



“I am learning to trust that there is a different kind of peace in moments gathered only on the ground. This suit of wings is pretty cool. It’s getting comfy. I always knew I was a butterfly; I was only confused on the type.”

- **Attempting Flight: Upside-Down Without a Net**
To be released May, 2010.

About Kristen Jongen

Kristen Jongen is the founder of Soul Soup, Inc., a creative enterprise featuring her artistic imagery and inspirational poetry. Jongen’s organic artwork blends natural fibers and handmade papers with precious metals. Her poetry and artwork have been reproduced in North American magazines such as *Sommerset*, *Niche*, *Canadian Gift* and others, and she is represented internationally by 400 galleries and gift shops. In 2004, she received an Emerging Artist award from the Rosen Group, whose holdings include Rosen Media’s *American Style*. Jongen was invited in 2009 to be the featured artist aboard the *Disney Wonder* for two Bahaman cruises.



Her first self-published literary work, “Growing Wings,” shares artistic images and messages of hope, humor and inspiration woven with her personal journey as a mother, an artist, and an entrepreneur through a painful divorce. “Growing Wings” appeared in *ForeWord Magazine*’s 2006 short list of suggested holiday gift books and has close to 10,000 copies in print.

Jongen’s second book is slated for release in May, 2010. “**Attempting Flight: Upside-Down Without A Net**” chronicles the next phase in her recovery from the loss of her former life and contains new artwork and inspirational messages, and entertains with the same self-deprecating humor.

She has appeared on “Authors on Air,” Courage Radio and WSRT’s “Mary In the Morning.” An outspoken activist, Jongen works and lives with her three children in northern Michigan. For more information about Kristen Jongen, her artwork or her books, visit www.mysoulsoup.com