

***The Sitting Swing: Finding Wisdom to Know the Difference* —by Irene Watson**

A Synopsis

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 heart warming 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.