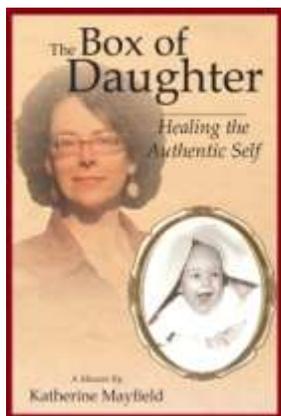


Title Sheet

The Box of Daughter: Healing the Authentic Self (Second Edition)



First Edition pub date: January 12, 2012

Trade Paperback, 6" x 9"

204 pages

ISBN 978-1-936447-43-5

Distributor: Maine Authors Publishing, Rockland, ME

The Box of Daughter is an eloquent, compassionate portrayal of the author's triumph over five decades of emotional abuse. This compelling narrative exposes the dark truths hidden behind closed doors in a religious family, and describes the author's exhilarating quest to recover from the trauma, unearth her authentic self, and create a life that is truly her own.

In praise of *The Box of Daughter*:

"Every now and then, a book comes along that's written in such a compelling and gripping way that the narrative has the power to stay with you long after you've read the last page. Such is the case with *The Box of Daughter* by Maine author Katherine Mayfield.... At its core, *The Box of Daughter* reveals what can only be seen as being a triumph of the human spirit."

—**Paul Collins, *Nashua Telegraph***

"A testament to the merit of psychological healing through the understanding and expression of feelings....Mayfield's memoir provides helpful insight to those facing similar struggles."

—**Kirkus Reviews**

"Katherine Mayfield holds nothing back, and her unflinching, thorough, and articulate honesty is a true gift for anyone wanting to understand, face, and rise above the emotional scars of a damaging childhood."

—**Amy Wood, Psy.D., author of *Life Your Way***

"Katherine Mayfield's book is an insightful, honest, and riveting account of her childhood emotional abuse and her journey to wholeness as an adult. It demonstrates how harsh words and lack of compassion can traumatize a child just as deeply as physical or sexual abuse. Highly recommended."

—**Aletha Solter, Ph.D., founder of the Aware Parenting Institute and author of *Tears and Tantrums***

"A brave, unflinching and exquisitely rendered memoir of a family caught in the tragic and relentless cycles of emotional incest that rob so many of their innocence. Katherine's life-long struggle to come to grips with her mother's mental illness and her own lost childhood is at once emotionally devastating and ultimately uplifting. Couldn't put it down."

—**Darcy Scott, author of *Hunter Huntress***

Detail:

In her twenties and thirties, the author pursued a professional acting career in an attempt to gain the respect and attention she lacked in childhood, appearing Off-Broadway, in independent films, and on the daytime drama *Guiding Light*. Entering therapy in her thirties in response to a divorce, she began to unravel the threads of dysfunction in her family of origin.

More than a decade later, armed with the truth about her family, she sought to understand the challenges her parents faced and recover from the trauma while simultaneously acting as the family caregiver for the parents who abused her.

Freed from the abuse by the deaths of her parents in 2005 and 2008, the author set foot on an inspiring journey to wholeness—developing self-esteem, uncovering her true self, and finally creating a life that is truly her own.

The Box of Daughter is available on Amazon, Barnes & Noble, Smashwords, and through the author's website, www.TheBoxofDaughter.com.

Bio:

A former actress who appeared Off-Broadway and on the daytime drama *Guiding Light*, Katherine Mayfield is the author of *The Box of Daughter: Overcoming a Legacy of Emotional Abuse* and two books on the acting business: *Smart Actors, Foolish Choices* and *Acting A to Z*, both published by Back Stage Books. Her memoir *The Box of Daughter* is based on the title poem in her book of poems, *The Box of Daughter and Other Poems*.

She has also written for *Spotlight on Recovery* magazine and the newsletter of Adult Survivors of Child Abuse (ASCA). She has presented workshops at the Mindshift Institute and the Sober in the Sun Festival in Massachusetts, and at libraries and bookstores throughout New England. She lives in southern Maine.