

Let the More Loving One Be Me is an inspiring story encourages readers to embark on a journey of self-discovery and learning to embrace love even after the darkest of times.

LOS ANGELES, CALIFORNIA, UNITED STATES, Aug 5, 2023 /EINPresswire.com/ -- She Writes Press will release Judy Foreman's deeply personal book, "Let the More Loving One Be Me: My Journey from Trauma to Freedom" on August 29, 2023.

Foreman is a former Boston Globe health columnist and the author of three works of nonfiction from Oxford University Press and a novel from Skyhorse Publishing. She spent three years as a Peace Corps Volunteer in Brazil, was a Lecturer on Medicine at Harvard Medical School, and has won more than fifty journalism awards, including a George Foster Peabody Award and a Science in Society award from the National Association of Science Writers.

In "Let the More Loving One Be Me", Foreman reveals the terror she felt every night as a girl as she lay in bed frozen in dread, listening for her father's footsteps coming down the hall. She recalls his mostly naked body, his stale smell, his silhouette in the bedroom doorway. Worse, in some ways, was her mother's denial—her insistence that this man was wonderful, her refusal to acknowledge his drinking, his rage, or his sexual abuse. It wasn't until Foreman spent a high school summer as an exchange student with a Danish family that she began to see how unsafe her own family was; it wasn't until she went to an all-woman's college that she realized that women had value.

Ultimately, this book proves that with time and therapy, it is possible to heal from serious childhood trauma and lead a life of deep fulfillment, rewarding work and, most wonderfully, love. It is a book about the power of emotional courage to change one's own inner and outer experience of the world, and about what matters most in life: cultivating healthy connections to other people.

Grounded in her over 70 years of life experience and more than 50 years as a journalist, Foreman provides thought-provoking and moving insights into how to move beyond one's emotional and physical pain and find people who make life healthy and meaningful. "Let the More Loving One Be Me" shows its readers that there is always a path forward and that each of us can learn to make that path brighter.

Laura Kramer, MD, psychiatrist, calls Judy Foreman "...one of the most intelligent writers I know... With thoughtful insight and a wry, poetic sense of humor, Judy shows us how friendship, swimming, therapy, and song have all helped her to emerge and flourish as her fully realized, loving self."



“[Foreman] has given us a testament to the resilience of a spirit ever reaching toward love—and finding it. – Mara Wagner, psychoanalyst, professor at the Boston Graduate School of Psychoanalysis”

About the Author

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About the Book

"Let the More Loving One Be Me: My Journey from Trauma to Freedom" by Judy Foreman will be published by She Writes Press on August 29, 2023. It can be preordered in paperback for \$17.95 or as an eBook for \$8.99.

