

## Press Release

### New Publication:

### **I'm Simply Doing It Now – About the Courage to Take the First Step**

**A book about loss, crisis, and the power to rebuild your life**

**Wiehl, December 2025**

What do you do when life changes everything in an instant? When Yvonne Simon's husband died, she lost more than her partner—she lost her sense of security, her daily routine, and every plan for the future. She faced existential questions: How do I go on? Where do I find stability? What direction should I take?

Instead of staying paralyzed by grief, she chose motion. She began traveling alone, walked the Portuguese Camino de Santiago, and after 25 years in banking, resigned from her corporate job. Step by step, she learned to navigate uncertainty, loss, and transition. Today, as a certified systemic coach, resilience trainer, and expert in Positive Psychology, she supports people at turning points in their lives.

### **About the Book – Finding Your Way Through Crisis**

Yvonne Simon doesn't just tell her story—she shows how she navigated profound loss and emerged transformed.

**Personal and unflinching** – she writes openly about grief, loss, and the courage to begin again

**Travel as transformation** – her journeys around the world become powerful metaphors for stages of self-discovery

**Tools for your own journey** – ten practical exercises at the end of the book help readers find their own path out of crisis and stagnation

"I'm Simply Doing It Now" speaks to anyone asking: How do I navigate a major transition? How do I reconnect with myself? What do I truly want from my life?

### **Why This Book Matters**

**Biography meets practice:** Yvonne tells her authentic story while offering concrete guidance for taking your own first step.

**Journey as metaphor:** Her travels around the world and along the Camino become metaphors for courage and self-discovery.

**Practical wisdom:** Ten exercises invite readers to plan and take their own steps forward.

**Authentic voice:** Grief, loss, courage—Yvonne speaks openly about what shapes people in times of transition, combining lived experience with professional coaching expertise

**Who This Book Is For**

People in crisis or transition—professionally or personally

Readers seeking inspiration, clarity, and practical steps beyond crisis or stagnation

Media seeking authentic stories that resonate with universal questions about meaning, loss, and reinvention

**What Our Readers Say**

"I am deeply moved by the questions. Especially by this one: Do you live a fulfilled life? What strikes me so powerfully right now is this statement: Life time is precious. Too precious for a life that isn't truly yours." –  
Julia Carina Irgmeier

**Why Yvonne Simon Is a Compelling Interview Partner**

Yvonne Simon brings authenticity and clarity to every conversation. She speaks openly about loss, grief, courage, and transformation—topics that resonate deeply with people everywhere.

She combines lived experience with professional expertise, opening the door to some of the biggest questions of our time:

How do we navigate crises?

How do we find our path (again)?

How do we begin anew?

What does self-determination mean today?

Whether print, podcast, TV, or radio—Yvonne Simon is an inspiring and highly competent interview partner.

**Review Copies and Interview Requests**

Lebensgeschichten-Verlag

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