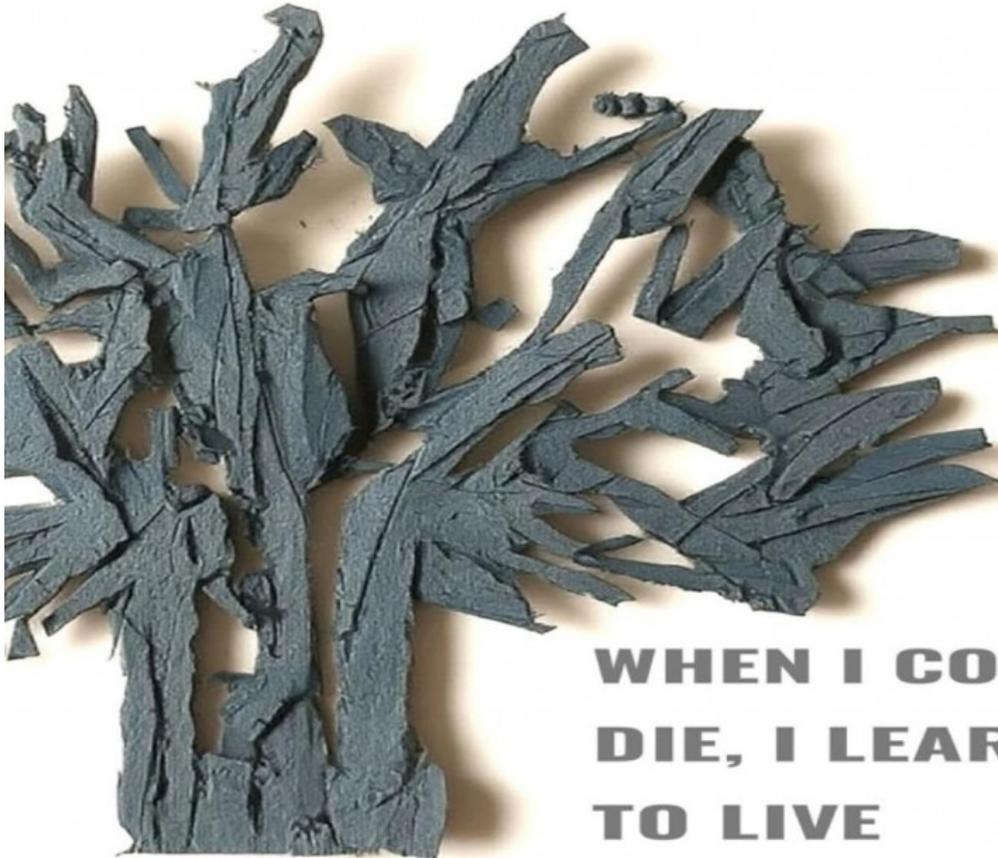


## Carina Francis Releases Powerful New Memoir *Just Wait; There's More: When I Couldn't Die, I Learned to Live*

*Just Wait;*  
**THERE'S MORE.**



**WHEN I COULDN'T  
DIE, I LEARNED  
TO LIVE**

**A MEMOIR BY**

**CARINA FRANCIS**

**Ft McMurray, Alberta Mar 19, 2026** ([IssueWire.com](http://IssueWire.com)) - Author [Carina Francis](#) announces the release of her compelling new memoir, [Just Wait; There's More: When I Couldn't Die, I Learned to Live](#), a deeply personal and emotionally resonant work that explores survival, resilience, and the unexpected meaning found on the other side of hardship.

In *Just Wait; There's More*, Francis shares her lived experiences with sexual assault and suicidal ideations with raw honesty and reflection. Rather than presenting a polished version of strength, she invites readers into the real moments—the pain, the waiting, the uncertainty, and ultimately, the rediscovery of life when giving up was no longer an option. Her story speaks directly to anyone who has faced moments of despair and wondered what comes next.

Written with clarity and heart, the memoir moves beyond survival alone. It is about learning how to live again—how to rebuild purpose, reclaim identity, and find hope in places that once felt empty. Francis's voice is both compassionate and courageous, offering readers a sense of connection and reassurance that they are not alone.

What sets this book apart is its authenticity. Francis does not offer easy answers or quick fixes. Instead, she shares truth—sometimes uncomfortable, often inspiring—and allows readers to draw strength from her journey. The result is a book that feels personal, relatable, and quietly empowering.

“Wow,” says Mara Grunau, CEO at Canadian Mental Health Association - Alberta Division, and Centre for Suicide Prevention. “Carina’s honesty and candor come through so plainly – I really appreciated her humanity through it all.”

According to Lauren Beuhler, Licensed Master Social Worker, the book is a must read for anyone who works in the mental health field, or people living with trauma and mental illness and their support systems. “Carina brings to light the system cracks, the importance of being listened to by care providers and the power that care providers have. Her experience, however her own, are relatable to so many and her story of recovery gives hope.”

[Just Wait; There's More: When I Couldn't Die, I Learned to Live](#) is a meaningful read for anyone navigating grief, trauma, or major life transitions, as well as for readers who value stories rooted in real-life resilience and emotional growth.

For more information about the author and the book, please visit:

[Visti Website: https://carinafrancis.com/](https://carinafrancis.com/)



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