



KARI L. O'DRISCOLL

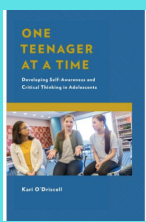
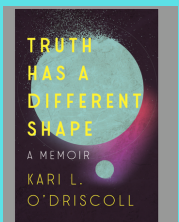
Author, Speaker, Family Advocate

ABOUT

Kari O'Driscoll is an author and family relationship advocate. Her latest book, *Truth Has a Different Shape*, is a memoir that explores her evolution as a child of the Forgotten Generation, growing up as a caretaker-type in a family torn by divorce and the loss of a child, to becoming a mother and then caregiver to her own flawed, yet well-intentioned parents. She is also the founder of The SELF Project, a movement to empower teens through science-backed, straightforward tools, curriculum, and support.

BOOKS

- *Truth Has a Different Shape*, CavanKerry Press, 2020. Memoir
- *One Teenager at a Time: Developing Self-Awareness and Critical Thinking in Adolescence*, Rowman & Littlefield, 2019
- *The SELF Project for Parents*, CreateSpace, 2019
- Anthologies on parenting, reproductive rights, and food, various publishers



CONTACT INFORMATION

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TOPICS OF SPECIAL INTEREST

- "Sandwich Generation" - caring for children and aging relatives and the unique challenges of this time for many people
- Childhood trauma and grief and loss
- Mindfulness and compassion
- Relationship dynamics, old patterns, breaking the cycle of generational trauma
- Navigating the shift in relationships with our children as they become adolescents with grace
- Social justice and advocacy
- Examining social constructs we take for granted with an eye toward equity and dismantling harmful systems

WHAT OTHERS ARE SAYING...

About *Truth Has a Different Shape*

"O'Driscoll rearranges the traumas of her childhood to skillfully examine her own role as mother, thinker, partner, and artist. This book has grit, integrity, and a heroine with the drive to stop being the woman who fixes it all...."
Sophia Shalmiyev

About *One Teenager at a Time*

"O'Driscoll provides ways to identify origins of stress and anxiety as well as informative, compassionate, and practical interventions to manage these challenges creatively. This approach, which fosters mindfulness as a skill and an accessible daily practice, is exceptional....I have used this book with teen clients, adults, and my own children in order to heal dysfunctional communication patterns...." Tracy Gibbons Piette, MA, LMFT.