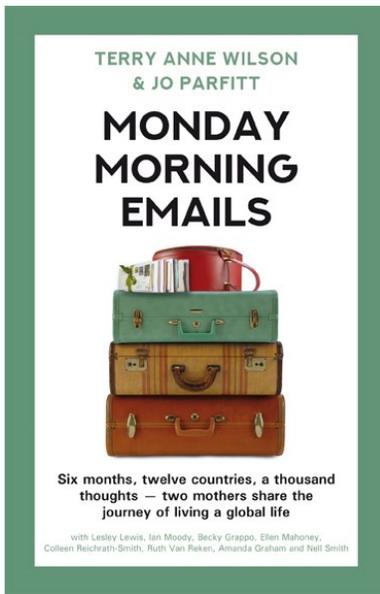


# PRESS RELEASE

*"We do not write in order to be understood; we write in order to understand."* CS Lewis.



In May 2017, two authors and mothers began to write to each other every Monday. For six months, from India to The Netherlands, England to Canada, their raw, honest and moving exchange included parenting, mental health, coping with major life transitions and friendship. Sometimes funny, often heartbreaking but always touching, their *Monday Morning Emails* has now been published, with expert commentary on their content.

## MONDAY MORNING EMAILS

**Six months, twelve countries, a thousand thoughts – two mothers share the journey of living a global life**

*by Terry Anne Wilson & Jo Parfitt*

Between them, UK born Jo Parfitt and Canadian Terry Anne Wilson have lived in 12 countries, supported their husbands' international careers and raised five sons globally. With their children becoming adults, they were faced with transitioning to a new stage of life – the empty nest.

In March 2017, Jo hosted a panel discussion on the empty nest phase at the Families in Global Transition conference in The Hague, in which Terry Anne participated. A packed room and at times an emotional discussion made it clear that this was an issue that affected many families and that few were talking about.

*Monday Morning Emails* began as a means by two authors to make sense of this new phase in their lives, yet the conversation expanded quickly. Over the next six months and from Canada, England, The Netherlands and India, Terry Anne and Jo bared their souls to each other every Monday over a six-month period.

Their raw, honest dialogue gives insight into parenting, family dynamics, living with loved ones' mental health issues, ageing parents, health and wellness, traumatic childhood experiences and the unique complexities of living a global life. Occasionally funny, often gut-wrenching, always insightful, *Monday Morning Emails* also depicts an extraordinary expat friendship and proves that mothers are mothers wherever they may be.

Designed as part memoir, part diary, part self-help, *Monday Morning Emails* includes commentary from a range of psychologists, international educators, career coaches and cross-cultural experts. This expert advice helps give context and guidance to Jo and Terry Anne's heartfelt correspondence.

*"Long time expat writer Jo Parfitt gives us her best work yet in this incredibly honest and often gut-wrenching account of expat life with children twenty-five years on. And co-author Terry Anne Wilson, who is a new contributor to the expat literature about the globally mobile family, is equally up to the task of sharing her experiences so that others might take heed."* **Robin Pascoe, author of A Moveable Marriage – Relocate Your Relationship without Breaking It, Homeward Bound – a Spouse's Guide to Repatriation, Raising Global Nomads and A Broad Abroad – An Expat Wife's Guide to Living Abroad Successfully.**

*"This book is a gift – a gift to expats for sure, but also a gift to parents. For anyone in those sandwich years between parents and adult children; for anyone who is living miles or continents from adult kids and aging parents, this book will resonate."* **Marilyn Gardner, author of Worlds Apart – A Third Culture Kid's Journey and Between Worlds – Essays on Culture and Belonging.**

# PRESS RELEASE

"What a ride! A peek into the future as our children are still at home. I've learned so much that can help them prepare for it." **Zita Stern, Dutch mother of three teenage girls, in Kuala Lumpur.**

## Notes to Editors:

For more information and to pick up a press pack, visit [www.mondaymoringemails.com](http://www.mondaymoringemails.com)

For interviews, to request a review copy or permission to reproduce an extract, please contact:  
Jo at [jo@joparfitt.com](mailto:jo@joparfitt.com) and Terry Anne at [terryannewilson@mac.com](mailto:terryannewilson@mac.com).

For orders and inquiries, please contact [jack@summertimepublishing.com](mailto:jack@summertimepublishing.com).

## About the authors

**Jo Parfitt** – Jo has run Summertime Publishing since 1997, and Springtime Books with Jack Scott since 2014. Together with a team of freelancers they help authors to brainstorm, plan, write, edit, design, publish, digitize and promote their books. Jo has written more than 30 books of her own and mentored more than 150 new authors to get in print. Writing is her world and Jo not only writes poetry, blogs, articles and books but also teaches, runs Writing Me-Treats and is a keynote speaker. Since 2014 she has run the Parfitt-Pascoe Writing Residency for Families in Global Transition.

**Terry Anne Wilson** – Terry Anne discovered her passion as a writer almost six years ago, yet writing has long been a part of her life. She wrote copious letters home and kept travel journals while on a six-month back trip throughout S.E. Asia. "At 26, I packed my hopes and dreams in a 55L backpack and have never looked back," the author admits. With that travel companion and husband of 27 years, Terry Anne is currently living in her ninth country, India. From teacher to cultural trainer to tour guide and historian by passion, she now writes her blog Notes on a Boarding Pass and works as a freelance writer. *Monday Morning Emails* is her first published book.

**Commentators:** Lesley Lewis, Ian Moody, Becky Grappo, Ellen Mahoney, Colleen Reichrath-Smith, Ruth Van Reken, Amanda Graham and Nell Smith.

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