



# The Sitting Swing: Finding Wisdom to Know the Difference (Spiritual Dimensions)

*Irene Watson*

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## **The Sitting Swing: Finding Wisdom to Know the Difference (Spiritual Dimensions) Irene Watson**

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.

Two distinct parts of the book look at abusive child rearing and the process of recovery years later. This story shows change, growth, and forgiveness are possible. It gives hope and freedom to those accepting the past and re-writing life scripts that have been passed down for generations. It's never too late to change your life, never too late to heal.

### **Praise for *The Sitting Swing***

"Watson's memoir recounts her fearful, highly sheltered years as she uncovers the childhood wounds leading to her personality crisis. This is an earnest memoir, well structured." -PUBLISHERS WEEKLY

"The Sitting Swing is the poignant story of the author's successful journey to transcend the patterns sculpted by her parents and childhood experiences. I loved it!" -NANCY OELKLAUS, PHD, LIFE COACH AND AUTHOR OF JOURNEY FROM HEAD TO HEART: LIVING AND WORKING AUTHENTICALLY

"As a teacher of transformational principles for self-discovery and the treatment of addictions, reading The Sitting Swing inspired me to a richer new voice, infusing my lectures with a deeper level of meaning. Irene's personal story of transformation will add to the experience, strength, and hope we share with our clients and to anyone who is on a path of personal transformation. " -MARY LYNN SZYMANDERA, LCAS, CEFIP, OUTPATIENT MANAGER, PAVILLON INTERNATIONAL, AND EQUINE PROGRAM DIRECTOR, SAWHORSE HILL

Author info at [www.irenewatson.com](http://www.irenewatson.com)

Book #6 in the Spiritual Dimensions Series from Loving Healing Press [www.LovingHealing.com](http://www.LovingHealing.com)

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