

A memoir about love and loss, *Dear Bobby* tells the reader how Diane Papalia Zappa, who lost her beloved husband only three years into their marriage, coped with her grief and longing

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NEW YORK, NY (September 26, 2023).

When Diane Papalia Zappa suddenly lost her husband, Bob Zappa, she felt profound grief. In this memoir, Diane describes how her everyday life was changed without her spouse and outlines how she coped. In *Dear Bobby: My Grief Journey*, she tells the reader about reaching out to various online and accessible resources, how she found solace in launching a charitable enterprise, and turned to writing letters to her husband, channeling her grief into words by reaching out to her spouse, keeping his spirit alive.

Dear Bobby offers the reader comprehensive ideas for those coping with loss, and especially for those who have lost a beloved spouse. The author presents resources such as books to read, movies to watch, and suggests writing exercises. This memoir offers one widow's perspective but is a useful tool to guide and comfort anyone who lives with the death of a spouse.

Join us in celebrating this vital resource by interviewing Diane for your publication and share her story with your readers who may find it both a solace and a springboard to cope with their own grief.

ABOUT THE BOOK

When Diane Papalia and Bob Zappa met in 1986, they both felt an immediate and intense connection. It was not until 2013 that they could finally be together, and they married in 2015. Three short years later, Bob passed away, a victim of hereditary amyloidosis. In *Dear Bobby*, Diane tells the story of how she dealt with her monumental loss.

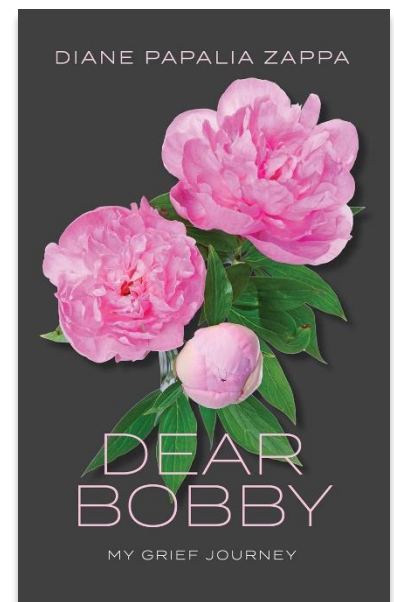
In her grief, Diane found writing to be especially helpful, so she began writing letters to her late husband a few months after he died. Reflecting on her loss allowed her to confront that loss, find meaning in it, and eventually find peace. The centerpiece of this book is a collection of those letters.

In *Dear Bobby*, Diane talks about the different ways of grieving. She presents several writing prompts to encourage readers to begin their own writing journey. *Dear Bobby* also offers helpful resources for the reader, including lists of books about death, grieving, coping, and the afterlife. There is a list of films with afterlife themes; and support groups and organizations for those who are grieving.

THEMES DIANE CAN ADDRESS:

- Coping with the death of spouse
- The changing relationship to a spouse after their death
- Maintaining a connection to a spouse's memory after loss
- Widowhood, especially late in life
- Journaling as a tool for self healing
- General grief due to the death of a dear family member

Scroll through Diane's [site](#) to read additional reviews of this book and her previous memoir, *The Married Widow: My Journey with Bob Zappa* along with interviews and informative Q&As.



Dear Bobby: My Grief Journey

by Diane Papalia Zappa | **Albrodo Publishing**

Category: Memoir

Paperback: 979-8-9889814-0-4 | 5 x 8; \$15.99

Ebook: 979-8-9889814-1-1 \$9.99

Available through: Amazon and 39,000 retail outlets

PRAISE FOR
DEAR BOBBY: MY GRIEF JOURNEY

"In her new book, *Dear Bobby: My Grief Journey* Diane offers a light for a dark place. How does one nourish a grieving soul? Is there a way to continue to stand strong and honor that love after your loved one has departed? There is hope, and this book is a powerful reminder, that, even in the most desperate of circumstances, one is not alone. Simply put, this is another work of true beauty from a brilliant writer."

- **Scott Parker**, Host, Zappacast
The official Frank Zappa Podcast

"Here is a magnificent portal into the voices of the heart: each chapter enlightens, enriches, and empowers. This is a must acquisition and a compelling read."

Ephraim Frankel, PhD, LMFT

"If you are struggling with deep loss, you will find many handholds here. Diane is a writer who carries you along as easily as a summer wave. Her flowing narrative is a soft place to land, providing understanding along with help in coping with devastating loss."

Jane Moody, Retired therapist

"Diane's deep understanding of psychology as well as the trauma of her devastating loss make her uniquely qualified to offer this book to those of us who are struggling with grief. The Dear Bobby section brought me to tears!"

- **Leela P.**, Executive Director
Young Performers International

"*Dear Bobby* is an incredible lifeline of hope, especially for those of us who were rudely thrust into widowhood with absolutely no warning other than knowing everybody dies. What I thought was insane, I discovered was perfectly normal after reading this book."

Marion Hook

"For anyone who is grieving the loss of a spouse, *Dear Bobby: My Grief Journey* is a comforting read that includes a multitude of valuable resources for support. Like spending time with a trusted friend, Diane's *Dear Bobby* letters help to lessen the agonizing feeling that we are alone in our grief."

Vera Armstrong



AUTHOR OF

Dear Bobby: My Grief Journey

dianepapaliazappa.com



AUTHOR BIO

Diane Papalia Zappa earned her PhD in lifespan developmental psychology in 1971. She went on to teach human development courses to thousands of students at the University of Wisconsin-Madison, attaining the rank of tenured full professor of child and family studies at the age of 30. While in Madison, she and co-author Sally Wendkos Olds wrote *A Child's World* (now in its thirteenth edition) and *Human Development* (in its fifteenth edition). Her memoir, *The Married Widow*, was published in 2021.

In 1986, while still a professor in Madison, she met Frank Zappa's younger brother, Bob, who was the marketing manager for one of her books. They married in 2015.

OTHER PUBLICATIONS

Memoir. D. Papalia Zappa. *The Married Widow: My Journey with Bob Zappa*, BSP, 2021

Textbook. D. Papalia and G. Martorell. *A Child's World*, 13 Ed, McGraw Hill, 2013

Textbook. D. Papalia and G. Martorell. *Experience Human Development*, 15 Ed. McGraw Hill, 2023



Photo courtesy of Maggie Yuracheck Photography

July 28, 2019

Dear Bobby,

So, I think this will be my new project. Writing to you as the spirit (so to speak) moves me. I really miss being with you, having dinner, cooking, joking around, the cocktail hour. The little things that make up a life together.

1. How would you like readers to view your story?

This is the evolution of a relationship of soulmates, even after death. I want readers to understand that love continues, their relationship evolves. It does not end, it just shifts.

2. Why is this book so important to you?

It continues to be an important message to me – that my relationship with Bob continues. I want others who are actively grieving to find comfort and know they are not alone. These pages include a discussion of grief and coping; an emphasis on writing as a cathartic tool; 26 letters I wrote to my late husband; and writing prompts so readers can begin their own journey.

3. Why write this book in the form of letters?

Journaling is a powerful tool for engaging your grief. Writing about an experience, whether using pen and paper or keyboard, provides an opportunity to reflect on and confront your thoughts and feelings. It's very cathartic. I found simply writing about Bob's passing helped me acknowledge my feelings and deal with them, and this eased my pain. The more I wrote, the more relief I felt.

I wanted to provide readers with examples and stories, both as examples of what journal entries could look like, and to help them realize their experiences are not unique, that they are not alone.

4. What would be helpful for readers to know about your grief journey and how you found comfort?

Understanding there will be bad days and better ones helped. I came to understand that there is no one "right" way to grieve. We all grieve and cope differently and though grief will probably soften in time, it will always be there.

Being open to the many signs and visits I've received from Bob confirmed my belief in the afterlife and that we will be together again. The life-altering readings I've had with respected psychic-mediums supported this belief. In fact, the readings were the most important thing I did in helping me cope.

Striving for closure (the closing out of the relationship) and moving on is an unrealistic goal. Instead, I needed to move forward with the loss, so it became a part of me, allowing my bond with Bob to continue. Reaching out to others, often other widows, helped. They seemed to understand the magnitude of my loss.