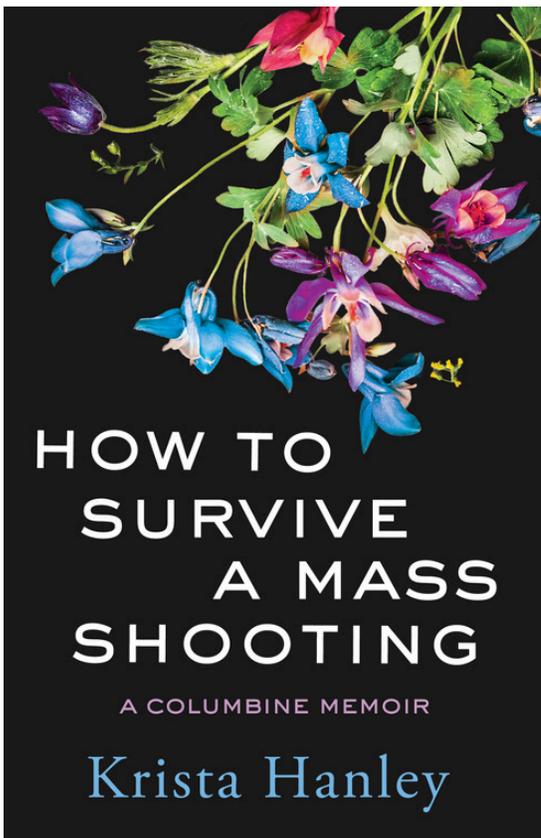


The Book:

How to Survive a Mass Shooting: A Columbine Memoir (Motina Books 9/2026) chronicles the life of a Columbine High School mass shooting survivor during the days, months, and years that followed. Memories of school and friendships before the event weave through chaos and guilt that erupted in the wake of one of the most notorious mass shootings in the United States. How-to lists are employed throughout the book, borrowing from the self-help genre to break up the narrative and acknowledge the desperate and sometimes-fruitless search for answers and healing.

While our nation continuously faces senseless violence, the memoir aims to widen the discussion on our culture of violence and individual trauma. *How to Survive a Mass Shooting* addresses the losses and struggles of mass shooting survivors, and how turning towards art, sharing our stories, and empowering ourselves can bring resilience, recovery, and maybe even hope.



The Author:

Krista Hanley (she/her) has turned her trauma into authentic advocacy. Her creative nonfiction writing has appeared in publications including the Huffington Post, Los Angeles Times, Memoir Magazine, The Coil Magazine, and in the compilation, *Stories Gathered at the Kitchen Table*. Through her small business, We Are Safer Together, she teaches trauma-informed self-defense, safety, and empowerment workshops.

As a Columbine survivor and safety expert, Hanley has been featured on broadcast news, radio, and podcasts including BBC, NPR, ABC, and Colorado Public Radio. She lives in Denver, Colorado. *How To Survive a Mass Shooting* is Krista's debut book.



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