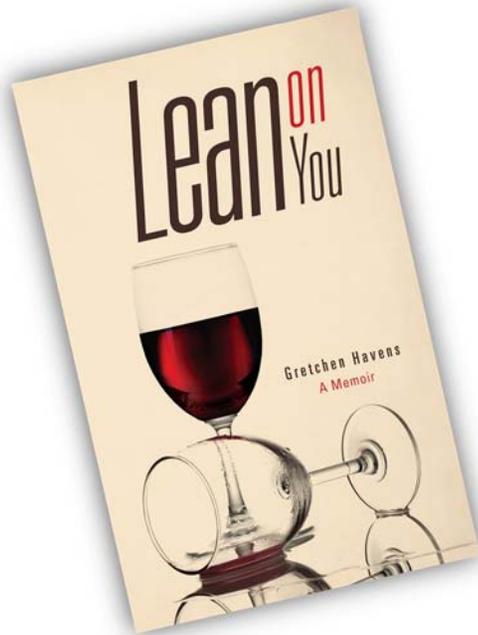




MEDIA KIT

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*“poignant and wickedly funny...” -- Marian Szczepanski, Author of *Playing St. Barbara**



Lean on You by Gretchen Havens
Winner, Writers’ League of Texas
Mozelle Memoir Contest

Why take care of yourself when other people are so good at it?

Faster than you can say, “Make mine a double,” Gretchen and Joe, both alcoholics, fall in love in a Southern California mental hospital. As their relationship blossoms, so does Gretchen’s reliance on Joe, a dependency that closely resembles her abnormal attachment to her well-heeled parents. In fact, she is as addicted to being rescued—by doctors, therapists, and loved ones—as she is to using drugs and alcohol.

Eventually, Gretchen’s life becomes so messy that even her doting parents retreat. Joe, whom she has married, continues to dutifully hide her car keys when she’s looped, and track down hospitals where she can detox. But finally, when a catastrophe ends his role as her savior, Gretchen is forced to lean into herself for the strength to salvage her life.

In her story of love and transformation, Gretchen Havens relates her fierce journey to independence, a tale that reaches far beyond the search for redemption from alcohol and drugs. *Lean on You* is a narrative of hard-fought individuation, the evolution of an aimless young woman to an aware adult, told in a voice that sings with humor, humanity, and hope.

About the Author



Gretchen Havens (left) in 1972 at Camarillo State Hospital in Southern California, where her story begins; (right) in Houston today.

Gretchen Havens, a native Southern Californian, lives in Houston and has a bachelor’s degree in Theatre Arts from UCLA. As an advertising writer/producer, she has received national and international awards. She is also a passionate educator. Besides teaching speech to paralegal students, she has taught advertising at Rice University’s School of Continuing Studies, the Women’s Institute of Houston, and in writers’ workshops. Her creative writing has appeared in the *Black and White Anthology* of Women in the Visual and Literary Arts; on stage at Houston’s Jose Quintero Theatre Lab; and on screen at the Houston Mayor’s Summit on Women, as well as at WorldFest-Houston, where she has twice received a Gold Award for her videos. *Lean on You*, her debut book, was a winner of the Writers’ League of Texas Mozelle Memoir Contest. Gretchen is married to Sam Havens, Professor Emeritus of Drama at the University of St. Thomas in Houston.

What Others Are Saying About *Lean on You*

“This engaging, beautifully crafted, tragic and hilarious memoir is the perfect read for anyone who’s cosmically linked to an addict or alcoholic of any gender, ethnicity or age and who cannot understand why in the hell they ‘just don’t stop.’ It’s also a great read; I couldn’t put it down.” — Kathryn Connell Christy, Documentary Writer / Producer, *History Channel*

“Amazing book! Gretchen Havens slapped my face, rattled my cage and pulled my chain while tickling my funny bone and strumming at my heart strings.”

— Bo Johnson, Author of *Half Crazy Ain’t Good Enough*

FACTS ABOUT *Lean on You*

Author: Gretchen Havens
Publisher: Timberlake Press, Woodland Hills, CA
Release Date: Summer, 2016
Available soon on Amazon.com and Kindle
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