



Coast to Coast with A Cat and A Ghost

Judy Howard

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New book brings readers along as author drives motor home across country to new stage of her life “Coast to Coast with A Cat and A Ghost” by Judy Howard follows author’s cross-country journey and her struggle with loss SUN CITY, Calif. – “Coast to Coast with A Cat and A Ghost” (ISBN 1461153786), an autobiographical account by Judy Howard, follows the author’s road trip across country after the death of her loving yet at times abusive husband. When her husband of twenty-five years, Jack, passes away, Howard is faced with an overwhelming sense of loss. She takes to the road in her Winnebago on a journey of self-discovery accompanied by her cat, Sportster, and Jack Incarnate, a life-size stuffed doll she creates with an eerie resemblance to her late husband. During their travels she and Sportster experience the beauty of the land as she resolves her troubled memories through conversations with the doll. She comes to terms with her deep love for her husband despite the abuse that was part of their relationship and discovers how she became a stronger woman for it. “The book is a narrative, both of physical travel and of emotional and spiritual evolvment,” says Howard. “It leads the reader through the hills and valleys and provides insights to fear and bravery.” Howard aims to weave an emotionally-charged narrative with humorous anecdotes and a unique perspective on life, engaging and inspiring the reader. She looks to take the readers on a ride into her new stage of life, through the joys of travel, over unexpected bumps in the road with glimpses of the world through her eyes and even the eyes of her cat to a final destination that is hope. “Coast to Coast with A Cat and A Ghost” is available for sale online at Amazon.com and other channels. About the Author Judy Howard started grooming dogs in her parents’ basement at the age of eleven. After spending her adult life working in this profession, she was inspired after her husband’s death to pursue writing, something she had always wanted to do. “Coast to Coast with A Cat and A Ghost” is her first novel. Howard resides in Sun City, California. She has already begun the second book in her newfound career. MEDIA CONTACT: Judy Howard E-mail: jhoward1935@gmail.com Web: www.sportsterandme.com REVIEW COPIES AND INTERVIEWS AVAILABLE

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