

## BIO

Alissa Lukara is the author of *Riding Grace: A Triumph of the Soul* (Silver Light Publications, February 2007) and is a writer and president of [Lifechallenges.org](http://Lifechallenges.org), a nonprofit website of articles, self help tools, and inspirational stories, which help people around the world creatively face and transcend adversity. Lifechallenges.org has been featured in popular books by the author SARK, magazines and websites, including those of the American Chronic Pain Assn., the Assn. for Humanistic Psychology, the Muscular Dystrophy Assn., and the Art and Healing Network.



She offers presentations to groups, drawing on her personal healing experiences and the larger perspective she gained from them. She also produces and hosts the award-winning television program, “*Transcending Life Challenges*.”

She grew up near Cleveland, Ohio, and has lived in Denver, San Francisco, Los Angeles and New York City. She now makes her home in Southern Oregon with her life partner, Jonah, and her cat, Orianna. For more information, visit: [www.ridinggrace.com](http://www.ridinggrace.com).