

## Publisher's Note

*Vitality Knocks* is Anita Heidema's first publication, one in which she shares a collection of fictional yet relatable life stories through the eyes of a woman called Vitality. What makes this book stand out, in part, is the way in which each chapter is structured, offering quotes of wisdom, engaging stories, and invaluable guidance to the reader. It is both captivating and heart-warming.

Growing up in her neighbourhood, Vitality learns many of life's hard lessons early on in her journey. The stark realities of those younger years, and the insights she gained, equip her for the trying times that lay ahead. Drawing on her instincts, Vitality develops an innate ability that sees her through many challenging situations; ultimately contributing to the person she is today, a devoted friend, successful lawyer and an amazing mom.

*Vitality Knocks* will serve as a very meaningful read for many, and imparts sweet support and lasting wisdom just as the author, Anita Heidema, has intended.

We sense that this is just the beginning of what Anita has to offer. The *Vitality Knocks* series is sure to be a collection you'll want to follow—it's one that will lift your spirits, and remind you of some priceless life lessons every time you pick it up.

Sheri Andrunyk

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