

HEART OF THE MATTER

LYNN BLAKE

PREPARE TO EMBARK ON AN UNFORGETTABLE PATH FROM NEAR-DEATH TO NEWFOUND LIFE!

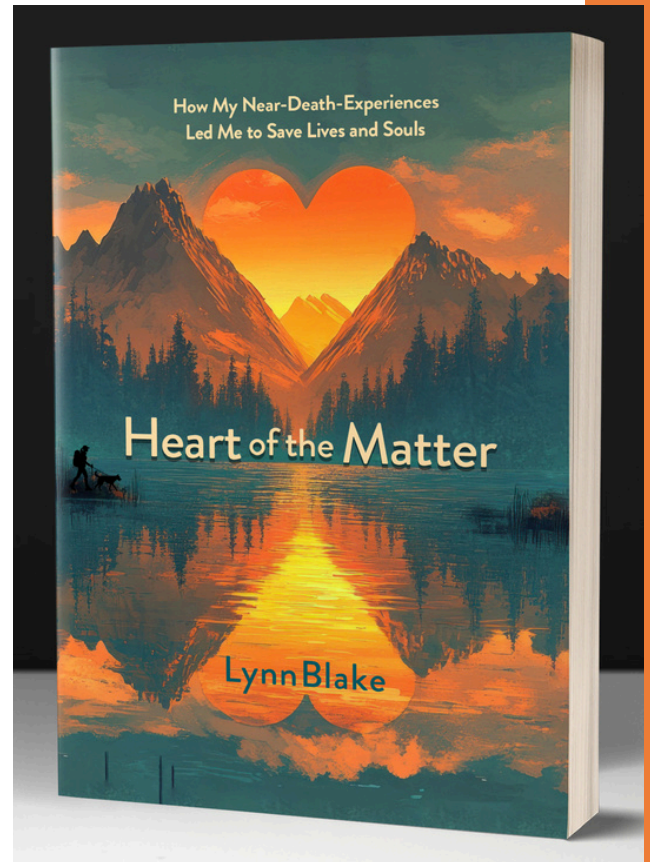
Only a young newlywed, Lynn Blake's heart stopped without warning. She was given a second chance at life—but survival was only the beginning. Would she let trauma define her, or would she turn it into a force for change?

In *Heart of the Matter*, Lynn shares her struggles with grief, healing, and personal growth in unexpected challenges, living with an implanted pacemaker-defibrillator, and the weight of unanswered questions with tender honesty. Through it all, she discovers resilience, guidance, and a mission to save lives and souls.

Set against the breathtaking backdrop of the Colorado mountains, this inspiring story invites readers to embrace life's peaks and valleys, proving that even in our lowest moments, hope and transformation are within reach.

More than a memoir, *Heart of the Matter* offers practical wisdom, including 17 Steps to Overcome Anxiety and Find Hope for the Heart, as well as access to reflections on life's biggest questions from the perspective of a survivor.

Thrive in life by discovering your own *Heart of the Matter*!



LESSONS LEARNED FROM LYNN'S LIFE:

- Challenges Inspire Growth
- Practical Steps Reduce Anxiety
- Knowledge and Action Save Lives
- Accepting Mortality and Spirituality Brings Peace
- Imagination Reveals the Afterlife and Unknown

PRAISE FOR THE BOOK

*"The story of Lynn's journey back from cardiac arrest is **remarkable, inspiring, and something well worth reading** . . ."*

—**Ryan Sutter**, Firefighter and Star of ABC's hit reality series *The Bachelorette*

*"As a fellow survivor, I'm **grateful to Lynn** for sharing her experiences in Heart of the Matter—it reminded me we're never truly alone after surviving. There's still so much work to be done—and **this book empowers every reader** to be part of the solution to save lives."*

—**Susan Ford Bales**, Cardiac Arrest Survivor and **Daughter of the 38th President of the United States**, Gerald R. Ford, and First Lady Betty Ford

*"Part educational, part inspirational, and part intimate. An enthralling memoir that invites readers into an intimate journey of resilience and hope. A must-read for those who find strength in stories of triumph over life's challenges. **Every reader will walk away with something.**"*

—**Alexia, Reader**

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PRaise FOR THE BOOK

*"Deeply engaging and profoundly personal, Lynn's work opens a path for others to explore the eternal in their own lives. I wholeheartedly applaud her mission to bring encouragement and hope to others. I am truly excited to witness the **transformative impact this book will have on so many lives!**"*

-Craig S., Pastor

"An incredibly inspiring memoir that highlights extraordinary ways Lynn's paid it forward. The ideas, commitment, and impact are amazing. I hope to follow in even a few of the ways Lynn has."

-Robert K., Cardiac Arrest Survivor

THE SHOCKING TRUTH

Lynn initially proposed this raw, unfiltered image as her book cover because this is the reality of cardiac arrest. It's not just a medical event—it's a life-shattering moment that unfolds in real time, often with loved ones watching in shock. If they're lucky, someone nearby knows CPR. If they're even more fortunate, a defibrillator is within reach. But more often than not, there's silence—until emergency responders arrive, frequently too late.

She couldn't ignore this truth, which is why she still chose to feature the photo in her book. Awareness matters, and lives depend on it. Sharing this story is about more than her survival—it's about giving others the knowledge and tools they need to save a life when seconds matter most.



BOOK PROCEEDS BENEFIT LIFESAVING INITIATIVES

ABOUT THE AUTHOR



Lynn Blake is a survivor, advocate, and leader in the movement to save lives from sudden cardiac arrest. In 2007, at just twenty-seven years old, she survived a near-death experience thanks to the immediate use of CPR and a defibrillator—an experience that changed the trajectory of her life. Determined to transform her survival into purpose, she has devoted herself to raising awareness, improving survival rates, and advancing public health initiatives.

Her advocacy has sparked international awareness campaigns, legislative advancements, and earned recognition from organizations such as the American Heart Association and the American Red Cross.

Outside her work, Lynn is a devoted wife and mother who finds joy and peace in the mountains of Colorado. Whether hiking, skiing, or reflecting on the beauty of nature, she draws strength and inspiration from the world around her.

CONTACT

PUBLISHER: HEART HOPE
PO BOX 9152, AVON, CO 81620
REQUESTS@HEARTHOPE.ORG

HEARTHOPE.ORG



ISBN (PAPERBACK): 979-8-9993855-0-5
ISBN (HARDCOVER): 979-8-9993855-1-2
ISBN (EBOOK): 979-8-9993855-2-9
ISBN (AUDIO): 979-8-9993855-3-6