

# Moving Forward After Loss

*In her candid memoir, Mica Mosbacher learns to grieve forward after losing her husband, finding strength on the racetrack*

## *Racing Forward: Faith, Love & Triumph Over Loss*

Written by Mica Mosbacher

A single mother with a young son, Mica Mosbacher was struggling. After two failed marriages and an unexpected pink slip, she found herself veering far off the course she had charted towards life as a successful journalist with a happy family. Everything seemed to have stalled. But Mica recalled an expression she'd first heard during her sophomore year at The University of Texas: "God can't steer a parked car." She quickly got out of park—working a part-time job during the day, and writing stories by night. Mica's forced detour brought wonderful gifts, as she found joy and fulfillment in rebuilding her journalism career.

Then, in her early forties, she met Robert Mosbacher Sr.—oilman, 28th U.S. Secretary of Commerce—and lightning struck. Bob was her soul mate, and when they married, their life together seemed magical. They shared common goals, with a focus on service and making the world a better place. But the joy she found with this charismatic man was short-lived, and she lost the love of her life to pancreatic cancer in 2010.

Mica's heart was broken. Her brother, John McCutchen, a racecar driver, encouraged her to find ways to keep going. He inspired her to test her limits by learning to race a Ferrari. Rediscovering her inner strength on the racetrack, she decided that, instead of remaining stuck in her pain, she would grieve forward. Her experiences of love and loss would remain with her, but she determined to use them to help others, rather than as an excuse for self-pity.

On moving forward from loss, Mica writes, "The greatest mixed blessing that tragedy brings is a newfound appreciation for all the good things that come your way. You stop taking those special people in your life for granted. I was frozen inside for a while, but gradually I began to thaw and open my heart again. I stopped holding back. It became important to me to express my feelings and my love to everyone I cared about. Saying 'I love you' on parting became more frequent for me."

Life brings loss on a regular basis. Whether it's a garden-variety disappointment or a life-changing event—debilitating illness, divorce, death—surviving loss requires resiliency, optimism and faith. Mica's candid and inspiring story illustrates that when we can confront the unwanted change that any loss brings, we can transcend it and find happiness again. It is possible to keep moving after paralyzing grief and even to reclaim joy, but only if we keep moving forward.



### BOOK DETAILS

November 4, 2015

Bright Sky Press

\$24.95 US

978-1-939055-91-0

Hardcover

Memoir

176 pages

PR BY THE BOOK

## About the Author:

**Michele (Mica) Mosbacher**, widow of the 28<sup>th</sup> U.S. Secretary of Commerce and oilman Robert Mosbacher, Sr., was commissioned as an Honorary Consul General of Iceland in Houston and Central Texas, in 2010 by the Foreign Ministry of Iceland. She is an author, motivational speaker, frequent Fox News political contributor and proud sponsor of Godstone Ranch Motorsports, a family professional motorsports team that races for heart health awareness.

She currently serves on the boards of the Houston Ballet, University of Houston Board of Visitors and the Host Committee for Formula 1 Austin. She was appointed by former Texas Governor Rick Perry to the steering committee of the Aga Khan Foundation. Mica previously served as a director of the American Hospital Foundation, receiving the board's highest honor presented by Ambassador Howard Leach at the United States Embassy in Paris. Focused on education, Mica previously served on the University of Houston's Board of Regents and the board of Strake Jesuit Preparatory School. Mica implemented Best Friends, a character education program, and the Raol Wallenberg Heroes program in the Houston Independent School District in the late 90s.

Mica has chaired numerous charitable fundraisers including Houston Ballet Ball, Woodrow Wilson Gala, Museum of Fine Arts Costume Institute and American Hospital of Paris Foundation Gala. With her husband Bob, she co-chaired the M.D. Anderson Milestones and Miracles celebration, honoring President George H.W. Bush, raising more than \$10 million (a record at the time). M.D. Anderson Cancer Center's pastoral outreach group honored Mica, and she was named Pacesetter of the Year by the Cancer Assistance League.

In April of 2011, Houston Mayor Anise Parker honored her with "Mica Mosbacher Day" for her initiation of the prominent public art installation, "Tolerance" and "Harmony Walk," featuring the work of world-class sculptor, Jaume Plensa. In 2013, Mica was appointed by Her Majesty the Queen to the Order of St. John; in 2012 she was awarded the Silver Good Citizenship Medal, the highest honor from the Texas Society, Sons of the American Revolution. She was named Philanthropist of the Year in 2007 by TAASA (Texas Association Against Sexual Assault). Mica was named Knight Commander of the Order of King Francis I.

In 2008, Mica was inducted into the Greater Houston Women's Chamber of Commerce Hall of Fame along with Barbara Bush and other prominent Houstonians. A journalist, she has received prestigious writing awards for feature articles. Her career began in 1972, when as an intern at KPRC-TV/NBC in Houston, she was one of the only female reporters on staff at that time. She later pursued a career in print journalism and freelance writing. Mica's writing career spans stints as editor for corporate external magazines in the energy sector, and a freelance writing career focused on features and cover stories for a number of Texas magazines including *Inside Houston* and *Houston Town and Country*.

Active in political fundraising, Mica has served as national co-chair on two presidential campaigns.

*Media Contact:* Elena Meredith, 512.481.7096, [elena@prbythebook.com](mailto:elena@prbythebook.com)



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[www.micamosbacher.com](http://www.micamosbacher.com)

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