

Through the dual lenses of the child who lived it and the therapist healing from it, this intimate memoir traces the devastating impact of intergenerational trauma, ultimately showing us how to transcend our own lineages and transform our lives.

Now a Harvard-trained psychologist, Suzanne grew up desperate to be seen, taken seriously, and chosen over her mother's next drink. Every day felt like a battle for her existence, and she always lost.

After her mom died, Suzanne discovered the brute—and brutal—power of the wounds her mother passed down, and she finally understood why she had never been enough. The psychological wisdom she weaves throughout her story shows us how our parents hurt us, how that hurt shapes us, and how we can reshape ourselves. This is so much more than a memoir – it's a guidebook to becoming an active creator in your life.

Title: I Hate You (A Love Letter to My Mother): Healing Paper Cuts, Mother Wounds, and Intergenerational Pain

Author: Suzanne Manser, PhD

Publisher: Suzanne Manser, PhD

ISBN: 979-8-9895207-0-1
(Jacketed Hardback; \$27.99)

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(Paperback; \$16.99)

Page Count: 225

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About the Author



Suzanne Manser, PhD is a licensed psychologist and has been in practice for over 20 years. She specializes in helping people cultivate self-acceptance and create fulfilling lives. She uses

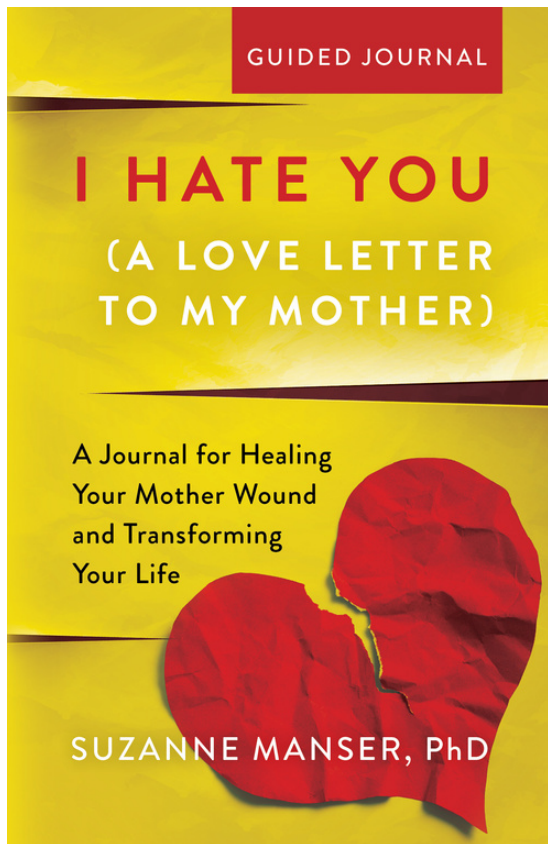
her decades of experience as a therapist, her knowledge of psychological development, and her own healing journey to illustrate how our mothers impact us in deep, enduring ways and how we can reclaim ourselves.

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Title: I Hate You (A Love Letter to My Mother): A Journal to Heal Your Mother Wound and Transform Your Life

Author: Suzanne Manser, PhD

Publisher: Suzanne Manser, PhD

ISBN: 979-8-9895207-2-5
(Paperback; \$11.99)

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Publication Date: March, 2024

Distribution: IngramSpark

This guided journal is a companion to I Hate You (A Love Letter to My Mother): Healing Paper Cuts, Mother Wounds, and Intergenerational Pain. Suzanne created this supportive, structured space for anyone who, like her, has been deeply hurt by their parent and is ready to gain profound insight, make real changes, and heal.

A seasoned therapist, Suzanne leads you through a psychological deep dive of your childhood relationship with your parent. Through a series of thought-provoking prompts and questions, you will explore your family's specific lineage of pain and the messages that subconsciously influenced how your parent was treated, how they treated you, and how you have treated yourself.

Suzanne also teaches six personal transformation tools to help you make concrete changes in how you approach yourself and your life. As you work through this journal, you will learn how to transcend your inherited pain and actively create a juicy, fulfilling life.

About the Author



Suzanne Manser, PhD is a Harvard-trained, licensed psychologist. She has been in practice for over 20 years and specializes in helping people cultivate self-acceptance and create fulfilling lives. She uses

her decades of experience as a therapist and her knowledge of psychological development to create a meaningful journey for anyone who wants to heal from their own lineage of pain and reclaim their lives.

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Suzanne Manser, PhD

Author and Clinical Psychologist

Biography

Suzanne is a Harvard-trained psychologist. She has been practicing for over 20 years and holds expertise in a number of areas, including the mother wound/how our parents impact who we become, self-acceptance, eating disorders, body image, and anxiety.

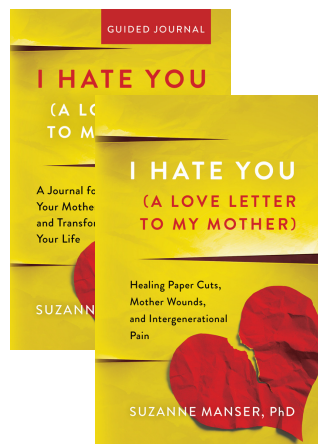
In addition to her work in the therapy room, Suzanne has authored a book and guided journal on the mother wound and self transformation, writes articles on self-acceptance and related topics, and has spoken to a wide variety of audiences.

Suzanne's articles and quotes have been run on major media sites. She was most recently interviewed on the podcast, "Fly to Freedom: Healing from an Eating Disorder" (episode 32).

Suzanne is available for podcast interviews, speaking engagements, author talks, book signings, book club appearances, and media appearances.

Talking Points/Sample Talks Include:

- **What is a mother wound? Why do our mothers have such a profound impact on who we become?**
- **Tips on Healing Your Mother Wound and Moving On with Your Life**
- **Cultivating Self-acceptance and Letting Go of Shame**
- **6 Strategies for Living a More Fulfilling Life**
- **How To Practice Body Neutrality in a World that Values the Thin Ideal**
- **How To Manage Your Anxiety Instead of Letting Your Anxiety Manage You**



Suzanne's personal transformation memoir will be available in print on February 26, 2024. The ebook is currently available on Kindle.

The guided journal will be available in print and electronic versions in March, 2024.

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