

I have survived an incredible number of painful experiences in my lifetime. My father emotionally and physically abused my mother, my siblings, and myself, and ultimately ended up in prison. My mother exhibited many traits of borderline personality disorder and was abusive as well. After watching my dear cousin suffer greatly at the hands of Type 1 diabetes, she passed at the age of 42. As a result of watching her endure her final days, my greatest fear in life was that I would suffer the same fate. That fear was magnified 100 percent when my 10-year-old daughter was diagnosed with Type 1 diabetes. I then experienced a very painful divorce after 20 years, with no education or career to support my children or myself. Three weeks before I was to be remarried, my 25-year-old son was walking home from a party since he didn't feel it would be safe to drive. He was struck by a car and killed on impact.

Have **you** ever had to make peace with an extraordinarily difficult circumstance in your life? Have you ever tried to forgive someone for a transgression against you? I have no doubt that your answer to both questions is a resounding "YES!" Have you been able to do so successfully, or have you said to yourself, "I will forgive, but I cannot forget?"

In *Forgive: The Other F Word, How to Love the Unlovable and Forgive the Unforgivable*, I will describe how the inability to forgive robs us of living a life of joy and success. I will provide the tools to learn how to truly forgive so that readers can move forward in their lives and experience genuine happiness. I will share my personal stories with an unfiltered narrative and explain how I triumphed when it did not seem

possible. I will discuss specific psychological techniques, but also my relationship with God and how my faith played a role in my recovery.

This is a self-help trade book. It will especially appeal to an adult audience of both men and women who have been tested in life and who are looking for a path to happiness.

I am a licensed Marriage and Family Therapist and owner of Soul Work Counseling, a successful private outpatient mental health practice with several locations throughout Minnesota. I am a Board-approved supervisor for Licensed Professional Clinical Counselors, as well as a national supervisor for the American Association for Marriage and Family Therapists. In my spare time, I mentor therapists who want to start a private practice and also conduct workshops for therapists: *Basics of Dissociation* and *Using Both Sides of your Brain to Change*. These workshops will provide a valuable promotional platform for *Forgive: The Other F Word*. My writing experience includes a two-year stint as an advice columnist for a column called, "Ask Janet," for *Women's Voices* online magazine.

Thank you for your consideration to represent ***Forgive: The Other F Word, How to Love the Unlovable and Forgive the Unforgivable***. This is a simultaneous submission. Upon your request, I have a proposal and sample chapter ready to immediately submit.

Sincerely,