

For Immediate Release

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**San Diego Psychotherapist Publishes a Memoir
about Her Own Walk through Grief**

SAN DIEGO, CA – In her new book, *Tincture of Time: Living Through Grief to Hope*, local author Judy Schreiber-Mosher, widow of noted psychiatrist Loren Mosher, unabashedly examines her response to his diagnosis and rapid death, and her subsequent struggle to cope with daily events. As much a love story as it is an exposé of the underbelly of grief, this moving memoir reveals the resourcefulness and humor accessible even in life's most challenging moments. Schreiber-Mosher's candid account of her path to personal growth is sure to assist readers in similar situations who wonder if they will ever again find hope in their hearts.

“Unadorned, with cool humor and linguistic ease, the author articulates the unspeakable: hopes, thoughts, and fears in the face of the fatal illness of her beloved husband. There *is* a life worth living for those who are left behind,” says Peter Lehmann, editor of *Coming Off Psychiatric Drugs*.

Judy Schreiber-Mosher is a psychotherapist and licensed social worker, as well as a former adjunct faculty member at San Diego State University, where she taught master's degree social work. In her psychotherapy practice she is continually dealing with the losses people face.

Tincture of Time is available at www.soteriapress.com, or by calling 858-550-0312. Judy is available for book talks and self-help workshops, and is planning to meet with readers in bookstores around the San Diego area over the next several months.

Price \$14.00
Quality paperback, 160 pages

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