

IRENE WATSON

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Childhood Does Not Determine Identity – We Each Write Our Own Life Script

As a girl, she was not allowed to play with friends. Her mother tried to control her constantly, from fear something would happen to her as had happened to her brother. But when Irene grew up, she would learn she could become the woman of her choice.

Austin, TX –A girl who is stifled, not allowed to play with friends, and made to believe she is worthless become a counselor, author and successful businesswoman in this inspirational tale of hardship and courage. Irene Watson tells how she succeeded in “The Sitting Swing: Finding Wisdom to Know the Difference” (ISBN 9781932690675, Loving Healing Press, 2008).

When Irene Watson visits the Avalon recovery center, she has no idea what a difference it will make in her life. As a practicing therapist, she believes her visit will help her better serve her clients. But to discover a video camera in her room and counselors who are hostile to her are not what she bargained for. Yet the experiences make her analyze how her background still influences her present. Irene begins to rethink her dreams and personality and finds the courage to change into who she wants to become.

The title of “The Sitting Swing” refers to a swing the author could barely use as a child because the rosebushes around it made it impossible to move very far. Irene’s over-protective mother watched the swing through the window. Irene’s older brother, Alexander, had died and her mother blamed herself. She would not let anything happen to her second child. Only as an adult would Irene understand and forgive her mother’s irrational fears and overcome the limited world she knew as a child.

Irene’s story is one of conflicts with her parents, physical and sexual abuse at the hands of other children, growing up in a Russian immigrant family in Canada, and attending a school where English was spoken when she only knew Russian. In her teen years, she contemplates turning to a life of crime to relieve her frustrations until her one true friend saves her. “The Sitting Swing” is also the story of a middle-aged woman reviewing her life and marriage and finding that the past cannot be changed, but the present and future can.

Written in a down-to earth tone, this revised edition of “The Sitting Swing” includes a new Afterword about Irene’s continued success and her response to her father’s passing. Resources are provided to those inspired to begin the journey of recovery. No one will close “The Sitting Swing” without believing we are all capable of changing our life scripts. This inspirational story will linger long and become a heroic example of what anyone can achieve who finds the courage to change.

About the Author

Irene Watson holds a Masters Degree in Psychology, with honors, from Regis University in Denver, CO where her emphasis was on spirituality and psychosynthesis. Irene’s life has taken her on many paths, with breakthrough results and exemplar growth, to find her authentic and true self. Today she is the Managing Editor of her book review and author publicity company, Reader Views, as well as president of a nonprofit organization, Higher Power Foundation, Inc. through which she facilitates transformational retreats. Irene lives with her husband on the banks of Barton Creek in Austin, Texas along with their Pomeranian, Tafton, rescued cat, Patches, and rescued cockatiel, Clement.

“The Sitting Swing: Finding Wisdom to Know the Difference” (ISBN 9781932690675, Loving Healing Press, 2008) can be purchased through local and online bookstores. For more information, visit www.lovinghealing.com. Publicity contact: www.ReaderViews.com. Review copies available upon request.

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