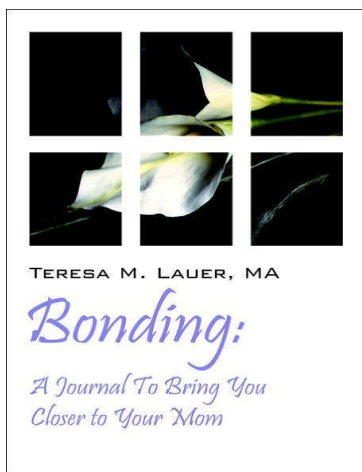




Media Kit

Teresa Lauer, M.A.

Therapist & Writer



Dear Media Professional,

"I love my mom but ... she makes me *crazy!*"

Would you believe that two of my therapy clients said this on the very same day? One of my clients, remarkably, is 15 and the other is 55!

This is a time like no other in our history with an estimated 89% of women over 18 *expecting* to be caregivers to their children and parents at the same time with most women spending 17 years caring for their children ... and an incredible 18 years helping elderly parents!

Accompanying these responsibilities of course, is the feeling of being “caught in the middle” and inevitably, guilt. Time is at a premium ... expectations run high ... and as a result, relationships suffer.

Imagine lively conversation, valuable information that your listeners or viewing audience can use *today*, and free copies of *Bonding: A Journal to Bring You Closer to Your Mom* that not only celebrate the mother-daughter relationship, but helps them answer the question: “*Is there any hope for a relationship so frustrating, so painful, and at times, so contentious?*” The answer, they’ll discover, is a resounding yes!

Whether you’re in print, radio, or television, or researching a story, I’m happy to help you bring this timely information to your audience.

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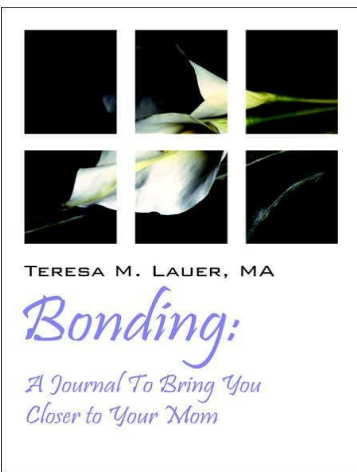
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Author Biography

Teresa Lauer, M.A.

Therapist & Writer



With the publication of *Bonding: A Journal to Bring You Closer to Your Mom*, Teresa, a recognized expert in intimacy and family relationships, helps her readers unlock the secrets of that most complex of relationships — the one between mother and daughter — and make it more personally rewarding for both.

Vulnerable and honest, Teresa — recognizing the need for a way to deal with her own grief following the death of her mom — shares her compassion and guidance by relating the frailties in their relationship. Further, she guides her readers on a focused journey to bring mother and daughter together to form bond — *before it's too late*.

In addition to obtaining a masters degree in Counseling Psychology from the University of San Francisco, Teresa writes extensively on a number of subjects concerning intimacy in both family and couples relationships and has broad post graduate clinical training.

Teresa is passionate about helping others build rewarding relationships and very much enjoys introducing her readers to therapeutic concepts and how they relate to universal issues we all face in our relationships with those we love and cherish.

Other books written by Teresa include *Sex Offenders: Revealed*, *The Truth About Rape*, and *Hours of Torture, Years of Silence*. And for professionals, books she has written include *Resource Directory for Mental Health Professionals* and *Business Practice Directory for Mental Health Professionals*.

Recent articles include "Rape Trauma Syndrome in Intimate Relationships" for the *Family Therapy Magazine*, a publication of the American Association of Marriage and Family Therapists, "Pelvic Pain Due to Internal Injuries and Treatment Modalities" and "How to Make Your Therapy a Success".

Teresa shares her life with Phil, her husband of 23 years and currently lives in the stunning Pacific Northwest along Georgia Strait. While the scenery provides a great deal of inspiration, her muse, as always, continues to be her husband Phil.

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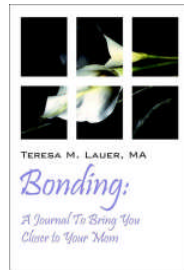
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Book Titles

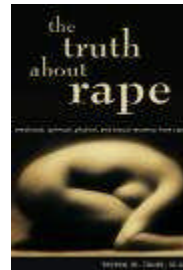
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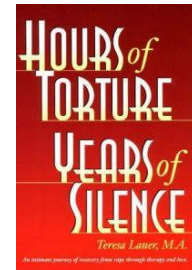
Bonding: A Journal to Bring You Closer to Your Mom

Author: Teresa Lauer, M.A.
 Publisher: Outskirts Press
 ISBN: 1598005065
 Paperback: 156 pages
 Dimensions: 9" x 6"
 Price: \$15.95



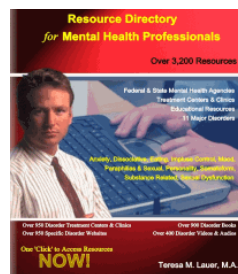
The Truth About Rape

Author: Teresa Lauer, M.A.
 Publisher: RapeRecovery.com
 ISBN: 0966207815
 Paperback: 327 pages
 Dimensions: 9" x 6"
 Price: \$19.95



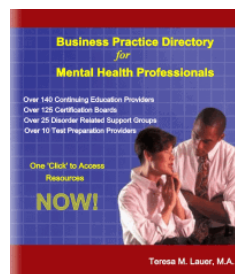
Hours of Torture, Years of Silence

Author: Teresa Lauer, M.A.
 Publisher: RapeRecovery.com
 ISBN: 0966207807
 Paperback: 158 pages
 Dimensions: 9" x 6"
 Price: \$14.95



Resource Directory for Mental Health Professionals

Author: Teresa Lauer, M.A.
 Publisher: TLG, Inc.
 ISBN: 0966207858
 E-book: 344 pages
 Price: \$99.95



Business Practice Directory for Mental Health Professionals

Author: Teresa Lauer, M.A.
 Publisher: TLG, Inc.
 ISBN: 0966207866
 E-book: 33 pages
 Price: \$21.95



Sex Offenders: Revealed

Author: Teresa Lauer, M.A.
 Publisher: TLG, Inc.
 ISBN: 0966207823
 E-Book: 38 pages
 Price: \$9.95

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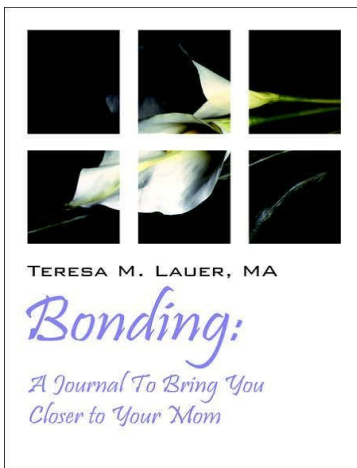


Book Excerpt

Bonding: A Journal to Bring You Closer to Your Mom

Teresa Lauer, M.A.

Therapist & Writer



My mom died on January 27, 2004.

My first thought upon hearing the news that she had died was of the many things we never talked about and all the questions I had left to ask her. I was suddenly beside myself with regret at not having made the time to talk, and share, and laugh more often. Now, on this cold, wintry day my chance to speak with her again was gone. Forever.

My flood of questions became a torrent during the following year as I reached out to other members of my family and learned more about my mom. The picture that I had of her was taking on a new shape. She had experienced so much more than I realized; had so many more hopes and dreams and accomplishments than I was aware. Along with my new knowledge of someone I thought I'd known so well was a sadness that we hadn't really talked about many things. It became my hope that others not be faced with the same fate and so I set about writing this book, especially since I was an only child.

The finality of death is a difficult thing to accept. Whether our loved one dies unexpectedly or following a long illness, we're still left lonely and longing. While we listen to the compassionate, sympathetic words of friends and family and the assurances that our loved ones are in a better place, we are often left sad for what was *not* said ... what was *not* shared.

In the months since her death, I feel as if I'm standing at the foot of a wall that's become cold and concrete and even more insurmountable than I could have imagined that first day after she died. It's my sincere wish that you find a new way of sharing and that this book will help you transform your relationship with your own mom, and perhaps with your daughters as well. No matter how close or distant your relationship or how well you feel you know one another, I know that these questions will draw you closer to one another.

Teresa Lauer, M.A.

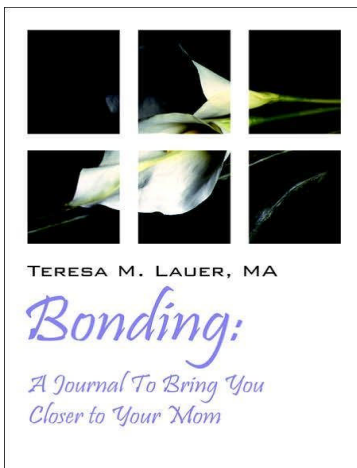
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Teresa Lauer, M.A.

Therapist & Writer



Suggested Interview Questions

Bonding: A Journal to Bring You Closer to Your Mom

1. You begin your book by telling us about your own experience with your mom's death; why is this important to us?
2. Is it really possible to "heal" a relationship between mother and daughter that seems beyond repair?
3. What do you mean by *Bonding* being a "life journal"?
4. Why is writing so cathartic for many of your readers?
5. What are some of the difficulties your readers might find in talking with their moms?
6. You talk about us having different "jobs" during our lifetime — things we must accomplish; what do you mean by this?
7. Why is *Bonding* presented with questions that you'd like to have asked your mom; isn't it important for readers to structure their own questions?
8. You present the questions in your book chronologically addressing questions your readers might ask their mom about being a daughter, lover, wife, mom — aren't some of these questions *too* personal?
9. Why address end-of-life questions?
10. You hold workshops for mothers and daughters who want to begin journaling; what's one thing my listeners can do *today* to enhance their relationship?

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The Mother-Daughter Relationship: A (Never-Ending!) Search for Unconditional Love

Teresa Lauer, M.A.

Therapist & Writer

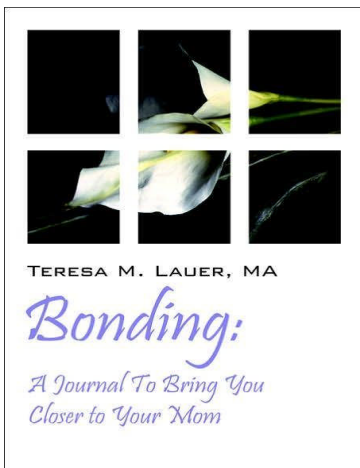
"I love my mom but ... she makes me crazy!"

Have you ever said this about your mom? Well, we all have ... and your daughter (much as you don't want to hear this!) has probably said it about you too! Does it mean you don't love each other with all your heart? On the contrary, it's *because* you love each other so deeply that your relationship with means so much.

Through 101 questions about her experience as a daughter, a wife, a mom and learning her hopes, dreams, and wishes, you'll learn that really, this life journal is a tool for your own self-discovery. Is there any hope for a relationship so frustrating, so painful and at times, so contentious?

Without a doubt, yes ... and it can be all you had hoped: An intensely rewarding relationship of admiration and respect.

You're not alone in your desire for a close mother-daughter relationship and whether or not this is a reality for you at this time, you *can* have a relationship of mutual respect, compassion, and yes, unconditional love.



I believed I had all the time in the world to discuss the important and the trivial questions with my mom ... now, as with the author, it is to late. Lauer has written a masterpiece to remind us all that we may not have the time to ask the questions we want and need to know.

If your mother is gone and you have a daughter, this mighty tool can draw you closer. Such a wonderful, insightful, and inspiring book and one you will always cherish.

Debbie Spicer

Teresa Lauer, M.A.

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Your book, and the opportunity to collaborate with my child in a journey of discovery has been a blessing and a gift to both of us. Thank you for giving us a simple but effective venue to bridge the gaps that sometimes intercede into our lives.

Ellen Trimigliozzi

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