. Its programs and services include: Adoption; Case Management; Counseling; Crisis Services; Family Violence; Jewish Connections; Refugee Resettlement; Older Adult/Senior Services; Parenting, Youth & School-based Services; and Training/Education. Learn more about why JFS is *One Source for a Lifetime of Help* at www.jfssd.org

ABOUT THE MENTAL HEALTH COMMITTEE OF JEWISH FAMILY SERVICE

The Mental Health Committee of Jewish Family Service of San Diego provides resources and services for coping and living with mental illness and seeks to eliminate the stigma by increasing community awareness.

Linda Janon – Founder of the Mental Health Committee

www.jfssd.org/mentalhealth