

Action Not Words: A Journey from Chaos to Calm

A Moving Historical Novel Inspired by a True Family Legacy



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A journey from chaos to calm



CHRISTINE EMMA CAREY

Tomah, Wisconsin Jan 31, 2026 (IssueWire.com) - **Action Not Words: A Journey from Chaos to Calm** is a deeply personal and historically grounded novel that traces the life of John Bland, a decorated World War I officer whose quiet courage shaped generations. Drawing from real family history, the book explores love, loss, resilience, and the enduring belief that actions define a life more powerfully than words.

About the Book

John Bland emerged from the First World War recognized for bravery and leadership—honours he rarely acknowledged himself. Like many veterans of the Great War, the horrors he witnessed were largely unspoken, deemed too painful and too senseless to recount. After the war, and following the death of his first wife—a Belgian nurse he met on the frontline—John sought a new beginning in England with his young, motherless daughter.

Determined to create stability and peace for his child, John rebuilt his life amid personal grief and social scrutiny. His later love for a woman sixteen years his junior, a mill worker in the factory he managed, sparked family conflict and deep disapproval. Further tensions arose from a domineering sister who sought to raise the child as her own, and from the challenges of blending culturally diverse backgrounds within a traditional Yorkshire household.

Facing judgment, resistance, and doubt, the couple endured through mutual respect, instinctive understanding, and an unwavering belief in one another. At the heart of John Bland's life was a guiding principle that shaped every decision he made: *actions speak louder than words*. This philosophy became his legacy—one remembered, honoured, and passed down through generations.

John Bland was the author's grandfather. The baby boy in the story was her father.

About the Author

Christine Emma Carey was born in Yorkshire, England, and spent her professional life living and working in Derbyshire and Lincolnshire before relocating to Brittany, France with her husband in 2011. She dedicated 33 years to secondary education, serving in a variety of leadership roles and concluding her career as the Principal of two successful schools.

Now retired, Christine Emma Carey divides her time between family—spread across countries and generations—travel, gardening, and writing. A lifelong love of history, nurtured by stories shared by her grandmother, inspired her to write her first novel. Embracing French culture and language fulfilled a long-held dream, while writing *Action Not Words: A Journey from Chaos to Calm* presented a new and deeply rewarding creative challenge.

Inspiration Behind the Book

The author's inspiration began in childhood, with a framed citation of her grandfather's World War I military award displayed in the family home. Years later, discovering his battle orders and personal love letters reignited her curiosity and emotional connection to that era. As relatives completed the family tree

and uncovered additional historical artifacts, her desire to tell this story grew stronger.

Grounded in authentic historical detail and enriched by anecdotal storytelling, *Action Not Words* captures not only a life lived through extraordinary times, but also the values and cultural legacy passed down through generations—encapsulated in one enduring maxim.

Message to Readers

“The encouragement and support of family and friends gave me the courage to write this book. Writing had always been a dream for ‘one day,’ and suddenly I realized that in my seventies, it was now or never. The time felt right to share my family’s legacy so future generations might learn something about the life, culture, and values of that period.”

You can visit her books on Amazon : <https://www.amazon.com/Action-Not-Words-Journey-Chaos-ebook/dp/B0FY3ZL5M/ref>

Previous Media Coverage

- *Spotlight TV with Logan Crawford*

<https://www.youtube.com/watch?v=VnR-XHXV5uM>



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