

For Additional Information:
Michelle Gines
816.401-7527
www.PurposePublishing.com

Susan Lee Mintz
smintz7179@aol.com
www.SusanMintz.com

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



Susan Lee Mintz is a radio host, 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 seeking for comfort and support which she later found through writing, exercise, cooking, and her faith. Susan still resides in Rochester, Florida.

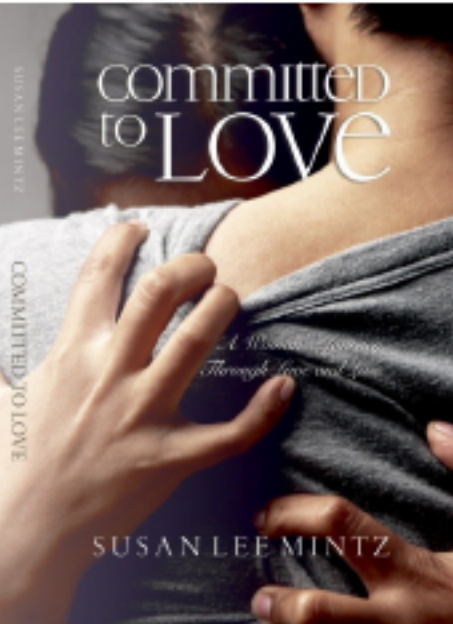
committed to LOVE *A Woman's Journey Through Love and Loss*

My book entitled "Committed to Love" is a deeply personal one. It details the many emotional experiences I had as a woman and And with it the twenty-five year marriage to a brilliant man who succumbed to AIDS. The twenty-five chapters in this book range from his diagnosis in June 19, 1992 with AIDS-related pneumonia to his death on August 11, 1994. I have spent my relationship with Jeffrey A. Mintz, both as my best friend of thirty-seven years and as husband of twenty-five is explored in eight chapters. The challenge of a marriage under these circumstances was to say the least both chaotic yet most rewarding. As I write and rewrite this autobiography, some of the thoughts about love, respect, compassion, grace, and forgiveness. Yes, I think a lot of all these in my marriage to Jeff, but the reality and truth about me. It's with that love that the world knew, for the last eleven years, unconditional, unselfish, a sacrifice, and having every problem with a solution as if I didn't know whether or not I could solve it in my thoughts.

It is in this particular area that I had my most personal remark. I mean that my marriage was unconventional and that it was difficult in an unconventional. But, I would not allow myself to be seen as a woman with just a procedure in the opportunity to discover my own transformation of love. For in those twenty-five years, I was able to find my own strength, my faith, my hope, and my understanding that I was there to love him. I was always loving with him. And I was always there to watch him because the stronger I was, he had to be there. I am certain that his encouragement. In this day, I mean it my heart is with you, your own goals, and devoted passion. My hope is that this book, when you gather up the strength and faith to support in this writing, you will understand that and then, understand that marriage. And this book give you the understanding of how remarkably strong you can be and how capable you really are when "Committed to Love."

In memory of Dr. Jeffrey A. Mintz, 30% of the proceeds will go directly to the AIDS Memorial Fund. For more information, please contact the publisher.

PURPOSE PUBLISHING
www.PurposePublishing.com



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

For Additional Information:
Michelle Gines
816.401-7527
www.PurposePublishing.com

Susan Lee Mintz
smintz7179@aol.com
www.SusanMintz.com

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

For Additional Information:
Michelle Gines
816.401-7527
www.PurposePublishing.com

Susan Lee Mintz
smintz7179@aol.com
www.SusanMintz.com

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