

The Sitting Swing:

Finding Wisdom to Know the Difference (Revised Ed.) Irene Watson, MA

Irene Watson's pretentious life could go no further until she faced her past. Her moving and inspiring memoir begins at the end, in a recovery center, where she has gone to understand a childhood fraught with abuse, guilt and uncertainty. Her powerful story is a testament that it's never too late to change your life, never too late to heal.

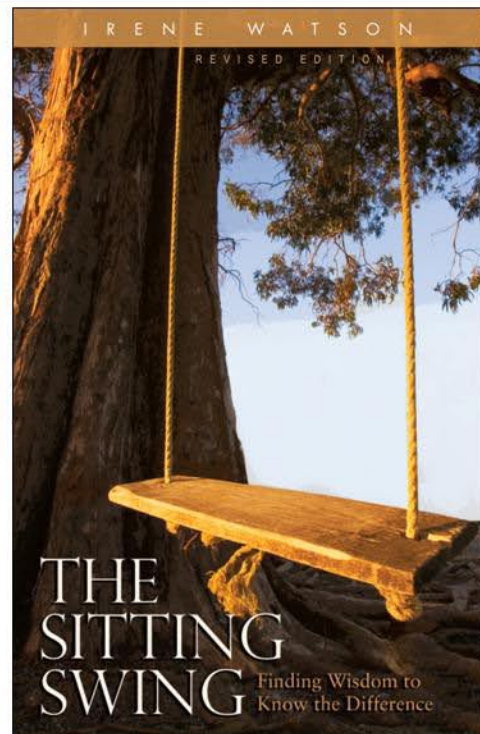
The Sitting Swing shows us how guilt, fear and ignorance are borne by our children. Two distinct parts of the book look at an abusive child rearing and the process of recovery that takes place years later. On many levels this is a classic story showing us that change, growth, forgiveness and recovery are possible. It is also a heartwarming healing story and a testament to the strength and courage of the human spirit. In the end it gives hope and freedom to those that accept the past and move forward by rewriting life scripts that have been passed down for generations.

Praise From *Publishers Weekly*

"Watson's memoir recounts her fearful, highly sheltered years growing up an only child to Ukrainian immigrants in 1940s Alberta, Canada. Gradually, Watson uncovers the childhood wounds leading to her personality crisis. She undergoes a rigorous 12-step program and a systematic breaking down of her ego so that she can re-create herself. This is an earnest memoir, well structured."



Author, entrepreneur, and therapist Irene Watson's life has taken her on many paths, with breakthrough results and exemplar growth, to find her authentic and true self. She lives with her husband in Austin, Texas. Irene earned her MS in Psychology, with honors, from Regis University in Denver.



"*The Sitting Swing* is the poignant story of the author's successful journey to transcend the patterns sculpted by her parents and childhood experiences. I loved it!" —Nancy Oelklaus, PhD, Life Coach & author of *Journey from Head to Heart*

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