

PRESS RELEASE

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Summerland Publishing Releases "Giving Birth to My Parents" by Lorrie Caplan-Shern

Summerland Publishing is pleased to introduce "Giving Birth to My Parents," a guide for every generation teaching how to honor, celebrate and remember that the most important elders in our lives and in our culture are our parents.

"Giving Birth to My Parents" is a timely book written for the men and women of the Baby Boomer generation by one of their own. Part memoir, part life coaching manual, this book offers a road map to every generation. Its pages offer guidance on how to lovingly and compassionately deal with the sometimes challenging, but ultimately worthwhile, experience of creating and maintaining a loving and respectful bond with aging parents. The suggestions and honest situations in this book also enable aging parents to better appreciate and respect their adult children.

Told with humor, kindness and insight, this book provides a valuable way to navigate understanding and mending the relationships between Baby Boomer adult-children and their Depression-Era parents. As such, it puts a personal face on the inter-generational issue and provides an under-represented voice not found in other books.

A Message from the Author, Lorrie Caplan-Shern:

"This is a story of how my relationship with my parents, Bernie and Blanche Caplan, was created through the course of thousands of hours on the telephone and visiting them in Philadelphia during 1995-2005. This was a labor of love for over a decade, stirring unending emotions that never seemed to end. During that time, I guided and taught them, and exposed them to new experiences by example. I worked with my parents using my coaching skills. They had a willingness, openness and enthusiasm to move forward and to eventually trust the offered source of knowledge, inspiration and experience. Our interactions inspired my parents to eventually understand and acknowledge the depth of their lives as individuals, as a couple and parents, and begin to see the blessings and miracles they could create on their own.

The pain of remembering the past might get in your way of moving forward in your life. Still, I ask you to read in faith that this book can penetrate your consciousness and help you build stronger, richer, more satisfying relationships with your aging parents.

Hopefully, you the reader will see the teachings I offer as a way to help free yourself from fear and disappointment, from old stories no longer true for you that can now be remembered with grace, laughter and release. Love is all there is. I offer this memoir of "Giving Birth to my

Parents” with benevolence, blessings and humanity and the dream that your parents, and you, might benefit from deep and lasting healing.”

About the Author:

Lorrie Caplan-Shern is a force of nature that inspires and uplifts people’s lives wherever she goes because Lorrie loves life and loves love. Discovering her deeply creative abilities at mid life, she is a visual artist working in abstract watercolors and acrylics. Lorrie has been in private practice as an Intuitive Life Coach for over 20 years.

She and her playwright partner, Zoe Miller Lee, are putting the finishing touches on a comedy play based on a real life experience titled *The Princess and the Iguana*. Currently she is co-writing pop songs and recently at the Durango Songwriter Expo placed within the top three that she co-wrote with Lee Johnson called *Yesterday's News*.

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"We publish books to help make the world a better place."

www.summerlandpublishing.com

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