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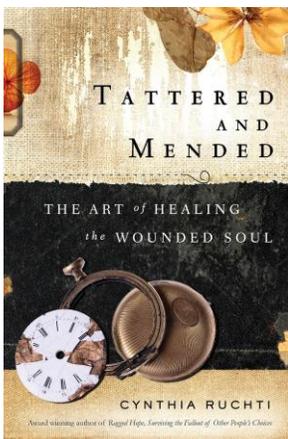


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PRESS RELEASE

God doesn't just create something beautiful from broken pieces. He makes art.

Author Cynthia Ruchti pens a new book that is "hemmed in hope" for hurting readers



Seattle: For anyone who has been battered and bruised by the storms of life, award-winning author Cynthia Ruchti has penned her new book, **Tattered and Mended: the Art of Healing the Wounded Soul** (Abingdon Press/July 7, 2015/ISBN: 978-1426787690 / \$15.99). We all have moments when we feel shattered, wounded and needing to piece together the broken pieces of our hearts and lives.

The idea for the book came to Ruchti one day as she sat at her desk with her fingers resting on the worn keys of her computer keyboard. She typed a three-line premise that she says seemed to come not from her mind, but the deep end of her soul:

People are tattered. Some say, "Then let's make tattered fashionable."

But God invites us to mend.

Ruchti says the concept lingered with her as she thought about the people in today's culture who have given up on ever finding true mending, opting instead to wear their brokenness as a badge of honor. It's a survival method but a dangerous one. "Some have lost hope that they could ever claw their way back to wholeness," Ruchti reveals. "The truth is that God takes the tattered and shattered and makes art of those shards, those frayed threads."

Using the allegory of both ancient and modern creative mending techniques, Ruchti paints a compelling picture of how God not only sews the ripped fabric of our lives but turns our pain into something beautiful and noteworthy "I've filled a [Pinterest board](#) with examples of the Japanese *sashiko* and *boro* mending stitches," Ruchti explains. "Those delicate, precise, careful stitches from hundreds of years ago were meant to strengthen weak fabric on common items. Now they hang in museums, admired by people like you and me who marvel at their workmanship and beauty. I'm overwhelmed by the comparisons here to how the end result of our soul mending can be an encouragement to someone else, possibly many years later."

While Ruchti admits no formula exists for those searching for wholeness, *Tattered and Mended* focuses on understanding and creating a soul environment conducive to mending, and includes practical tips, action points, questions to ask and prayers for the journey to healing.

Ruchti hopes *Tattered and Mended* reminds readers that it's one thing to believe God can heal our wounded souls — it's another thing to understand His intention is to make artwork from our messes and distresses. With a gentle touch and personable wisdom, Ruchti shows how even the most threadbare soul can once again become a thing of true beauty.

For more information about *Tattered and Mended* and Cynthia Ruchti, visit www.cynthiaruchti.com. You can also become a fan on [Facebook](#) ([Cynthia Ruchti](#)) or follow her on [Twitter](#) ([@cynthiaruchti](#)) and [Pinterest](#) ([cynthiaruchti](#)).

Praise for Cynthia Ruchti

"Ruchti is one of the most beautiful writers in the market."

~ Colleen Coble, author of *Seagrass Pier* and the Hope Beach series

"What a beautiful book! So readable, the pages practically turned themselves. *Ragged Hope* is filled with stories written for those who are weary, worn and wounded. It offers each of us exactly that—hope that God can do a mighty work even with those of us who carry the ugliest of scars."

~ Debbie Macomber, #1 NYT bestselling author

About the Author



Cynthia Ruchti tells stories *hemmed in hope* through her novels, novellas, nonfiction books, articles and devotionals, drawing from 33 years of on-air radio ministry. Ruchti has 15 books in print and has received numerous awards and nominations, including the RT Reviewers' Choice, ForeWord Reviews Book of the Year nominations, two Selah Awards, Christian Retailing's BEST and ACFW's Carol Award, among other honors.

One of Ruchti's greatest joys is helping other writers grow in their craft. To that end, she serves as co-director of the Green Lake Christian Writers Conference, has served as worship and devotions staff for the Write-to-Publish conference and teaches at other conferences such as the Blue Ridge Christian Writers' Conference and CLASeminars Writers' Conferences as opportunities arise. She also serves as the professional relations liaison for American Christian Fiction Writers.

Ruchti speaks frequently for women's groups and serves on her church's worship team and creative arts team. She and her husband live in the heart of Wisconsin, not far from their three children and five grandchildren.

To keep up with Cynthia Ruchti, visit www.cynthiaruchti.com. You can also become a fan on [Facebook \(Cynthia Ruchti\)](#) or follow her on [Twitter \(@cynthiaruchti\)](#) and [Pinterest \(cynthiaruchti\)](#).

Suggested Interview Questions

- For whom did you write your new book, *Tattered and Mended*?
- You say when you sat down to write *Tattered and Mended* one premise filled your heart. Can you share with us what it was?
- Why did you choose to use fabric as an allegory throughout the book?
- Is there a formula or prescription for finding healing in *Tattered and Mended*?
- You write about the practice of sashiko (sah-SHEE-koh) and other decorative mending techniques. What do these practices symbolize to you?
- Humans try to heal themselves by slapping a bandage on the wound. How does God heal differently?
- Why do you think many people remain in a broken state?
- Tell us about a time in your life when you felt tattered and in need of mending.
- What can we learn about healing from the miracles Jesus performed while He was here on earth?
- Many people don't find wholeness because they can't let go of hurt and resentment. Why is forgiveness so closely tied to emotional freedom?
- How do you hope this book will offer strength and hope to those who are going through a difficult circumstance?
- What do you mean when you say you're an "observer-writer"?
- What is the significance of the phrase "hemmed in hope"?

Cynthia Ruchti is available for interviews to promote the release of *Tattered and Mended*. To request a review copy, schedule an interview or for more information, please contact Audra Jennings, audra@lifusegroup.com.

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