

## PRESS RELEASE

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### **CATHOLIC MEDIA ASSOCIATION PRAISES *PILGRIMAGE: A DOCTOR'S HEALING JOURNEY* BY DR. DONNA CHACKO AS A TOOL TO HELP EACH OF US HEAL**

[University Park, Maryland, USA, July 2022]

The 2022 Book Awards of the Catholic Media Association selected *Pilgrimage* for First Place in Marriage and Family Living, Honorable Mention in Healing & Self Help, and First Place in Self Published Books, saying this:

“To help enforce her message that inside each of us is the power to improve our own lives the author is brutally honest in sharing the details of her own life. We learn of the struggles she faced in her marriage and her career and she provided us with tools we can use to begin to heal from all the struggles we face in our own lives. The choice is ours. If we commit to this journey we can improve our mental and physical health and we can find ourselves growing closer to God in the process.”

Dr. Chacko's story is personal, but her message is universal: each of us has more power to improve our own health than we acknowledge.

In early 2021 the Kaiser Family Foundation reported that 4 out of 10 adults report symptoms related to anxiety or depression, up from 1 out of 10 in 2020; they also reported increases in substance abuse, sleeping disorders, and chronic health conditions. At the same time, access to healthcare is challenging for too many Americans, church attendance is falling, and families are often too stressed and busy to deal with the problems. In *Pilgrimage*, Dr. Chacko shows how trust in God and self-care can help solve these problems. In sharing her journey, she provides the map and compass to lead, empower, and inspire others to take their own courageous first steps towards the healing of body, mind, and spirit.

Kenny Lin, MD, MPH, deputy editor for American Family Physician, writes, “Readers will come away with a broader understanding of health, the power of prayer, and the many paths toward personal and spiritual fulfillment.”

***Pilgrimage: A Doctor's Healing Journey*** (ISBN: 978-1-64388-652-7, paperback, \$14.99; ISBN: 978-1-64388-653-4, ebook, \$7.99; 256 pages, Christian Living/Memoirs), is available through Amazon, Barnes & Noble, and other outlets. In 2022 *Pilgrimage* was also recognized with Gold Medal Awards from Illumination Book Awards and from Reader Views Literary Awards. More information on *Pilgrimage* can be found at [serenityandhealth.com/pilgrimage](http://serenityandhealth.com/pilgrimage), including the book trailer and a free copy of the first chapter.

**Dr. Donna Chacko** practiced radiation oncology and later family medicine. She and her husband raised three daughters in Florida. After his death she moved to Washington, DC, where she cared for the poor until 2013. Now retired, Donna lives in Maryland. She and her second husband are active at St. Mark the Evangelist Catholic Church in Hyattsville. Donna is available through her ministry, Serenity and Health, for interviews to discuss her book, overcoming adversity, faith-based transformations, mind-body-spirit health, and related topics. She writes a monthly blog on topics of mind, body, and spirit health at [serenityandhealth.com](http://serenityandhealth.com).