

When I opened Diane How's manuscript of *Peaks and Valleys* I wasn't sure what to expect, but soon found myself lost in a nostalgic visit to the past as a guest on a sentimental journey through time. Diane lays out an introspective look at her life that will be easily understood by those who grew up in small town America in the Post WWII generation. Her story is reflective and inspirational and her complete honesty about the major events in her life offers the reader a chance to accompany her on a trip back in time to an idyllic place that was fraught with personal hardship and youthful self doubt. The strong character that emerges from the recesses of Diane's youth shaped the adult who achieved success in her career and marriage, but often repressed self doubt about where her life was going. The reader will be touched by this book like I was, and for those of us of a certain age, better able to understand our own lives.

Jerry Pionk, Ph. D

\$ 7.99

Memoir

Peaks and Valleys



Diane M. How