

Plyshette Yvonne Wiggins has been writing poems and short stories since she was in grade school. With the exception of those close to her, she seldomly shared her writing beyond her inner circles. That all changed ten years ago. In 2013, over the course of three months Plyshette lost her father, her job, and her husband. Devasted and distraught, she turned to creative writing. Writing became therapeutic. Plyshette shared her writing on social media and later launched a blog, "I am living through it! And you can too!" There is no cure for grief, we must live through it. Since 2013, Plyshette has recited her poetry at local faith-based events in the Delaware Valley area. In 2021, she published her first book, *Loving Love, A Poetic Journey Through Love, Loss and Grief*.

In addition to creative writing, Plyshette is a professional grant writer and public health professional. She is President of Wiggins Health Systems & Solutions, LLC. She resides in South Jersey with her teenage children.