



Media Kit

Author: Deb Landry

Category: Memoir

(Personality Disorders, Child Abuse, Genealogy)

Print ISBN: 978-0-9983867-8-2

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Includes:

Book Bio

Author Bio

Suggested Interview Questions

Testimonials and Reviews

Press Release

Contact Info



ABOUT THE BOOK

In November of 2014, nearing the thirty-fifth anniversary of the untimely death of her father, Deb learns the devastating news that the man she knew and loved as her biological father was not her DNA match. This unforeseen key unlocked a life-long secret to her inexplicable childhood experiences with a narcissist mother and intensified her four-decade search for understanding of a mother-daughter relationship.

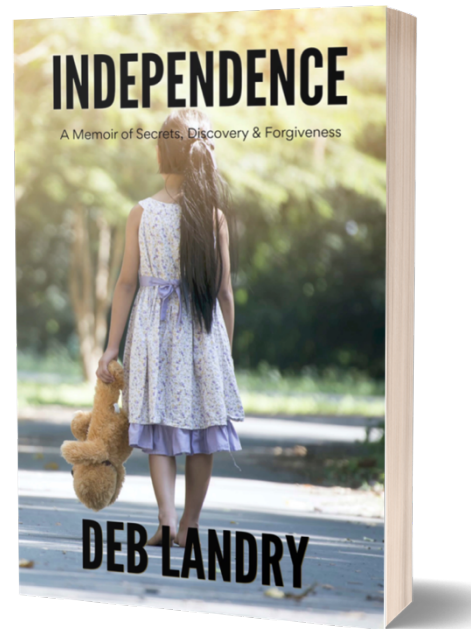
Independence is a memoir of secrets kept by a mother, discovered by the daughter and a quest to find forgiveness and acceptance for the unknown.

This heartfelt story of one woman's journey unfolds as she uncovers the motive of her mother's bizarre and unpredictable behavior and secrets.

Independence delves into the impact maternal emotional and psychological abuse has on a child's life and how interrupted adolescent development sends a child to escape inward, resulting in developing negative internal messages of shame, fear, and never feeling good enough.

This poignant narration reveals a child's resilience and an adult's quest to find solace, and the true meaning of family.

Book is available in paperback, Kindle and on Audible.com



Author: Deb Landry

Foreword: Jenny Muscatell, LSW

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Audiobook read by Jane Weatherstone

Independence
Paperback



ABOUT THE AUTHOR

Deb Landry is an author, certified parenting coach, professional operational consultant, podcast host, and activist for children's rights. She has authored three children's books, *Yankee Go Home*, *The Snapdragon Princess* co-authored with Kim Parrish and the bestselling award-winning *Sticks Stones and Stumped*. Her new children's book, *Summer's Shadow*, will be released in late 2020. Deb other works include several interactive children's awareness plays on character education and bullying prevention.

A humanitarian and philanthropist, Landry specializes in bullying and harassment prevention and safe school climate planning. She has lobbied for legislation in the state of Maine and throughout the U.S., serving on ad hoc committees and works as an advocate for children, youth and teens who are affected by bullying, harassment or discrimination.

Deb knows first-hand how childhood trauma can psychologically affect the growth of youth and has spent over twenty years as the co-founder and Executive Director of Crossroads, a youth character education nonprofit with a focus on developmental education to raise resilient and respectful youth.

Deb lives on the coast of Maine with her husband Darrin.



Deb Landry

Connect with Deb

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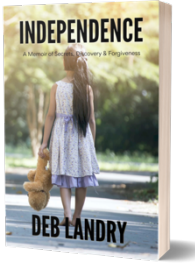
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Thank you

Independence
Paperback





SUGGESTED QUESTIONS FOR REPORTERS AND PODCAST

1

How did you come up with the title of the book?

2

When did you decide to write the memoir?

3

You start the book at age 7, why that age?

4

When did you recognize that your mother behavior was not normal?

5

There is a lot of talk about shame and escaping, can you elaborate?

6

How did you choose the stories in your book?

7

You talk about PTSD. How did you handle that diagnosis?

8

Your story turned out to be a genealogical discovery or mystery, how did you handle this process?

9

Let's talk about DNA consumer testing. What is your advice for someone looking for a relative or just doing a test for fun?

10

When you started your nonprofit Crossroads, did you have your past experiences in mind?

11

Did you work with a therapist or professional while writing the book?

12

You have connected with half siblings. How was that process?

13

You also reconnected with several family members, how did that feel?

14

Were you surprised when you finally found out your paternity?

15

What are some of the obstacles you faced while searching for your biological family?

Other topics

16

Topics on Narcissistic behavior, Anti-social personality disorders

17

Hidden Child abuse, sexual abuse and the effect on children, youth, and adults

18

Positive and Unconditional Parenting

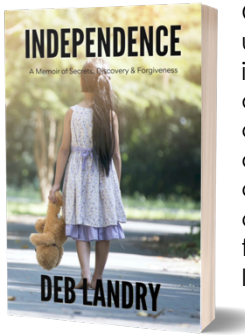
19

It takes a village to raise a child!

20

Social awareness issues and Crossroads Youth Center, a 21 y/o nonprofit

TESTIMONIES AND REVIEWS



Children retreat into their own world of isolation to survive a malignant atmosphere. Living under a perpetual blanket of guilt, shame, and character assassination, they lose confidence in their own thoughts, beliefs, and ideas. They live in a world where their opinions are not heard and feelings are not validated. Non-abusing caregivers unwittingly compound this issue. A child often views a non-abusing caregiver as a source of safety and love—a source of comfort and hope, but when that source does not also provide the basic element of protection, a child's security within the home is not established. Author Deb Landry found *herself* at a crossroads. Her growing awareness that something wasn't right led her to freedom—freedom from abuse, freedom to believe in herself, and if you know Deb, freedom to conquer the world. It is no surprise that she co-founded the organization, Crossroads, where she has created programs that promote resilience and growth for teens, youth and young adults both statewide and nationally.

Jenny Muscatell, LSW

Independence is a thoughtfully written memoir about Deb Landry's experience navigating her childhood into early adulthood. It touches upon the struggles of handling abusive family dynamics and persevering on the other side. I highly recommend this book to anyone who has a relationship with children and young adults who may be experiencing some turmoil at the family level in their lives. Deb provides insight into how these experiences shaped her life, her self-worth as a young girl and how she overcame these obstacles to create the life and positive support system she has now. I look forward to sharing this book with others in my field.

Mikele Block, BCABA

I'm a huge fan of Deb Landry and her work in all areas. This book is absolutely brilliant, clear, compassionate, and incredibly informed. Deb Landry's personal journey is touching and real, showing that there are invisible relationships being lived behind closed doors and never told out of fear. The healing journey is very difficult, but with this book, you can actually follow the discovery to recovery. Excellent work. PTSD (Post Traumatic Stress Disorder) is so misunderstood and **Independence** opens that door to awareness. Kudos to Deb for bringing this topic to light for discussion, so people who share similar circumstances have a resource and forum.

Elizabeth Hamilton-Guarino, CEO Best Ever You

Riveting tale of truth and secrets hidden. Many might identify with the struggles and abuse described here, but not perhaps with the author's specific experience. This is a book, so well-written, reveals the triumphs a woman finds after unwinding her childhood history. Uplifting and powerful, this book will inspire others to search, discover and then forgive anyone who has stood in the way of their development and happiness. Highly recommended.

Amazon Review

As a person who works with children and youth on a daily basis I found this book to be a reminder of how hidden and silent child abuse flies under the radar. Most times there are no visible or physical signs and children-youth are labeled as introverted, quiet or sadly passed over, leaving the signs to go unnoticed. Relationships between parent and child are not always tragic but can be hallowing and chronic leading the child to have lasting problems well into adulthood. Independence delves into daily verbal abuse, and bullying of a child from her mother. The author chose to run and hide out of shame most of her life until she found self-forgiveness. In this case there are twist and turns and even reasons behind the behaviors, leading into yet another story of recreational DNA testing. Independence is a heart-warming story of one woman's perseverance to find safety and love. It is a must read, you will be glad you did, highly recommend!

Amazon Review

FOR IMMEDIATE RELEASE

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INDEPENDENCE

A MEMOIR OF SECRETS DISCOVERY & FORGIVENESS



[SACO, MAINE, August 25, 2020] Bryson Taylor Publishing announced the release of author Deb Landry's new book, ***INDEPENDENCE A MEMOIR OF SECRETS, DISCOVERY & FORGIVENESS***.

Landry, a native of Dexter Maine, narrates a story of growing up in a small town in the 1960's in a family filled with secrets, unknown to even their closest friends and family members. Secrets slowly unfold over decades and are finally answered in 2014. Nearing the thirty-fifth anniversary of the untimely death of her beloved father, Deb learns the devastating news that the man she knew and loved as her biological father was not her DNA match. This unforeseen key unlocked a life-long secret to her inexplicable childhood experiences with a narcissist mother and intensified her four-decade search for understanding of a mother-daughter relationship.

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Deb Landry offers a deeply personal and inspiring memoir for anyone who has experienced a life-changing personal obstacle—and for readers who are interested in subjects such as parenting, DNA testing, PTSD and mental illness, leading to a reminder that the greatest gift a parent can give a child is unconditional love.

Independence: A Memoir of Secrets, Discovery & Forgiveness written by Deb Landry and published by Bryson Taylor Publishing (ISBN 978-0-9983867-8-2; August 20, 2020; Paperback \$17.99; Kindle \$2.99) is available wherever books are sold, on BrysonTaylor.com, Amazon, in paperback or Kindle and available on Audible.com in September. For more information or a press kit, please contact us at 207-838-2146; info@brysontaylor.com or on our website at www.brysontaylor.com.

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ABOUT THE AUTHOR: **DEB LANDRY** is the Executive Director of Crossroads Youth Center and the author of several social awareness children's books including the bestselling *Sticks, Stones & Stumped*. She is a parenting coach, social awareness activist and serves on the Governor's Taskforce for Safe School Climates for the state of Maine. Landry lives with her husband on the coast of Maine.

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Independence
Paperback



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BRYSONTAYLOR.COM

OR ANYWHERE BOOKS ARE SOLD

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A POIGNANT NARRATION
REVEALING A CHILD'S RESILIENCE
AND AN ADULT'S QUEST TO FIND
SOLACE, AND THE TRUE MEANING
OF FORGIVENESS.



by Deb Landry