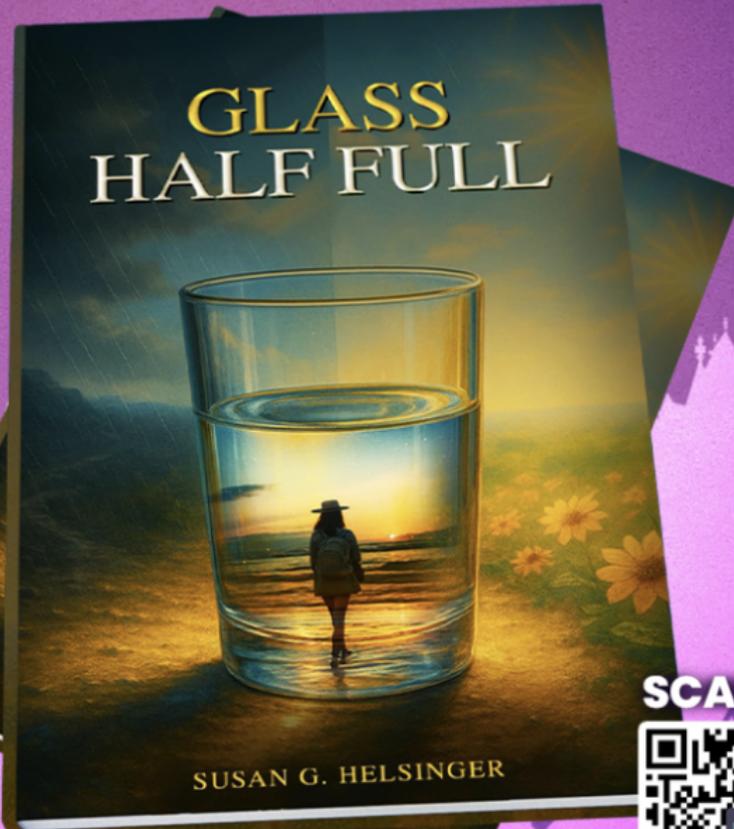


A Powerful Memoir of Resilience, Faith, and the Courage to Begin Again



The book cover for "Glass Half Full" by Susan G. Helsing features a central image of a glass of water. Inside the glass, a silhouette of a person is walking on a beach at sunset. The background of the cover is a soft, golden sunset over a body of water. The title "GLASS HALF FULL" is written in large, gold, serif letters at the top, and the author's name "SUSAN G. HELSINGER" is at the bottom.

Featured BOOKS
Available in Paperback & Kindle

THE LONDON BOOK FAIR®

BOOKMARC ALLIANCE

Sweetie's

BARNES & NOBLE

amazon

SCAN ME!



Kensington, London Mar 11, 2026 (Issuewire.com) - In her deeply moving memoir, *Glass Half Full*, Susan G. Helsing offers readers an inspiring testament to resilience, faith, and unwavering optimism in the face of life's most profound challenges. With clarity, candor, and heartfelt reflection, Helsing chronicles a lifetime defined not by loss, but by perseverance, purpose, and hope.

From her early years dedicated to service through the Jewish War Veterans to building a successful optical business in New York, Susan's life has been marked by determination and vision. Yet her journey has not been without hardship. She has endured unimaginable personal losses and faced multiple life-altering spinal surgeries, experiences that would have left many defeated. Instead, Helsingier chose strength. She chose gratitude. She chose to see life as "glass half full."

In this powerful memoir, Helsingier invites readers into the intimate realities of her triumphs and trials. Through every setback, she demonstrates the quiet courage required to move forward. Through grief, she discovers renewed purpose. Through physical pain, she reveals emotional endurance. And through each chapter, she reminds us that life's greatest victories are often internal, the decision to rise again, to love again, and to hope again.

Glass Half Full is more than a personal history; it is a universal story of resilience. Helsingier writes with warmth and authenticity, offering readers not just a recounting of events, but a reflection on mindset. Her unwavering belief in the strength to begin again becomes the guiding thread of the book. She does not deny hardship. Instead, she acknowledges it fully, then shows us how to live beyond it.

Her early involvement in community and veteran support organizations shaped her lifelong commitment to service and leadership. Later, as a businesswoman building a thriving optical enterprise in New York, she embodied entrepreneurial grit and independence. Yet it is in her personal struggles, navigating loss, confronting serious health challenges, and rebuilding after emotional devastation, that her spirit shines most brightly.

For anyone who has ever faced pain, loved deeply, or been forced to start over, *Glass Half Full* offers comfort and encouragement. It is a reminder that even in the darkest seasons, there is light to be found and a future worth embracing. Helsingier's voice resonates with readers searching for strength in uncertain times, making this memoir both timely and timeless.

Featured at the London Book Fair 2026

Glass Half Full will be endorsed and prominently featured at the *London Book Fair*, taking place **March 10–12, 2026**, at **Olympia London**. The book will be showcased under the **US Books booth, Stand 2D52**, represented by **Bookmarc Alliance**.

Readers, literary agents, publishers, and international fairgoers are warmly invited to visit Booth 2D52 to discover Susan G. Helsingier's compelling memoir and explore the diverse titles presented by US Books and Bookmarc Alliance. The London Book Fair provides a premier global platform for rights discussions, distribution opportunities, and meaningful literary partnerships.

Attendees will have the opportunity to learn more about *Glass Half Full*, connect with representatives regarding international rights and media opportunities, and explore how Bookmarc Alliance continues to champion powerful voices and inspiring stories on the global stage.

Susan G. Helsingier's memoir stands as a testament to the enduring human spirit. In a world often focused on adversity, *Glass Half Full* reminds us that perspective changes everything. With grace, courage, and heartfelt honesty, Helsingier demonstrates that resilience is not the absence of hardship, it is the decision to keep moving forward.

To learn more about Glass Half Full and other featured works, visit the US Books booth at Stand 2D52 during the London Book Fair 2026.

About Bookmarc Alliance Advertising

Bookmarc Alliance is an independently-run marketing and publicity company that aims to create spaces for new authors to promote their works. The business entity provides world-class services that better equip authors with brighter chances of landing a customer base on a global scale via marketing and publicity. The company is a powerhouse of highly skilled individuals committed to providing authors with the essentials of book promotions.

Media Contact

Bookmarc Alliance

*****@bookmarcalliance.com

(510) 736 0001

4695 Chabot Drive Suite 200

Source : Bookmarc Alliance

[See on IssueWire](#)