

Helen Fernald Touches Hearts at the 30th Anniversary of the LA Times Festival of Books

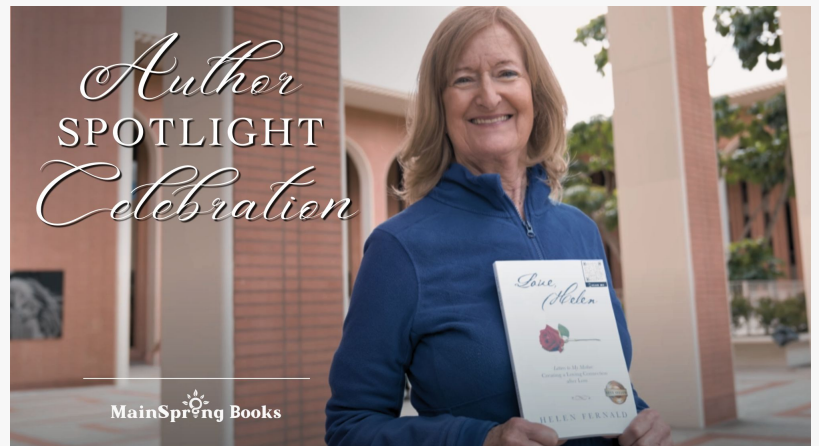
Author of Love, Helen shares a moving story of loss, remembrance, and healing through written connection

LOS ANGELES, CA, UNITED STATES, July 1, 2025 /EINPresswire.com/ -- Author [Helen Fernald](#) delivered a heartfelt and unforgettable presence at the 30th Anniversary of the LA Times Festival of Books, held April 26–27, 2025, at the University of Southern California. Through a moving recorded interview and a touching book signing organized by MainSpring Books, Fernald shared the deeply personal story behind her memoir, [Love, Helen: Letters to My Mother – Creating a Loving Connection After Loss](#).

The book is a collection of letters written sixteen years after the unexpected passing of her mother—an act that began as a private journey of healing and blossomed into a public testament of love’s enduring reach. “Grief is real,” Fernald shared during her interview, “but when we befriend it, we open ourselves to deeper compassion—for ourselves and for others.”

Festivalgoers were visibly moved by her authenticity as she spoke about loss, remembrance, and the redemptive power of emotional connection. Her insights offered comfort to many who have experienced grief, while also offering a sense of community and understanding.

Fernald described her experience working with MainSpring Books as “phenomenal” and “personal,” noting how meaningful their support was throughout her author journey—from in-depth reviews to the opportunity to participate in this milestone literary celebration.



With compassion and clarity, Fernald's appearance at the festival echoed the message of her memoir: that love doesn't end with death, and that healing is possible when grief is embraced with honesty and heart. Her presence left festival attendees inspired, comforted, and reminded of the profound connections that shape our lives—long after loss.



Proceeds from *Love, Helen* benefit Friends of Aine, a nonprofit supporting grieving child—extending Fernald's legacy of healing even further.

“

Grief connects every single human being. To help others befriend their emotions—that's a gift I'm grateful to offer.”

Helen Fernald

Marketing Team
MainSpring Books
+1 888-672-9597

[email us here](#)

Visit us on social media:

[Facebook](#)

[YouTube](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/827422809>

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.