

# Debut Author, Amateur Ballroom Dancer, and Former Educator Merrie H. Reagan Presents 'Life Flashes: A Memoir'

*New Insights into mental illness and recovery, human relationships, psychology, spirituality, religion and western medicine*

COHASSET, MA, UNITED STATES, January 9, 2025 /EINPresswire.com/ -- Debut author, amateur ballroom dancer, and former educator [Merrie H. Reagan](#) is sharing a ground-breaking memoir offering new insights in areas of mental and emotional illness and recovery, human relationships, psychology, spirituality, religion and western medicine.

You are invited to travel with Merrie H. Reagan as the author of [Life Flashes: A Memoir](#) undergoes recovery from long-time illness and confidently moves forward, interacting from far and near with national, local, personal, and animal figures and at the same time looks back at over sixty years of life experiences having occurred amid world-changing events.

While writing *Life Flashes: A Memoir* for over a decade, Ms. Reagan developed new perceptions about spirituality and religion commonalities and differences, mental health recovery process, foundations of human relationships, connection between earthly life and afterlife, and new developments and practices that are coming of age in western medicine, which include eastern medicine practices. Writing the memoir enabled Ms. Reagan to rediscover and share universal truths.

Merrie H. Reagan began writing *Life Flashes: A Memoir* in diary form eighteen years ago this month, in January 2007. First edition of the book was published fourteen years late in 2021; second edition of the work was published in 2023. The book is available on Amazon.com and Barnes and Noble.com.

Author website address for the book is <https://merriehreagan.com>



Ms. Reagan is a freelance writer, amateur ballroom dancer, former small business owner, and former educator who resides outside Boston, Massachusetts.

#### About the Author

Ms. Reagan is a debut author, who enjoys writing, reading, ballroom dancing, home making, and yard work.

“

Stunningly, dependence on Transcendence is not a crutch; dependence on Divinity enables a person to be truly independent, truly free. P.S. No humor, No faith. No exceptions.”

*Merrie H. Reagan*



Merrie H. Reagan

Merrie H. Reagan

+1 781-626-2370

[email us here](#)

Visit us on social media:

[Facebook](#)

[Instagram](#)

[YouTube](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/773804426>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.