

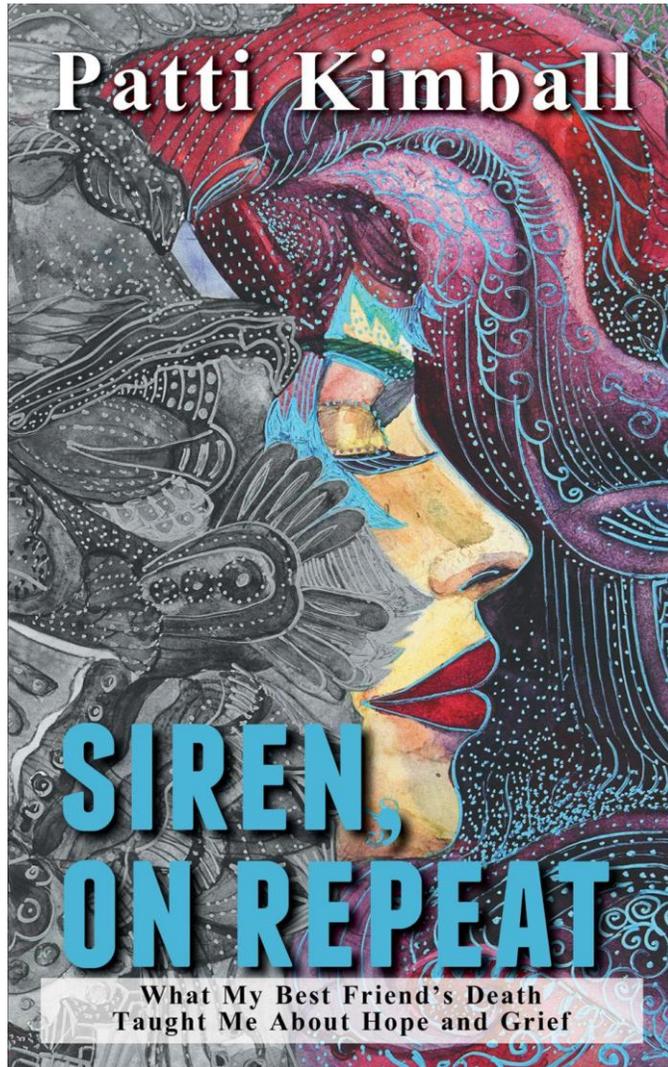
## Siren, On Repeat

What My Best Friend's Death Taught Me About Hope and Grief  
by ■ Patti Kimball

CONNECT WITH THE AUTHOR

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### About the Author

Born and raised in Peterborough, Ontario, Patti Kimball has felt the call to help others throughout her life. Her completion of the Social Service Worker program gave her a solid base; from there, she has worked as a Practical Nurse with a focus on community nursing, an Emotional Health Practitioner, and a certified Mindset and Emotional Wellness Coach trained in the Emotional Wellness Technique. Helping others to achieve emotional wellness is her passion in life.

Patti lives in Bridgenorth, Ontario, with her husband Dave, daughters Robyn and Morgan, and their dog Gracie.

### About the Book

Patti Kimball learned about grief early in life. At the age of fourteen, her best friend Aprile died suddenly from a congenital heart condition. Aprile was a light in Patti's life and a pillar of her community; she was brave, kind, and sensitive to the needs of people she cared about. Her absence was deeply felt by her friends and family.

Left to cope with Aprile's tragic loss during her most formative and tender years, Patti became resilient by following Aprile's example. Patti nurtured her own grief, allowing herself to feel and show emotions without shame. She also nurtured those around her, maintaining a close group of friends who supported her throughout her life. But her journey wasn't easy; Patti's grief was raw, real, and emotional. People weren't always kind to her as she mourned her beloved friend, and she was forced to learn the power of forgiveness.

Lush with nostalgic 1980s images and by turns sweet, funny, and heartbreaking, *Siren, On Repeat: What My Best Friend's Death Taught Me About Hope and Grief* is a unique memoir that heals through storytelling. By sharing her own experiences through relatable and eye-opening anecdotes, the author offers healing and hope to both herself and the reader, shining a light onto a dark path and honouring the memory of a cherished girl who did so much with her short life.

### NON-FICTION

Biography & Autobiography  
Personal Memoirs, Self-Help, Grief, Friendship

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Author: Patti Kimball

## Death of Peterborough teen prompts book by grieving friend

### Siren on Repeat crafts a touching story of loss and recovery

PETERBOROUGH – The unexpected death of teenaged Aprile McIntosh shocked the city of Peterborough in the winter of 1988. One minute, she was heading to the bus stop for a night out with friends, then she collapsed in the snow not far from her home.

Since that evening, her close friend Patti Kimball has been processing that loss and what it meant for her family and social circle. That journey culminates in a new book entitled [\*Siren on Repeat: What My Best Friend's Death Taught Me About Hope and Grief\*](#). No matter how much Patti tries, she still feels the echoes of the ambulance going by her house that night.

The book begins with the girls meeting and bonding while attending King Edward Public School in Peterborough. The book is lush with nostalgic 1980s' images as the text turns from sweet and funny to heartbreaking. Ultimately, the bond between Patti and Aprile endures for decades with remarkable results.

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To arrange an interview with author Patti Kimball, email [info@pattikimball.com](mailto:info@pattikimball.com) or call 705-927-1175.

# Sample Questions

1. What motivated you to write this book?
2. What journey will readers take with you in its pages?
3. What makes your book unique from other books about grief and loss?
4. What do you want readers to learn from your book?
5. In what ways would you like the topic of grief and loss to change in society?
6. What do you think Aprile would think of this tribute to her?

# Reviews

“Kimball ably describes the circular natures of grief and its related emotions, including guilt, blame, and regret. Strategies for managing these emotions are named in the context of events particular to her tale, with the book’s lessons embedded in her distinctive experiences. It names ways that Kimball kept her own memories alive, created space for emotional release, and leaned on friends—comforting, familiar examples that are grounded in specificity.

*Siren, on Repeat* is an elegiac memoir about an ebullient friendship cut short by death—and about practical methods for managing long-term grief.”

— *Foreword Clarion Reviews*

“After outlining various aspects of grief, the book transitions to describing how the author moved forward with her own life, and she revealingly shares coping strategies that she learned and myriad experiences that taught her resilience—and ultimately, how to pay tribute to a loved one while also seeing good parts of the human experience..... A deeply authentic and wise reflection on grief and recovery.” .”

— *Kirkus Reviews*

# Testimonials

"I highly recommend reading this book about the grief associated with losing your best friend, your North Star in high school. It's touching, moving and empowering. Patti Kimball, thank you for your vulnerability and courage and sharing your story to the world!"

- *Belinda Ginter, Mindset Expert*

"If you've lost someone or know someone trying to cope with grief, this book is a heart-lifting, helpful and empathetic guide to this process. Patti lost her best friend at age 14 and continues to have a rapport with her long after Aprile's death. I highly recommend this book."

- *Lois Tuffin, Former Editor in Chief,  
Peterborough This Week*

"My friend Patti Kimball lost her best friend suddenly when we were teenagers. As you can imagine, it was devastating. Her journey through grief was profound and, as an adult, she's written this book about that journey. It's a story that is helpful for anyone struggling with grief with specific tools to guide them their journey. I feel it would be helpful for anyone needing support. Please, check it out."

- *Joel Scott, Director of Donor Relations  
and Communications Community Care  
Northumberland/Ed's House Hospice Care Centre*