

Press Release

LOCAL PSYCHOLOGIST TALKS ABOUT THE HEALING EFFECT OF ANCESTRAL CONNECTIONS WITH RELEASE OF DEBUT NOVEL

New Hampshire resident, Debra Anne LeClair is releasing her debut novel, *The Common Hours* on November 1st from PortalStar Publishing. The novel explores themes of grief, loss and ancestral guidance all through a mystical time travel journey. "People are searching for spiritual guidance but are sometimes afraid to actually engage. This story integrates what it means to walk alongside your blood and flesh ancestors, in their time, sharing the adversities and their wisdom." The struggles in this novel are at epic levels.

The book is the story of Lindsay McDonnell, a modern young woman grappling with the sudden death of her mother and the legacy to follow her mother's secret slips through time. As Lindsay embarks on her own travels through the centuries, in hopes of reuniting with her mother in the past, she instead lands in the arms of her 16th century Celtic ancestors in the throes of conflict with both the English Tudor crown and from within their own kin. "Lindsay is a Buddhist, feminist vegetarian who offers herself as an envoy of peace at Queen Elizabeth I's court, where just the difference between being Catholic and Protestant can drop you right into a boiling cauldron of danger." LeClair will be speaking at several regional venues, from retreat centers to independent bookstores. For a complete calendar of upcoming events, visit debraanneleclair.com

About the Author: Debra Anne LeClair is a psychologist, meditation teacher and executive coach. As a writer, Debra is impassioned by the connection between psychology and spirituality and what that brings to a hero/heroine's journey.

 *Debra Anne LeClair*
AUTHOR