



Jessica
BUCHANAN

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Change Strategist
Podcast Host
TEDx Speaker

New York Times Best-Selling Author

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Her Dramatic Rescue By SEAL Team Six*

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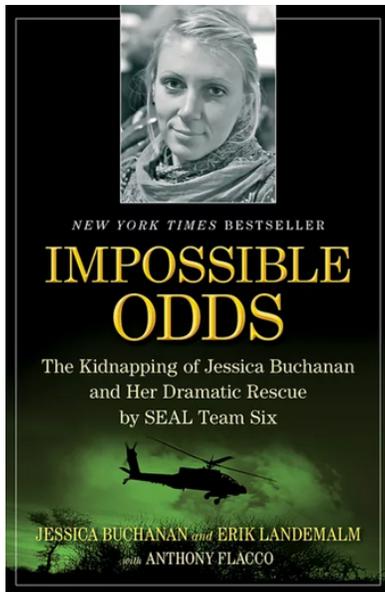
Jessica Buchanan shares with audiences her experience in learning first-hand that the human spirit is impenetrable. No matter what obstacles or challenges lie in our path if we dig deep to find the strength and fortitude, there is help for any situation no matter how impossible the odds.

www.JessBuchanan.com

On October 25, 2011, Jessica Buchanan and a colleague were kidnapped at gunpoint by Somali land pirates and held for 93 days, enduring the most harrowing and painful experience of her life. On the day of her kidnapping, she silently said to herself, "Some do come out alive, the numbers are small but they do exist." During her captivity, she was terrorized by her captors, held outdoors in a scrub desert and kept on a starvation diet. With her health steadily deteriorating her husband, Erik Landemalm, was furiously working behind the scenes with the FBI, professional hostage negotiators, and the United States government to negotiate her release. Finally after fruitless negotiations with her captors and her medical state becoming a life-or-death issue, President Barack Obama ordered Navy SEAL Team Six to attempt a rescue. On January 25, 2012 members of SEAL Team Six attacked the heavily-armed captors, and airlifted Buchanan and her colleague to safety. Through this experience, Buchanan learned that the human spirit is indomitable and that we are more resilient than we could ever imagine. Today she shares with audiences the tools she quickly learned to find strength to face any situation no matter how large or small the challenges or obstacles. She learned first-hand how to remain hopeful, dig deep even when you feel completely empty of any resources and trust your instincts as all can find the inner strength to face any situation. She chronicled the story in the New York Times best-seller and 2013 USA Best Book Award/Autobiography, **Impossible Odds: The Kidnapping of Jessica Buchanan and Her Dramatic Rescue by SEAL Team Six (2013).**

IMPOSSIBLE ODDS:

The Kidnapping of Jessica Buchanan and Her Dramatic Rescue by SEAL Team Six



Jessica Buchanan and Erik Landemalm met and married in Africa, where each worked in the humanitarian aid field. Buchanan, from the Midwestern US, arrived deeply sympathetic to the plight of child soldiers in Africa, whose poverty and illiteracy forces them to earn a salary as cannon fodder. Still in her twenties, she secured her teaching degree and taught grade school age children, and later went to work on landmine awareness in Somalia. Landemalm came from Sweden in his late twenties to work with local NGOs and various government and clan authorities in the Horn of Africa, combating clan violence and helping to rebuild infrastructure. Sharing their passion for this work, they married on the beach in Kenya in 2009 and began life together.

Two years later, Buchanan was kidnapped in public by armed Somali “land pirates” who held her and a colleague at gunpoint. She was held for ransom outdoors in the local scrub desert, where she remained for 93 days.

In that life-threatening environment, 32-year-old Buchanan was the only female amid twenty-six gun-toting and drugged addled captors who restrained her in foul conditions. Several were child-soldiers, and one even wore the bracelet awarded to children who graduated from her landmine awareness classes. She was psychologically tormented by the few who spoke English. Forced to her knees in the dark of night for a mock execution, she was held under the repeated threat of beheading and endured forced intimacies from her only translator during the ransom negotiations.

She was driven to confront her deepest self-doubts and greatest spiritual longing. Though she was once a devout Christian, she had become distanced from any driving sense of spiritual awareness until her kidnapping found her alone, night after night, while forced to lie on a small sleeping mat under an open desert sky, with nothing to do but think. \

In her isolation, Buchanan relearned the difference between prayers for deliverance that come from fear, and prayers for strength that come from acceptance. In a blurry world of starvation and illness, she slipped in and out of reality, imagining conversations with her recently deceased mother. She eventually found herself feeling the presence of a God who would protect and comfort her spirit, but who would not necessarily prevent her from dying out there. Her husband, Erik Landemalm, faced a similar torment because he had tried without success to discourage Buchanan from taking the trip that ultimately led to her kidnapping. After her capture he worried that he had given in too easily.

Driven by despair, Landemalm wanted to liberate his wife in a private rescue mission, but the FBI stopped him by explaining what the kidnappers would most likely do to Buchanan if he failed.

Although Landemalm was forced to the side by the authorities, he nevertheless employed his knowledge of local culture to plant disinformation through the gossip lines in Somalia and find ways to assist and push the authorities working on the case on behalf of Buchanan's family. Landemalm went so far as to lie to Buchanan during their one and only phone conversation during the ordeal, keeping key information from her because it could not be allowed to fall into her captors' hands. He then refused to speak with the kidnappers again after having received advice from the Crisis Management Team's professional hostage negotiator, fully aware of the grave danger in doing that, but knowing they had to be pushed to soften their impossible demands.

On January, 25, 2012, President Barack Obama ordered a strike by two dozen members of The U.S. Navy's elite strike team, SEAL Team Six. They parachuted in on a moonless night, snuck up on the open desert encampment, employed precision shooting in total darkness and killed all nine of the pirates on guard duty. They rescued Buchanan and her Danish colleague unharmed. A little more than nine months after Buchanan's rescue, she and Landemalm had their first child, a healthy boy named August.

This story follows the ninety-three days of the kidnapping ordeal and employs everything Jessica Buchanan and Erik Landemalm have learned from living and working in Somalia. Their primary concern is the vast challenge of illiteracy for a rising generation of impoverished children in eastern Africa, who inevitably feed the machines of criminality. As child soldiers, they are drafted by force and sustained with regimented drug addiction in lives that are tragic and short.

Jessica Buchanan was born in Portland, Oregon, but spent her formative years growing up outside of Cincinnati, Ohio. In 2003, Buchanan moved to the greater Philadelphia area to pursue a degree in education, and she began to travel during her summer months, teaching and volunteering in Honduras, South Sudan and Rwanda. She secured a student teaching position at an international school based in Nairobi, Kenya, The Rosslyn Academy, and was offered a full time teaching position at that school, which she happily accepted. She later moved to Hargeisa, Somaliland, where she was offered a job as the regional education adviser, also spending time in conflict zones in South Sudan, Uganda and Somalia for the Danish Demining Group, the mine action unit of Danish Refugee Council. After a staff training visit, in the field office of South Galkayo, Somalia, Buchanan, along with her colleague, Danish citizen Poul Thisted, were abducted by a group of Somalis on October 25, 2011, and her liberation came on the evening of January 25, 2012, 93 days after capture.

Through this experience, Buchanan learned that the human spirit is indomitable. Today she shares with audiences the tools she quickly learned to find strength to face any situation no matter how large or small the challenges or obstacles. She learned first-hand how to remain hopeful, dig deep even when you feel completely empty of any resources and to trust your instincts, because we all have the ability to find the inner strength to face any situation.

Landemalm and Buchanan have relocated to the United States and are now living in Alexandria, Virginia where they continue their humanitarian efforts to ensure a better quality of life for those in need. They are the proud parents of a son, August and daughter, Ebba.

She serves as an Ambassador At Large for the Navy SEAL Foundation sharing her story in hopes of raising money for families of fallen SEALs and is a volunteer for Hostage US, a non-profit that seeks to support the families of hostages while in captivity, and prepare a way for them to come home. <http://hostageus.org>.

CHANGE STRATEGIST

Change is an inevitable part of life. Whether the change is something you have chosen or if the change has chosen you, the one thing you ALWAYS have is a choice. Through sharing the dramatic story of her rescue by SEAL Team Six after being held hostage by Somali Pirates, New York Times Bestselling Author, Humanitarian, and Survivor, Jessica Buchanan will show you how to become a collaborator with change and create the strategies you need to survive and thrive. Through story-telling and practical exercises, Jessica teaches you the lessons she learned during her 93-day captivity that will show you how to build a collaborative mindset that empowers you to optimize change. Jessica will walk you through activities that invite contemplation, create a new definition of change, and launch you into a space of abundant growth and success.

CHANGE IS YOUR PROOF OF LIFE



[Click to view talk](#)

Based off of Jessica's powerful TEDx Talk, She is available for both single keynote presentations and multi-session trainings in change management that cover topics such as:

- **Being a Change Collaborator:** How to work productively with change and leverage choices to your advantage
- **You Have the Final Say:** Practical exercises designed to help you establish your autonomy by strategically identifying your options
- **Change Is Your Proof of Life:** Finding purpose in hardship
- **Surviving Change:** Defining your 'WHY' to empower you to move you forward into growth and the creation of a more purpose driven life!

All topics can be done VIRTUALLY! See p. 8 for more info.

WE SHOULD TALK ABOUT THAT PODCAST

we should
talk about
that



THE TWO JESS(ES)

Jessica Buchanan & Jessica Kidwell

Jess B - Jessica Buchanan is the NYT bestselling author of 'Impossible Odds', a memoir that details her 93 days in captivity in Somalia, and her dramatic rescue by SEAL Team VI. She is a [TEDx speaker](#), educator, and a humanitarian at heart. Jessica believes in the power of nature to heal whatever ails us, and when she is not traveling the country speaking, or voraciously consuming books in preparation for the podcast, you will almost always find her traipsing around in the woods. She is married to a native Swede, has two little half-Vikings (who get curiously bigger every day!) and restlessly resides in the DC Metro area. To learn more about Jess B and her story visit: www.jessbuchanan.com.

Jess K - Jessica Kidwell is a freelance writer, preschool teacher, and podcast host - none of which she was doing 10 years ago. She believes that you never know where life will lead you and that staying open to possibilities is the only way to live. When she is not editing or promoting the podcast, she loves spending time with her family and friends and not being in charge of deciding what's for dinner. She is a married to a Renaissance man and has two children who are already smarter and funnier than her. She lives in Alexandria, VA and tries daily to not give in to the power of "keeping up with the Joneses". To learn more about Jess K and her story, listen to the podcast and visit her on Instagram [@kidwelljessica](#).

OVERVIEW

We Should Talk About That Podcast was born out of an uncomfortable conversation between NYT bestselling author Jessica Buchanan, and fellow writer Jessica Kidwell. The Two Jess(es) met when they attempted to join a professional writing group, and were subsequently rejected. So, Jess and Jess started a podcast instead (take that, writing group!)

TTJ(es) found they are mutually drawn to unpacking uncomfortable topics, they enjoy talking about things no one else is really talking about- which are the things we SHOULD be talking about! As a result, the WeSTAT community was born, and these ladies regularly facilitate live conversational sessions with groups who are striving to get a little uncomfortable with themselves, and each other. It is their deepest desire to model connection through the vulnerability that is produced by having hard conversations, so that others may feel less isolated and alone.

MISSION

Inspiring our community to uncover their purpose through the exploration of authentic conversation, and the fostering of safe connections in order to build a culture of belonging.

WeSTAT is built on the Foundation of the 7 C's: Curiosity, Conversation, Communication, Connection, Collaboration, Creation, Community

STATS

Launched January 2020

60,000+ Episode Downloads

1,000+ Facebook Private Group Members

VIRTUAL OFFERINGS:



Speaking Topics:

- Coping Through Crisis: How 93 Days with Somali Pirates Prepared Me for COVID
- Change is your Proof of Life
- Jessica can Tailor a Keynote for your virtual event

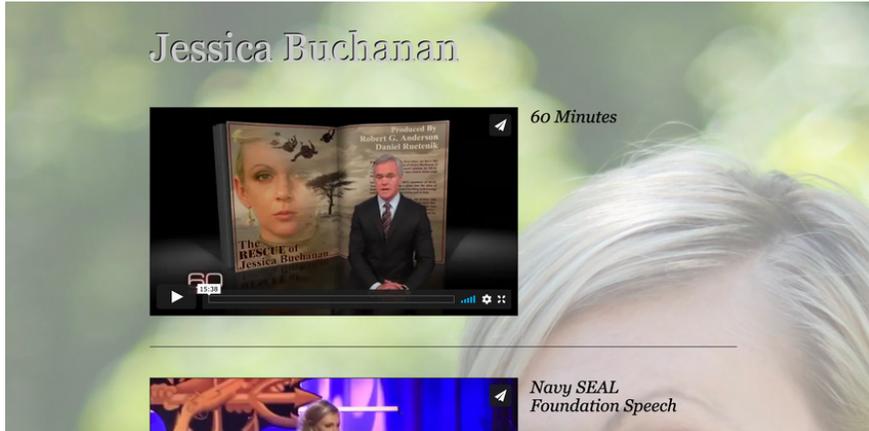
In these talks, Jessica brings a simple shift in perspective as she outlines the similarities she faced during her kidnapping, to those we may be feeling at such a historical time as this. The commonality of uncertainty will align as Jessica recounts the helplessness she experienced during her 93 days as a hostage. She will examine the loss of control she felt, over even the most basic of needs, and discuss the hardships associated with the KNOWING things are going to end, versus the BELIEVING they will, and how that affects our coping strategies in the midst of crisis.

Through her story telling, Jessica reminds us that we are more resilient than we think we are, and how working our way through this marathon of complication is an opportunity for us to see what we are truly capable of as a collective community. Jessica teaches her audiences to use humor to help shift perspective, and shares the necessary skill of visualization and referring to the past, as useful tools to successfully manage trauma.



[Watch Virtual Sample](#)

MEDIA



[Click to view Jessica's Vimeo Pro](#)



[Click to watch 60 Minutes Special](#)

Video Clips of Jessica Buchanan Speaking:

- [Navy Seal Foundation Tribute to Clint Eastwood](#)
- [Chicago Ideas Week](#)
- [Rosa Parks:](#)

Watch Video Book Trailer Here:

- [View Here on Youtube](#)

View more media at www.jessbuchanan.com/press

JESSICA BUCHANAN SPEAKING TOPICS

Speaking Topics:

- Change is our Proof of Life
- Resilience
- Crisis Management
- Christian Faith & Inspiration
- Inspiring Lives
- Motivation
- National Security
- Negotiation
- Overcoming Obstacles and Challenges
- Patriotism
- Personal Growth
- Women's Issues
- Education and children's issues

RECENT SPEAKING CLIENTS

- Healthcare Business Media
- Virginia Tech Council
- Pentagon
- Avalon Ventures
- Navy Seal Foundation Fundraiser, Palm Beach, FL
- Girl Scouts National Conference
- Microsoft
- YPO
- Lehigh Bar Association
- National Association of Realtors
- Southeast Family Forum
- DaVita
- International Crisis Management Conference
- United States Air Force, Charleston, SC
- Micro Focus- Washington DC
- SEAL Legacy Foundation
- Martha Washington Library, "Author Talk" Alexandria, VA
- Iron Bow Technologies
- Airlift/Tanker Association Meeting- Orlando, FL
- American Council of Life Insurers
- Eventful Conferences (2x)
- Maine Credit Union League
- Austin Association for Financial Professionals
- Industrial Security Awareness Council, MD
- Delaware Valley Negotiators Association (DVNA)
- The WISE Conference (Houston, MD Anderson Sponsored)
- Gregory Poole Lifts

CLIENT TESTIMONIALS

Jessica Buchanan is a wonderful ambassador for our Navy SEAL Foundation. During her life and death struggle in an austere environment, she never quit. Like the U.S. Navy SEALs who came to her rescue, Jessica's faith in herself and her loved ones triumphed over evil in the most daunting of circumstances. She speaks from the heart, and offers an articulate, inspirational message of hope and courage. Jessica Buchanan's humanitarian work, then and now, continues to make a positive difference in the world.

—Rear Admiral Garry J. Bonnelli, U.S. Navy

Thank you for participating as a guest speaker at our Navy SEAL Tribute event. I have never seen a room filled with hundreds of people who were so simply put, spellbound. Your dedication and love for each other, your courage to survive given such impossible odds and your strength to share your story with such dignity and grace was inspirational to all who attended.

—Mark Kendall, Navy SEAL Tribute Chairman, President Kenmark/Half Moon Bay Golf Resort

The presentation was fantastic. Jess (and Erik) were very engaging and their story is nothing short of amazing.

—Veronica Riberio, VP Specialty Underwriting, HCC Specialty

We were so impressed by the perseverance and faith you demonstrated in overcoming such a significant ordeal. You have an important message that carries hope and grace from your hearts that is inspiration and needs to be heard across this earth.—Anita and Roger Bollier, Southeast Family Office Forum

The event was a true success! Jessica and Erik are lovely and everyone fell in love with them. What a story....

—Isabelle Panelli, Office of the Pres. & CEO, GARDAWORLD

Can I tell you, we absolutely loved Jessica. She was such an amazing speaker who held the entire audience in her hand. Aside from the professional she was, she too was very personable. We all felt such a connection with her and were extremely proud for Lamar State College-Orange to bring in such a dynamic speaker who also is an amazing humanitarian.—Phyllis Ford, Lamar State College
Jessica was the very best! Her gripping story kept the ACE Summit audience hanging on every word. Beyond her story is a great person who will provide a rich experience for all who come in contact with her. It was an honor to meet and become friends with Jessica.

—John Kelly, CEO, Bluegrass Business Media, ACE Summit EXPO

MORE CLIENT TESTIMONIALS

Jessica was an EXCELLENT guest speaker for our spouse's breakfast event at the Broadmoor. I was fortunate to meet with her personally before the event and she shared so much about her life, both before and after such a harrowing experience. I was moved to tears when I read her book "IMPOSSIBLE ODDS", and I don't think there was a dry eye in the ballroom as she shared her experience with all of us. She graciously allowed questions from the audience, and everyone I spoke to afterwards were very moved by her story and her ability to relive that nightmare.

--Beth Szymczak, Sheet Metal and Air Conditioning Contractors' National Association

At DaVita we think about ourselves as being a Community first and a Company second. We take this very seriously. Decisions we make for our teammates (employees) are based around the thinking; "What would a community do?" We further believe we have a responsibility to affect the communities we live and work in as well in a productive way. By taking this active role, we talk about the effect it creates as sending ripples beyond our community and impacting human beings well outside our company.

I think that is what Jessica does when she shares her story. Her story, one of a humanitarian focused on helping others and then inexplicably finding herself suddenly in an unbelievably awful situation. She then summons up courage, resourcefulness and the unwillingness to give in. Her gift in telling it is the raw emotion she is willing to bring you in to. Jessica's humility shines through as she tells it and draws you further and further in.

Our audience of 100 senior leaders and their spouses were mesmerized. They could not stop talking about the emotional impact it had on them. Her story gave them pause to reflect on all they have and to cherish it, and not forget the fragility that may lie beneath it. So while we all feel for her and would never wish this to happen to anyone, by Jessica being willing to share her story she creates a beautiful example of what it means to send ripples outside of her community and favorably impact the lives of other human beings. Thank you Jessica.

—Jim Greewood, WISDOM, DaVita

Jessica was a fantastic speaker, I know she touched so many in our audience yesterday. Many of our guests came up to me after her presentation and raved. It was an honor to have Jessica tell her story. I will be forever touched her courage and dignity.- Kelley Stachurski, Director, SIGINT Systems

It was a wonderful day!! I hear nothing but great things from attendees yesterday about Jessica- Everyone loved having her here!!

—Dawn Candy, WISE Conference, Houston

PERSPECTIVES ON CASE



On Monday, I authorized an operation to rescue Jessica Buchanan, an American citizen who was kidnapped and held against her will for three months in Somalia. Thanks to the extraordinary courage and capabilities of our Special Operations Forces, yesterday Jessica Buchanan was rescued and she is on her way home. As Commander-in-Chief, I could not be prouder of the troops who carried out this mission, and the dedicated professionals who supported their efforts.

Jessica Buchanan was selflessly serving her fellow human beings when she was taken hostage by criminals and pirates who showed no regard for her health and well-being. Last night I spoke with Jessica Buchanan's father and told him that all Americans have Jessica in our thoughts and prayers, and give thanks that she will soon be reunited with her family. The United States will not tolerate the abduction of our people, and will spare no effort to secure the safety of our citizens and to bring their captors to justice. This is yet another message to the world that the United States of America will stand strongly against any threats to our people.

-- Barack Obama, President of the United States of America

PERSPECTIVES ON CASE CONT.



Last night U.S. Special Operations Forces conducted, by order of the President of the United States, a successful mission in Somalia to rescue two individuals taken hostage on October 25, 2011. Ms. Jessica Buchanan, an American citizen employed by the Danish Demining Group, and her Danish colleague, Mr. Poul Thisted, were kidnapped at gunpoint by criminal suspects near Galcayo, Somalia. Ms. Buchanan and Mr. Thisted have been transported to a safe location where we will evaluate their health and make arrangements for them to return home.

This successful hostage rescue, undertaken in a hostile environment, is a testament to the superb skills of courageous service members who risked their lives to save others. I applaud their efforts, and I am pleased that Ms. Buchanan and Mr. Thisted were not harmed during the operation. This mission demonstrates our military's commitment to the safety of our fellow citizens wherever they may be around the world.

I am grateful to report that there was no loss of life or injuries to our personnel. I express my deepest gratitude to all the military and civilian men and women who supported this operation. This was a team effort and required close coordination, especially between the Department of Defense and our colleagues in the Federal Bureau of Investigation. They are heroes and continue to inspire all of us by their bravery and service to our nation.

— Leon Panetta, United States Secretary of Defense



Last night's mission, boldly conducted by some of our nation's most courageous, competent, and committed special operations forces, exemplifies United States Africa Command's mission to protect Americans and American interests in Africa. I am extraordinarily proud of the joint-service team that planned, rehearsed and successfully concluded this operation. Thanks to them, a fellow American and her Danish co-worker are safe and will soon be home with their families.

We should remember that Ms. Buchanan and Mr. Thisted were working to protect the people of Somalia when they were violently kidnapped. It is my hope that all those who work in Somalia for the betterment of the Somali people can be free from the dangers of violent criminals.

-- General Carter F. Ham, Commanding General, U.S. Africa Command

TIMELINE OF SEAL TEAM'S SOMALIA RESCUE OF JESSICA BUCHANAN

Operation Enduring Freedom – Horn of Africa

- Oct. 25, 2011: American Jessica Buchanan, 32, and Danish colleague kidnapped at gunpoint.
- Oct. 26: President Obama notified.
- Nov. 21: Presidential Counterterrorism adviser John Brennan met with Danish Minister of Justice Morten Boedskov about the case.
- Nov. 23: The President met with top White House national security staff.
- Week of Jan. 16, 2012: Obama received new intelligence showing Buchanan's health is deteriorating rapidly. The President orders planning for a rescue mission.
-
- Jan. 23: Obama met with top administration officials who lay out the rescue operation. He approved the plan.
- Jan. 24: U.S. Navy SEAL Team 6 parachuted into Somalia.
- 6:43 p.m.: Brennan briefed the president that the mission was a success, with no U.S. fatalities and both hostages rescued.
- 9:10 p.m. Obama delivered his State of the Union address with no mention of the rescue. On the way to the podium, he thanked Defense Secretary Leon Panetta.
- 10:32 p.m.: Obama called John Buchanan, passing along word of his daughter's rescue.



JESSICA BUCHANAN

VOTED BY NEWSWEEK MAGAZINE
150 MOST FEARLESS WOMEN WHO
SHAKE THE WORLD IN 2012



150
FEARLESS WOMEN

They're starting revolutions, opening schools, and fostering a brave new generation. From Detroit to Kabul, these women are making their voices heard.

VIEW:

IMAGES

SORT BY:

A-Z
NAME

NATION

A grid of 150 small portraits of women, arranged in 10 rows and 15 columns. The portraits are diverse in age, ethnicity, and background. One portrait in the second row, fourth column is highlighted with a yellow square.

PHOTOS

COURTESY OF JESSICA BUCHANAN AND ERIK LANDEMALM

Jessica and Erik's Wedding Day

March 28, 2009



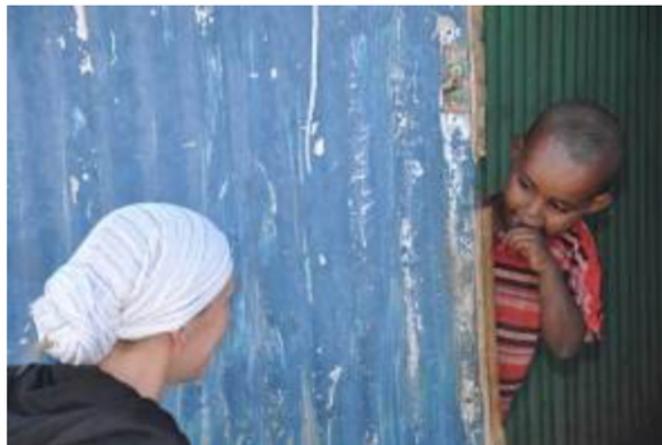
Jessica Buchanan, International Humanitarian Aid Worker



Jessica at a field demolition of mines



Jessica educating at Mine Awareness Day



Jessica with a child in Hargeisa



Somali Militia



Mine Victims



Erik at Somali Refugee Camp



Erik in Somalia



Somali Nomads



Somali Children



Galkayo --close to where Jessica was kidnapped Oct. 25, 2011

Proof of Life Image --November 17, 2011



[CLICK HERE TO VIEW PROOF OF LIFE VIDEO](#)

Reunion with family days after release-Jan. 30th, 2012



Jessica and her dad, John Buchanan





Jessica and her brother



Jessica and her sister



L to R: Sister, Jessica, Dad, Brother, Husband Erik, Brother in Law



Jessica and her family today!

HEADLINES FROM AROUND THE WORLD

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Obama presses special forces after night release a US national and a Danish national

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Saving Jessica Buchanan
...off what U.S. special forces routinely do.

THE WALL STREET JOURNAL REVIEW & OUTLOOK
Navy SEALs rescue kidnapped aid workers Jessica Buchanan and Poul Hagen Thisted in Somalia

CBS NEWS WORLD
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TV's most memorable moment

VER
Rescued American hostage tells dad 'I'm OK'
JOSEPH STRAY, LARRY McDONALD
Thursday, January 26, 2012
The husband of freed American hostage Jessica Buchanan hails his "amazing wife" and her heroic rescue by Navy SEAL Team 6 saved her and her husband from kidnappers.

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Mail Online
'Daddy, I love you, I'm OK': Father's emotional phone call with hostage daughter as he says he's 'proud' of U.S. Navy SEALs who carried out daring rescue mission in Somalia

- Jessica Buchanan, 32, was working for aid group clearing mines
- Fellow worker Poul Hagen Thisted, from Denmark, also freed
- Nine pirates killed and five captured in ferocious gun battle
- Navy SEAL Team Six parachuted in and launched raid at dead of night
- Obama congratulates soldiers and Leon Panetta on rescue operation
- School teachers describe Buchanan as 'very Christian' and 'committed'

CBS NEWS WORLD
February 7, 2012 5:19 AM
Jessica Buchanan "overwhelmed," grateful
GOODE, Va. — An American aid worker rescued by Navy SEALs in Somalia last month says she's thankful for the support she's received.
Thirty-two-year-old Jessica Buchanan was rescued last month along with a 60-year-old Danish man. The two were working with a demining unit when gunmen kidnapped them in October.
In a statement issued from her hometown of Goode, Va., Buchanan says she's overwhelmed and grateful for the encouragement she and her family have received from

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