

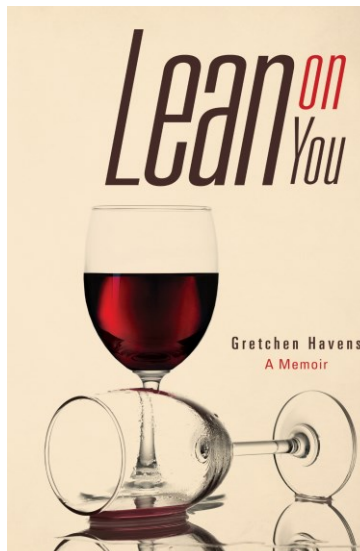


MEDIA KIT

Reviewers may email
gretchenhavens@att.net to
reserve an eBook for review
or interviews

"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

A privileged young woman must overcome her dependency on her doting parents and enabling husband before she can conquer her deadly addictions.

Faster than you can say, "Make mine a double," Gretchen and Joe, two alcoholics, fall in love after meeting in a Southern California mental hospital. Her increasing dependency on Joe, and her intense attachment to her well-heeled parents, are just two of the addictions that rule Gretchen's messy life.

Eventually, even Gretchen's indulgent parents lose their patience with her erratic behavior. Joe, now her husband, dutifully continues to hide her car keys when she drinks and find hospitals where she can detox. But then, a catastrophe puts an end to his role as her rescuer. Fresh out of enablers, Gretchen is forced to turn to the one person she's never counted on before: herself.

In a memoir spiked with twists and turns, author Gretchen Havens relates a fierce, often quirky journey to independence, taking it far beyond a tale of redemption from alcohol and drugs. *Lean on You* is a multi-layered story of hard-fought individuation, the evolution of an aimless young woman to an aware adult, told in a voice that sings with poignant humor and no holds barred humanity.

About the Author



Gretchen Havens (left) in 1972 at Camarillo State Hospital in Southern California, where her story begins, and in Houston today. "My philosophy back then was, 'Why take care of yourself, when other people are so good at it?'"

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 received two Gold Awards 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*
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