

finding this place

one woman's journey beyond restriction

MEDIA QUESTIONS

1) How does *finding this place* differ from other memoirs about dysfunctional families and the plight of women? What do you hope the reader will learn from the story?

The scope of my experience makes my story unique and my book inspirational. I think it will cause the reader to reflect on his or her own past. As a child and young adult, I expected to have someone – a man – to take care of me for my entire life. In return I was expected to accept the secondary roll, it's what my mother did, it's what most women did. But, as unprepared as I was, I learned to take care of myself, and my children. New and different experiences fascinated me and eventually I traveled all over the world, enjoying an international career.

I traded married life for that corporate career and excelled, but no matter how hard I worked and how many hours I put in, my roll would always be secondary to the men, equal pay for equal work wasn't even a concept when I began my career. There was an underlying assumption that men were more valuable.

There are many self-help books on the market written by experts in dysfunctional families and recovery and of course there are lots of memoirs about the subject. *finding this place* is a real life story about my unlikely, eclectic journey to visualize, and manifest a happy life in spite of who I was "supposed to be."

2) You have traveled quite extensively. Can you talk about some of the places you visited and what you learned?

I could write another book about it! Asia, South America, Europe, Australia. The multiplicity in the world is difficult to comprehend - beauty and atrocity, poverty and opulence, joy and despair. In *finding this place*, I talk a lot about my experiences in India. The contrast with my life in the United States was awe-inspiring. I learned how fortunate I am to be a woman in this country, in this time in history. Not that long ago, they would have burned me at the stake! In some countries, they still would.

3) Why did you write this book?

finding this place recounts my healing journey. I hope it illustrates potential beyond limits and encourages each reader to fully experience her environment and listen to her heart. I believe unimagined possibilities exist for everyone.

MEDIA QUESTIONS CONTINUED

4) **What role has religion and spirituality played in your life?**

We attended the Lutheran church when I was a child but by the time I was 12 or 13, after Catechism, I knew it wasn't what I believed but I was still too naïve to understand. Being Lutheran was about following the rules not about knowing your inner self. There was nothing spiritual about it. When I met an energy healer and began to learn about spiritual energy, I began to understand how I'd lived my life straining against patriarchal rules. Once I realized I had power over what happened to me and I could control how I felt, wonderful things happened. I believe we all get what we expect to get. I expect to be happy and prosperous.

5) **Who is the audience for this book?**

I hope *finding this place* will inspire women who know there's more than the daily grind but can't find their way out. The story of my spiritual awakening will be fascinating and I hope motivating. Some people think energetic healing is just "woo woo" but deep inside they know better. Maybe the book will help make this kind of healing a little more mainstream.

6) **You left a condo in Bellevue to open a B & B on a 3 acre llama ranch. How many animals do you have? How do you do it all and still have time to write?**

I have five llamas, about 30 chickens, five geese, eight ducks, including five very unusual Indian Runners, a rabbit and two dogs, but the dogs don't know they're animals. They're all easy to care for but sometimes I am overwhelmed. It was really difficult when the eagle ate five chickens in one weekend. I think I felt more vulnerable than I ever have, nature can do that.

The spring and early summer are crazy with gardening and guests. That's when I most need to write – it's therapeutic. In the winter, when the inn isn't so busy, I write most of the time.

I'd suffocate if I had to live in a city again. And you can't believe the beauty and taste of those farm fresh eggs!

7) **You wrote intimate details. Was that difficult?**

A memoir would have no substance without intimacy and I love writing details. The difficult part was deciding to publish. I changed names and combined characters to protect the privacy of the people I wrote about, but my life is pretty much out there for the entire world to read.