



Mother's Day: From Surviving to Thriving

About the Author

H. Dee Callahan is a licensed clinical social worker specializing in individual-, couple-, and family-practice. She lives, writes, and practices in Reedville and Glen Allen, Virginia.

From the Publisher

Learning from the Lessons of the Past

Into these times of burgeoning self-awareness and public disclosures of personal histories of family dysfunction, H. Dee Callahan, a psychotherapist, brings *Mothers Day--From Surviving to Thriving*, the enlightened, provocative, and sensitive study of a girl who did not feel her mothers love.

Mothers Day is Dee Callahan's memoir and tribute to the struggle and triumph of a young girl and the woman she became as a result of growing up in her mother's house. Gracefully and candidly tracing the lines from her birth--which nearly coincided with the death of her father--through girlhood, adolescence, into adulthood, marriage, graduate school, and motherhood, Callahan uncovers the deep loss and lack with which she learned to live and interpret the world.

When Dee was only sixteen, she heard her mother say that she had stopped loving her a long time ago. This motivated Dee to take flight, no longer feeling wanted or that she had a place in the family. She called her aunt and begged to be rescued. From that night and brave decision a new life began for Dee Callahan. She stayed with her aunt and uncle, and with their love and help began to learn to get along in the world.

Offering herself as proof that a miserable, abusive childhood can be surmounted, Callahan tells us, through her own struggles, how to recover, how to survive, and how to thrive.

This book is dedicated to Marie Scott Wilkerson Grinels, who lived in Middlesex County, unaware of the finished book, died while *Mothers Day* was at press. As Callahan presciently noted in the book's opening sentence, Often when someone leaves a family, someone new enters it. Six days after Grammys death, Callahan's granddaughter, Sydney Marie, was born.

From the Inside Flap

"Mother's Day is the moving story of a girl growing up in an unhappy home, the intervention of relatives as parental figures, and her eventual growth as an adult into a wise and compassionate woman. This book may be read profitably by professionals in the field of growth and development, and by others, as it is a very good read." --Lionel C. Lane, DSW

"Mother's Day is a poignant, triumphant account of how the struggles of motherhood may be transformed into the realization of personhood. Dee Callahan's writing is inspiring, absorbing, and encouraging. May it help you on your path." --Stephen Gilligan, PH.D., author of *The Courage to Love*

"In telling the story of her own motherhood journey, H. Dee Callahan shares insights gleaned from living a heartfelt life. Her book is a testimony to the rewards that can be experienced as a result of choosing to endure beyond neglect, loss, and pain." --Yvonne Dolan, M.A., psychotherapist, author of *Resolving Sexual Abuse*

"Whether raising three girls, earning a master's degree at mid-life, conquering the latest computer program, or publishing a book, once Dee Callahan makes up her mind, she is there! Her curiosity, determination, and acquired wisdom are apparent in every chapter of this warm and witty story about life's trials and triumphs. In vivo, Dee connects with people everywhere she journeys; in this book, she reaches out to every reader with her heart and soul." Trudy Tappan, RN, PH.D.