



FOR IMMEDIATE RELEASE

Is It More Frightening to Start Something New, or Do Nothing at All in the Face of Darkness? Author's New Book Inspires Readers to Say Yes to the Their Life's Purpose and Calling

CINCINNATI (August 12, 2020) – For over two-decades, Patti Garibay has been at the forefront of countering the cultural ideologies about womanhood, sexuality, and the sanctity of life, by leading girls and women as the Founder & Executive Director of [American Heritage Girls \(AHG\)](#), a Christ-centered character development program and alternative to Girl Scouts.

While the idea of starting something new when the concept of AHG came about in 1994 wasn't her first choice, and despite insurmountable opposition, Garibay said "yes" to God and took a leap of faith in establishing AHG's framework.



In her new book, "[Why Curse the Darkness When You Can Light a Candle?](#)," Garibay pens her story from her emotionally turbulent life as a girl to later becoming a faith-filled wife, mother, and CEO. Page by page, she chronicles her journey of trust and obedience to God as He provided and protected her through every season of her life — even when she felt ill-equipped. Garibay wrote her story to inspire those who desire to make a Kingdom impact, yet struggle with fears of inadequacy.

"AHG has, from its beginning, been a work of the Lord, not of me. I simply said yes to His call, and each day I take the next step forward," said Garibay. "I thought I would just start a little alternative club for my daughter and it might last four to five years ... but the Lord had a much bigger plan."

Paperback copies of "Why Curse the Darkness When You Can Light a Candle?" can be purchased from Garibay's [website](#), Barnes & Noble, or Amazon.

"My prayer is that each reader of this book will find peace in answering the call of God on their lives and through my story grow to believe that they too are worthy for what He has in store," Garibay said.

Learn more about AHG and find a Troop near you by visiting <https://americanheritagegirls.org/find-a-troop/>

American Heritage Girls ([AmericanHeritageGirls.org](#)) is dedicated to the mission of building women of integrity through service to God, family, community, and country. Founded in 1995 in Cincinnati, Ohio, AHG has grown from 10 Troops and 100 members to over 53,000 members across 10 countries and 50 states. Girl Members participate in Badge Programs, service projects, leadership opportunities and outdoor experiences, all with an emphasis on Christian values and family involvement. Follow AHG on [Facebook](#), [Twitter](#), [LinkedIn](#) and [Instagram](#).

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