

# New Memoir *Life's Been a Blast* Highlights Alabama Clinic Worker's Journey After 1998 Bombing

*Life's Been a Blast* is for anyone ever misunderstood or overlooked—a powerful story of one voice sparking real change.

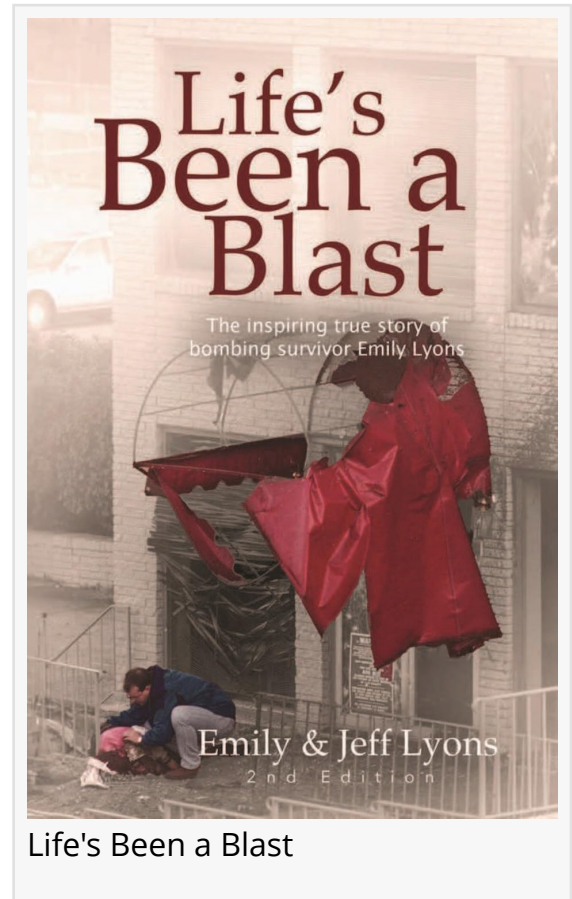
HOMESWOOD, AL, UNITED STATES, May 16, 2025 /EINPresswire.com/ -- A courageous new memoir, *Life's Been a Blast*, tells the gripping story of Emily, a dedicated Alabama women's clinic worker whose life was forever changed by the 1998 bombing of the clinic where she served. The book offers a powerful account of survival, resilience, and unwavering advocacy for women's reproductive rights.

Emily spent years on the front lines—nursing, counseling, and supporting women during some of the most difficult times in their lives. Her devotion to her work came with risks. In 1998, a domestic terrorist attack on the clinic left her gravely injured, both physically and emotionally. The bombing shocked the nation and marked a turning point in her life.

Rather than retreat, Emily stood stronger. She became a voice for those often silenced, receiving threats, enduring public backlash, and carrying trauma that would overwhelm most. *Life's Been a Blast* documents her fight to keep showing up—for her community, for her beliefs, and for herself.

This memoir is not just about tragedy; it is about rising after the fall. Emily's calm demeanor often led others to underestimate her, but those closest knew her as a quiet force of nature. Her strength, even in the darkest hours, is a reminder that courage doesn't always roar—sometimes, it stands quietly and refuses to be moved.

The title, *Life's Been a Blast*, plays on both the literal bombing that tried to silence her and the metaphorical upheavals that shaped her journey—from personal trauma to political setbacks



like the overturning of Roe v. Wade. Yet through it all, Emily remains defiant, saying: "Not much intimidates you once you've been blown up."

Co-written with her husband, *Life's Been a Blast* is a tribute to perseverance, a call to action, and a voice for countless women who fight for their rights out of the spotlight. This book is for anyone who believes in justice, dignity, and the power of one voice to create lasting change.

For media inquiries, interviews, or review copies, please contact:

Purchase the book at: <https://www.amazon.com/Lifes-Been-Blast-Birmingham-survivor-ebook/dp/B0DQB1VW1D>

Emily Lyons

Team Emily Lyons

[email us here](#)

Visit us on social media:

[Facebook](#)

[Other](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/812345201>

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.