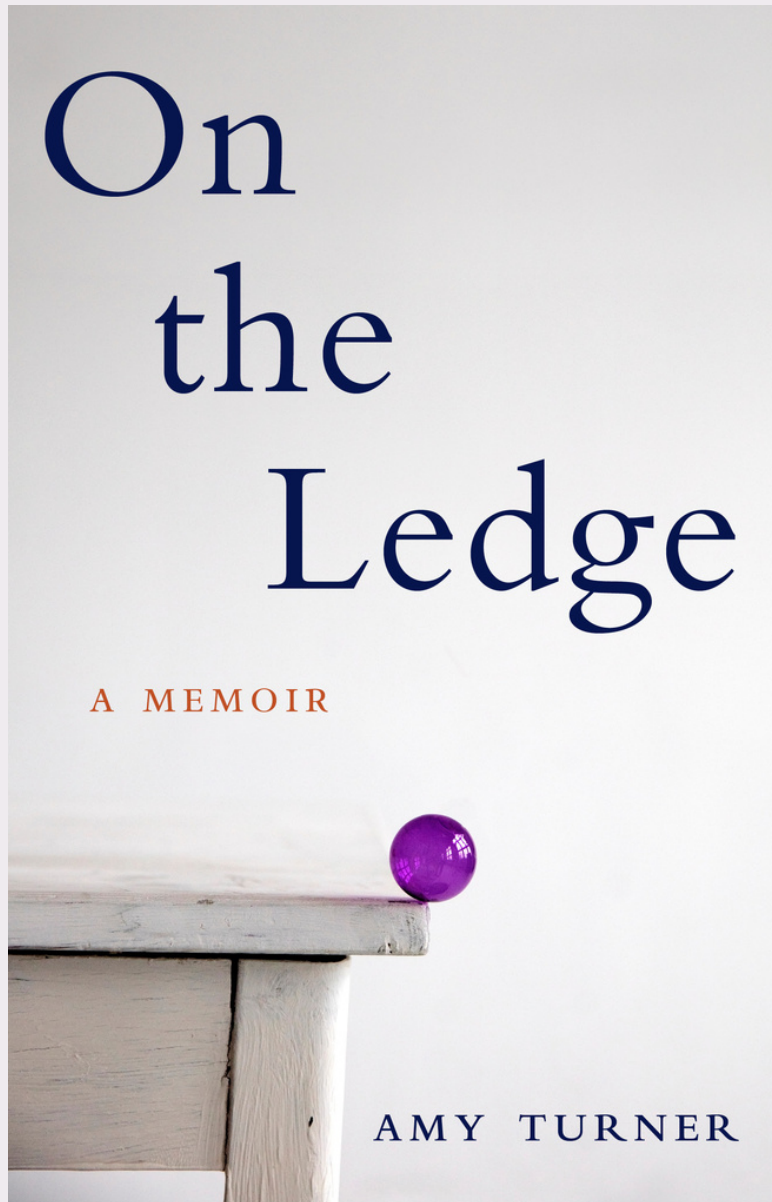


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AMY TURNER



AMY TURNER was born in Bronxville, New York, and is a graduate of Boston University, with a degree in political science, and of New York Law School, with a Juris Doctor degree. After practicing law (rather unhappily) for twenty-two years, she finally found the courage to change careers at forty-eight and become a (very happy) seventh grade social studies teacher. A long-time meditator and avid reader who loves to swim and bike, Amy lives in East Hampton, New York, with her husband, Ed, to whom she's been married for forty years. They have two sons. *On the Ledge* is Amy's first book.



Author photo by Lena Yaramenko

SOCIAL MEDIA



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ABOUT THE BOOK

In 1957, when Amy Turner was four years old, her father had to be talked down from a hotel ledge by a priest. The story of his attempted suicide received nationwide press coverage, and he spent months in a psychiatric facility before returning home. From then on, Amy constantly worried about him for reasons she didn't yet fully understand, triggering a pattern of hypervigilance that would plague her into adulthood.

In 2010, fifty-five years after her father's attempted suicide, Amy—now a wife, mother, and lawyer-turned-schoolteacher—is convinced she's dealt with all the psychological reverberations of her childhood. Then she steps into a crosswalk and is mowed down by a pickup truck—an accident that nearly kills her, and that ultimately propels her on a remarkable emotional journey. With the help of Chinese medicine, Somatic Experiencing, and serendipities that might be attributed to grace, Amy first unravels the trauma of her own brush with death and then, unexpectedly, heals the childhood trauma buried far deeper.

Poignant and intimate, *On the Ledge* is Amy's insightful and surprisingly humorous chronicle of coming to terms with herself and her parents as the distinct, vulnerable individuals they are. Perhaps more meaningfully, it offers proof that no matter how far along you are in life, it's never too late to find yourself.



ON THE LEDGE: A Memoir

by Amy Turner

Publication date: September 6, 2022

She Writes Press

Memoir; ISBN 978-1-64742-225-7; 5.5 x 8.5"; Trade paperback; 264 pages; \$17.95

E-book ISBN: 978-1-64742-226-4; \$9.95

EXCERPT FROM ON THE LEDGE

"... it must have been soon after my father climbed onto the ledge when I began to sense something else coexisting in our house. If I'd known the word at four and a half, it might have been "trapdoor." I was certain that at any time and without warning, the floor could snap open, swallow one of us, and slam shut in a nanosecond. A trapdoor was invisible, of course, but I patrolled the house nonetheless, searching for warning signs—a retreat in my father's eyes, or a loosening in my mother's white-knuckled grip. In my family, loving or being loved was secondary. First, we had to avoid the trapdoors. And by the time I was sixteen and was finally told the truth about what had happened in 1957, I had been on high alert for a dozen years, the pattern so deeply ingrained that it would take another forty years to understand and undo it."

SELECTED PRAISE

“This remarkable story of a woman's journey toward healing after a random, shocking accident takes us back in time into the home of an unusual family and the seminal event that shaped them all. In peeling back layers of trauma, and revisiting key moments from her past, Turner comes to a new understanding of what it means to be a daughter, a mother, a woman, and a seeker of truth. This is a riveting story of courage and redemption. And dare I say that parts of it are very, very funny?”

—**Hope Edelman, #1 New York Times best-selling author of *Motherless Daughters* and *The AfterGrief***

“On the Ledge is an extraordinary memoir of the way trauma harms both body and soul. Amy Turner’s near-miss with death at the age of fifty-seven propels her on a journey back through family history, leading to a new understanding of how her father’s attempted suicide and her mother’s determination to ‘move on’ has shaped—and limited—her since the age of four. Inspirational and beautifully told.”

—**Susan Scarf Merrell, author of *Shirley: A Novel*, now a major motion picture**

“Amy Turner has laid bare her own life, and that of her family, in ways that are alternately heartbreaking, poignant, and transcendent. With a novelist's skill in terms of interweaving time and theme, and with breathtaking prose, she viscerally conveys the legacy of shame, silence, and grit that comprises her journey to ultimate understanding, forgiveness, and self-revelation. A must-read for anyone interested in families, mental health, and sheer humanity.”

—**Stephen P. Hinshaw, professor and author of *Another Kind of Madness: A Journey through the Stigma and Hope of Mental Illness***

“Her mother drank, her father went off his head in a way that made newspaper headlines, and four-year-old Amy Turner was left to pick up the pieces. Years later, after a devastating accident of her own, she begins to fit the shards of her upbringing together into an evocative portrait of a family whose secrets nearly buried them all. On the Ledge is sad, funny, wise, and lit with grace.”

—**TAD FRIEND, author of *In the Early Times***

“In lyrical and vivid prose, Amy Turner reckons with her family secrets and how they dug their roots deep into her psyche. With trauma as the inciting force, Turner courageously comes to terms with her past and present, showing us how choosing to lean into the scars can reveal paths forward. On the Ledge is a compelling read, told with grace, vulnerability, and depth.”

—**Rachel Michelberg, author of *Crash, How I Became a Reluctant Caregiver***

“Absorbing, direct, humorous, horrific, On the Ledge explores the edge of madness as an artful memoir that also addresses two growing contemporary concerns: suicide and addiction. Timely, significant, well written, this is a courageous and engaging account, neither didactic nor sentimental, that belongs on school shelves as well as in the home.”

—**Joan Baum, host of Baum on Books on NPR**

INTERVIEW QUESTIONS

1. What inspired you to write your memoir?
2. What was the hardest part of writing this book?
3. You tried a variety of therapies to come to terms with your trauma. What led you to explore alternative therapies in addition to talk therapy?
4. Is writing the memoir a form of therapy? Is it healing? Why or why not?
5. Mid-life, you changed careers, leaving law to become a teacher. What led to the change? How did teaching inspire you?
6. Now you have launched another career as a writer. Have you always wanted to be a writer?
7. Parts of your book are funny. Does humor come naturally to you? How did the humor shape your writing in this book?
8. What advice do you have for other writers?
9. How has your family responded to the memoir?
10. Are you working on a new book?

Book Clubs:

Amy is happy to meet with book clubs via Zoom or phone. Please contact her via her website:

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