

For Immediate Release:
August 8, 2016

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Accomplished Author, Susan Lee Mintz, Releases New Book,
Committed to Love A Woman's Journey through Love and Loss



Susan Lee Mintz is a baby-boomer, motivational speaker, author, lecturer and fitness guru from Troy, New York. She encourages and supports people by promoting wellness through diet, exercise, and "healthy choices." After the loss of her husband Jeffrey, Susan began searching for comfort and support which she later found through writing, exercise, cooking, and her faith. Susan still resides in Boca Raton, Florida.

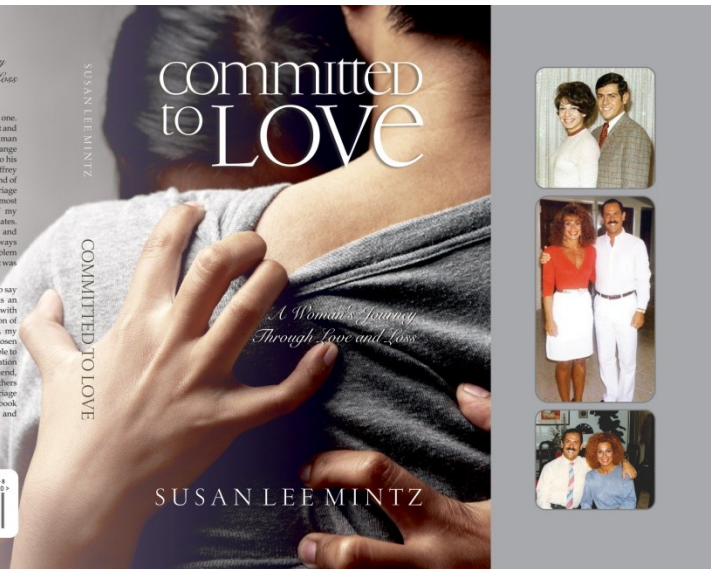
committed *A Woman's Journey*
to LOVE *Through Love and Loss*

My book entitled "Committed to Love" is a deeply personal one. It details the many issues and experiences I had to confront and deal with in my twenty-five-year marriage to a bisexual man who succumbed to AIDS. The twenty-four chapters in this book range from his diagnosis on June 19, 1992, with AIDS related pneumonia to his death on August 17, 1994. Every aspect of my relationship with Dr. Jeffrey A. Mintz, both as my best friend of thirty-seven years and my husband of twenty-five is explored in explicit detail. The challenge of a marriage under these circumstances was to say the least, both chaotic yet most rewarding. As I wrote and rewrote this introduction, many of my thoughts about love evoked images of champagne, roses, and chocolates. Yes, I had a lot of all of them in my marriage to Jeff, but the reality and truth about my life with him was that the word love for me had always meant commitment, unconditional acceptance, and facing every problem with a solution even if I didn't know what the solution would be or if it was the right one.

It is in this particular area that I feel my most powerful impact. To say that my marriage was unconventional and that it was difficult is an understatement. But, I would do it all over again because my journey with Jeff provided me the opportunity to discover my own true definition of love. For in those twenty-five years, I was able to find my core, my strength, my faith, my hope, and my true understanding that I was chosen to love him. I was chosen to stay with him. And I was chosen to be able to watch him become the stranger in my bed due to the horrific devastation that his virus brought. To this day, I remain in my heart, Jeff's wife, friend, care giver, and devoted partner. My hope is that with this book, others may gather up the strength and fortitude to commit to their marriage vows before God first and then, commit to their marriage. May this book give you the understanding of how remarkably strong you can be and how capable you truly are when "Committed to Love."

In memory of Dr. Jeffrey A. Mintz 30% of the proceeds will go directly to pay for HIV/AIDS medications for persons not able to afford them

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Boca Raton, FL... Author, Susan Lee Mintz has written and published a new book, *Committed to Love A Woman's Journey through Love and Loss* released this summer. This book will have readers asking themselves, do they have the capabilities to love someone unconditionally in spite of their faults. Susan's marriage to her late husband, Dr. Jeffrey Mintz, serves as the main subject for the book. It explores all the known and unknown secrets in her marriage and what both she and Jeff did to protect their prestigious image as husband and wife.

"I wrote this book because there was nothing else I could do when Jeff was in the hospital. It was the only way I could deal with this horrific time in my life," said Susan. "It started as a journal on June 20, 1992 and everyday this woman wrote to save herself, to provide comfort for herself, to clear out her heart and head, and to cope. It became my therapy. My salvation," Susan concluded.

Committed to Love is a true autobiography that took Susan over 22 years to get published. Susan wants people to know that writing can save your life and that no one is exempt from

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experiencing life's challenges. We all have our cross to bear. Hers was AIDS. But if you trust God and have faith, you can survive anything. It will show your true Commitment to Love.

Susan has self-published other books as well. *Safe Sex Never Tasted So Good*, a healthy and sexy cookbook. *And I Held Their Hands with a Hospice Heart*, which will be released this upcoming November. She is also launching a cookbook series in 2017 entitled *Cooking with Yeshua*.

Committed to Love is a must read for book clubs in 2016!

About the Author

Susan Lee Mintz is a baby-boomer, motivational author, lecturer and fitness guru from Troy, New York. She currently resides in Boca Raton, Florida where she's known for encouraging and supporting people by promoting wellness through diet, exercise, and "healthy choices." Susan is a member of Jesus People Proclaim International Church in Deerfield Beach. Susan is the executive director of their Wellness Center and the "I Love My Life Ministry".

Susan has appeared on the 700 Club with Pat Robertson in a segment entitled "Till Death Do Us Part" and she has also been featured on TBN's Praise The Lord program. Susan was a contributing writer for Prophetess Cynthia Thompson's Women You Will Magazine which is geared to empowering, motivating, and educating women about issues important to women about women. Susan wrote a monthly cooking column entitled "Cooking With Yeshua" for the JPPIC newsletter.

Susan's legacy includes having written a weekly motivational column for the Boca Raton Newspaper and had been a guest speaker at the 2008 National Black HIV/AIDS Awareness Dinner (NBHAAD) held in West Palm Beach. Susan's abstinence only program was presented before the Women of Tomorrow Organization at Booker T. Washington Senior High School in Miami and Florida. Susan was a volunteer with the Comprehensive AIDS Program of Palm Beach County, Real AIDS Prevention Program (RAPP), Urban 9 Minority AIDS Network, Palm Beach County Substance Abuse Coalition (PBCSAC), The American Foundation For Suicide Prevention, The American Red Cross and Hospice By The Sea in Boca Raton. Susan's lecture

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series entitled **"YOU DON'T GET AIDS FROM LOVING SOMEBODY"** has been presented throughout South Florida as she speaks openly about abstinence and testing in order to stop the spread of this deadly disease. Susan gives her testimony before youth and single ministries, in high schools, churches, synagogues, organizations, and other venues in regard to HIV/AIDS testing, education, and awareness. Susan is still an HIV/AIDS advocate for testing and believes that mandatory legislation for testing of all STD's should be put in place.

Once a professional dental hygienist, Susan married her elementary-school sweetheart, **Jeffrey**, at the age of 22. Their marriage was passionate and full of ups and downs with the surprising revelation that Jeffrey was bi-sexual. Her enduring love and unconditional acceptance for Jeffrey during this difficult period never wavered. For 25 years, Susan kept her commitment to their marriage. In June 1992, Jeffrey was diagnosed with AIDS. She rallied with him in the fight for his life. On August 17, 1994, Jeffrey passed away in the privacy of their home with the help of hospice. Jeffrey's death left Susan searching for comfort and support which she later found through writing, exercise, cooking, and her faith.

Ordering Information:

\$22.95 Paperback // \$12ea for Bulk orders of 25+

\$26.95 Hardback // \$14ea for Bulk orders of 25+

\$9.995 eBook

Order at **www.PurposePublishing.com**

Leave comments to Susan **www.SusanMintz.com**
