

THEN THE WREN FLEW



Lauren Chadwick

AUTHOR OF:
THEN THE WREN FLEW

MEDIA KIT

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Then the Wren Flew

BOOK DESCRIPTION

Lauren started therapy with one goal: to improve her sex life. Once a devout Catholic, she would've sooner believed she'd be martyred for her faith than lose it. Yet soon after starting therapy she found herself fallen away from the faith, estranged from her family, grappling with PTSD from childhood trauma and religious indoctrination, and in the throes of an existential crisis. Only through sheer determination, and the gentle, constant support of her therapist, did she find a way to rebuild my life.

That is, until her husband raped her while on vacation with their children.

Will her new found skills amidst continued loss and pain of a past life be enough to conquer yet another traumatic event?

KEY IDEAS AND INFO

- ✓ Lauren's story above all demonstrates the power of therapy and the transformative experience of healing and growth.
- ✓ She speaks personally about the little known but very real harms of religious indoctrination and covert emotional abuse.
- ✓ She breaks societal norms to highlight spousal and familial abuse.
- ✓ She provides a raw, honest, and refreshingly open perspective on mental illness and recovery.
- ✓ She provides a deep analysis of how one's sexuality and identity are intermingled.

Title: Then the Wren Flew

Author: Lauren Chadwick

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Links:

Coming soon!

Hi. I'm Lauren!

AUTHOR, ADVOCATE, SURVIVOR

Lauren Chadwick, a compassionate physician assistant and devoted single mom to three beautiful girls, calls the Midwest her home. When she's not immersed in the world of medicine, Lauren finds solace in her passions for philosophical podcasts, hot yoga sessions, and thought-provoking Netflix documentaries.

Life hasn't always been smooth sailing for Lauren, as she's navigated her way through deep emotional waters. However, she's determined to turn her pain into strength and her wounds into wisdom. Embracing the healing power of storytelling, she courageously decided to pen her memoir, baring her soul to share her journey of trauma and resilience

Through her heartfelt memoir, Lauren aims to inspire others to find hope in the darkest of times and to believe in the transformative power of vulnerability and self-expression. Her story reflects the undeniable spirit of the Midwest: strong, authentic, and ready to weather any storm that life may bring.



GET IN TOUCH

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Cheers!

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