

SELF-CHECK MONTH INSPIRES A JOURNEY OF HEALING: Iesha Congo Watson's Book Signing at Barnes & Noble

In honor of Self Care Month, join Iesha Congo Watson's book signing for 'A Walk Through the Valley' on Feb 4, 2 pm at Barnes & Noble, Christiana Mall.

BEAR, DE, UNITED STATES, January 23, 2024 /EINPresswire.com/ -- In celebration of February as Self-Check Month, join author and speaker [Iesha Congo Watson](#) for an enlightening book signing at Barnes & Noble, Christiana Mall, on Sunday, February 4th, at 2 pm. The month serves as a poignant reminder to prioritize self-awareness and proactive health measures.

Iesha's book, "[A Walk through the Valley](#)," aligns with the spirit of Self-Check Month, offering a heartfelt testimonial of her journey through

grief and healing. Having experienced the profound loss of both a daughter and a son in recent years, Iesha's words resonate deeply with the challenges life presents and the strength found in faith.

The book provides strategic insights and inspiration for navigating the stages of grief, offering solace and encouragement to those facing similar struggles. Iesha's story goes beyond personal grief; it becomes a beacon of hope for others, a reminder that amidst life's darkest valleys, one can find resilience, healing, and a deeper connection with faith.

"I aspire to uplift and encourage others through my testimony," says Iesha. "I hope that my words will reach many and touch the hearts of all who may need it."



Author Iesha Congo Watson

Self-Check Month emphasizes the importance of taking time for introspection and recognizing the need for self-care. Ilesha's book signing event aims to create an atmosphere of reflection and support, fostering a sense of community and shared understanding.

The book signing at Barnes & Noble promises to be an enriching experience, bringing together individuals who seek inspiration, healing, and connection. Ilesha's story, intertwined with themes of faith, resilience, and self-discovery, resonates with the broader message of Self-Check Month—encouraging everyone to take proactive steps toward a healthier, more mindful life.

As we navigate life's challenges, Ilesha's journey is a testament to the power of faith and self-reflection. Join her at Barnes & Noble, Christiana Mall, on February 4th, at 2 pm, for an event beyond a book signing—a celebration of life, resilience, and the shared human experience.

In the words of Ilesha, "I hope that my words will reach many and touch the hearts of all who may need it, reminding them that God will never leave you nor forsake you, and He is close to the broken-hearted."

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In life's valleys, resilience blooms. Embrace the journey, for every step paints the portrait of strength and hope”

Ilesha Congo Watson

Let this event be a collective step toward self-awareness, healing, and a celebration of life—because amid challenges, there is an opportunity for growth, resilience, and a deeper connection to the inherent strength within us all.

Ilesha Congo Watson
Beauty for Ashes Ministries

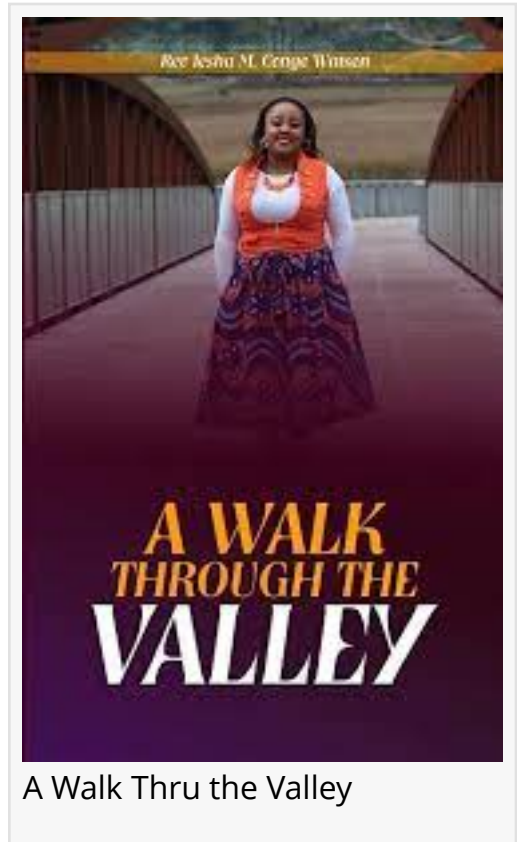
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Author Isha Congo Watson

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