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FOR IMMEDIATE RELEASE

Fargo, ND/Coon Rapids, MN— On March 16th, 2015, Elias Youngblom’s car was struck nearly head-on by a drunk driver going 70 miles per hour. Now, on the tenth anniversary of the accident, a new memoir by the victim’s mother, Tracy Youngblom, dives into the circumstances of the accident as well as its medical and emotional aftermath.

Because We Must (University of Massachusetts Press, March 2025) traverses the complications of grief and recovery as Youngblom details Elias’ initial days in the ICU and the years of recovery that followed.

Marcia Pelletiere, author of *A Crown of Hornets* notes that Youngblom “makes palpable her son’s extraordinary courage and grace, as well as her own fierce struggle to remain steady and hopeful as she and her family navigate a whirlwind of emotions and practical challenges during Elias’ first years of recovery.”

In addition to illuminating the life of her son, a musician with dreams of becoming a marching band conductor, Tracy Youngblom also explores her own emotions and fears during this tumultuous time. Madeleine Blais, a Pulitzer-prize winning journalist remarks that the memoir is “a lyrical, yet agonized guide to what it was like for author Tracy Youngblom to almost lose her young son to the very definition of a senseless accident.”

Youngblom records the numerous challenges that she and her son face as they navigate new territory, including Elias’ blindness resulting from the accident. Helen Fremont, author of *After Long Silence*, calls the book “a riveting and heart-rending account of resilience in the face of unthinkable loss.”

Cynthia Blakeley, author of *The Innermost House* says, “This honest and gripping memoir, full of psychological insight and compassion, will stay with readers long after the last page is turned.”

Together, mother and son navigate everything from new physical limitations and an array of treatments to relationships with family, friends, and each other with an incredible amount of humor, grace, and resilience.

To request a review copy or an interview with the author, please contact Chelsey Harris, University of Massachusetts Press Marketing & Sales Manager, at chelsey.harris@umass.edu.

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