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Finding Solace from Grief in *Morning Leaves*

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"This book is dedicated to Ginna / who abruptly left too early. / Cracked me open. / And whispered *today*. / *Now*."

These are the first words of *Morning Leaves*, an upcoming poetry collection authored by Laing F. Ridders in the wake of her younger sister Ginna's untimely death due to the repercussions of obstructive sleep apnea (OSA), a frequently undiagnosed medical condition that causes people to stop breathing during sleep and can lead to a range of cardiovascular and other health issues.



Ridders is a leader in the field of OSA as an investor in and cofounder of a medical device company that treats patients with OSA.

"I was immediately struck by the searing irony," she writes in an essay introducing *Morning Leaves*. "My company had treated thousands of people, yet I failed to help her."

Despite the urgency that can be read in her opening dedication, Ridders's collection draws peaceful respite for herself and her readers. Through her reflective poetry, Ridders carves a path towards healing through counseling, art, and connection with the natural world. Her free-flowing, accessible work serves to guide readers hoping to do the same.

Accompanying Ridders's deeply felt poems are breathtaking drawings from naturalist illustrator Kelly Leahy Radding.

Morning Leaves is an insightful, honest examination of what it means to grieve the loss of a loved one. Ridders's vulnerable, evocative, and ultimately hopeful poems invite readers to join her as she continues to heal, and her work is the perfect gift or self-purchase for readers who find themselves facing a death in their own lives.

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About This Title

The Collective Book Studio

Available May 16, 2023

Hardcover

8 in. x 6 in.

104 pages, with illustrations throughout

9781685555955

\$19.95 USD, \$26.95 CAD

About Laing F. Ridders

Laing F. Ridders grew up in New York City, attended Harvard College, and received an MA in Psychology from Columbia University. She is a Co-founder and Executive Chair of ProSomnus Sleep Technologies, which develops medical devices for the treatment of Obstructive Sleep Apnea. She currently lives in Southern California, with her husband, children, and dogs.

About Kelly Leahy Radding

Kelly Leahy Radding honors the natural world she loves through her art. She finds all aspects of nature interesting subjects for her paintings. Animals, plants, butterflies, rocks, the sometimes overlooked minute details of Nature, are to her an integral and necessary part of the whole. Kelly grew up in rural Connecticut on the edge of a state forest and has come full circle living on a farm in Columbia, Connecticut at the end of a dirt road surrounded by woods. She shares the farm with her husband, her brother, three gray cats, seven elderly goats and one perfect border collie.

About The Collective Book Studio

The Collective Book Studio is a woman-owned, independent press based in Oakland, CA that publishes high quality lifestyle, gift, and children's books. Founded by industry leader Angela Engel in 2019, the Collective leads the West Coast publishing scene with innovative content and tactile design. The Collective's award-winning titles have been featured in *The New York Times*, *The Washington Post*, *Publishers Weekly*, *Booklist*, *The Today Show* and more.

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