

IRENE WATSON

Praises for *The Sitting Swing: Finding Wisdom to Know the Difference*

Brave and inspiring, full of heartbreak and hope, *The Sitting Swing* by Irene Watson is an astoundingly honest account of a young woman addressing a commonly overlooked addiction. Forewarned: like me, you may recognize yourself on practically every page!

-Barbara Robinette Moss, author of *Change Me into Zeus's Daughter* and *Fierce*.

In *The Sitting Swing*, Irene Watson poignantly tells her story of two parallel worlds—the fractured transition of Ukrainian speaking immigrants moving West superimposed on the pain of a small confused girl seeking transformation from her own cold loneliness. But the real story is in the courage of that small girl to look directly into the video camera and seize her own life. *The Sitting Swing* takes us on Irene's journey from a angry mother admonishing Irene not to sing to a woman freeing herself to sing her life. This book guides us through the 20th Century revolution of the immigrant seeking sustenance and refuge to the awakening of the individual seeking internal sustenance and peace. Irene Watson is no longer in hiding.

-Stan Biderman, author of *Everything Changes*

Irene Watson's memoir, *The Sitting Swing*, provides a soul searching look at facing codependency and beginning the recovery process. Watson's insightful recounting of a journey from an overprotected childhood to facing her inner demons at a treatment center provide hope and help for those who struggle with a compulsion to control the people around them.

-Kay Marie Porterfield, author of *Straight Talk about PTSD: Living with the Aftermath of Stress; Sleeping with Dionysus: Women, Addiction and Ecstasy, Coping With Codependency*

The Sitting Swing is an inspiring story. Readers will empathize with Irene, and they will be motivated to begin their own spiritual journeys of recovery. While the path is not easy, Irene is proof that serenity is achievable. More than anything, readers will be impressed with Irene Watson's honest voice and her straightforward colloquial writing style that makes us realize we are a lot like her, and consequently, if she could recover from her past, then anything is possible for us as well.

-Tyler R. Tichelaar, author of *The Marquette Trilogy*, and, *Iron Pioneers*

The Sitting Swing tells of Irene's discovery of that missing person, and it tells it with candor and sensitivity. I could relate on every level to her voyage of self-discovery. It was a two-box-of-Kleenex read, but it ends with a message of hope that will stay with the reader long after the book's pages have yellowed with age.

-Lynda Fitzgerald, author of *If Truth Be Told*

Irene Watson has written a psychologically savvy memoir. With insight and intelligence she takes the reader through her step-by-step experience of resistance and revelation. Told with courage and candor in an intimate, alive voice she reveals her discover of a Higher Power and a new pathway for marriage and emotional freedom.

-Babette Hughes, author of *Lost and Found*

This is not a "for women only" book nor is it a pretentious litany of psycho babble. In a surprisingly frank account of her life, Irene Watson bares her soul for all to see and provides hope for those of us whose life has unaccountably wandered into a dead end from which there seems to be no escape. At times, the journey through the book is torturous and almost too painful to follow. But follow it you will, because it is the kind of book you can't put down. A must read!

-Ron Standerfer, author of *The Eagle's Last Flight*

I recommend this book for anyone interested in improving her/his life journey. Irene Watson identifies the kinds of behaviors and personality characteristics that typically need to be examined in any human growth experience. It's a great read and carries the potential to be very helpful for anyone who wants to live a happier life.

-Sharon Shaw Elrod, author of *Shar's Story, A mother and daughter reunited*

While *The Sitting Swing* is quite clearly a work of non-fiction, although reading it I found it to have the "feel" of an attention-grabbing novel, as Ms. Watson quickly drew me into her story and kept me riveted to it until the very end. There is no question in my mind that any person seriously interested in healing longstanding emotional wounds would benefit from reading this inspiring and thought-provoking book.

-Jeff Maziarek, author of *Spirituality Simplified*

The book relates of heart wrenching moment when even in the face of danger, the author was not helped by the woman whose very role was to protect her and keep her from harm's way. It's about both letting go and going on in life. The book is cleverly marked with light hearted instances that help keep readers riveted, such as the author as a girl trying to cough up a child, since that's how she was told babies are born. An interesting memoir, that will keep you riveted throughout. The author has a clear, easy flowing style that's almost conversational and allows readers to connect almost from the start.

-Shaila Abdullah, author of *Beyond the Cayenne Wall*

The Sitting Swing is Irene Watson's compelling story of trying to understand her childhood. The author opens her thoughts to the reader almost as if she wants them to help her understand her childhood also. The book is a very interesting read. As the author states, it was very difficult to write this book and relive the past. The reader will do some deep thinking after reading Irene's story and see the courage it took for her to write this book. Irene's main purpose in writing this book is to inspire others to make changes in their lives. She has done an excellent job that will serve as an inspirational guide to many others who are trying to do the same thing in their lives.

-Nancy Eaton, *Best Sellers World*