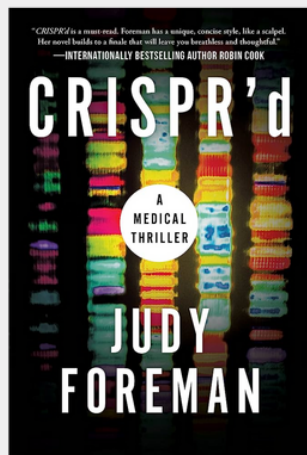
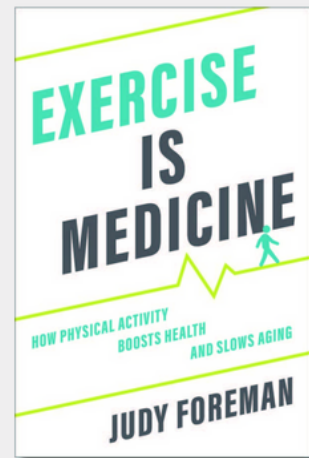
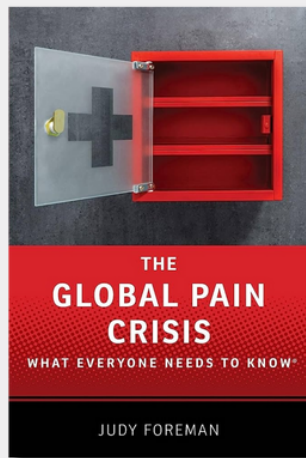
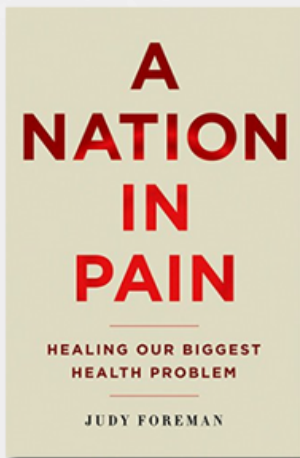




Judy Foreman

MEDIA KIT



BIO

Judy Foreman is the author of “*A Nation in Pain*” (2014), “*The Global Pain Crisis*” (2017), and “*Exercise is Medicine,*” (2020), all published by Oxford University Press, and was a staff writer at The Boston Globe for 22 years and the health columnist for many of these years. Her column was syndicated in national and international outlets including the Los Angeles Times, Dallas Morning News, Baltimore Sun, and others.

She graduated Phi Beta Kappa from Wellesley College and has a Master’s from the Harvard Graduate School of Education. She was a Lecturer on Medicine at Harvard Medical School, a Fellow in Medical Ethics at Harvard Medical School, and a Knight Science Journalism Fellow at the Massachusetts Institute of Technology. She spent six months as a guest reporter for The Times of London. She was also a Senior Fellow at the Schuster Institute for Investigative Journalism at Brandeis University. She was also the host of a live, weekly call-in radio show on Healthtalk.com.

Judy has won more than 50 journalism awards, including a 1998 George Foster Peabody award for co-writing a video documentary about a young woman dying of breast cancer and the 2015 Science in Society award from the National Association of Science Writers.



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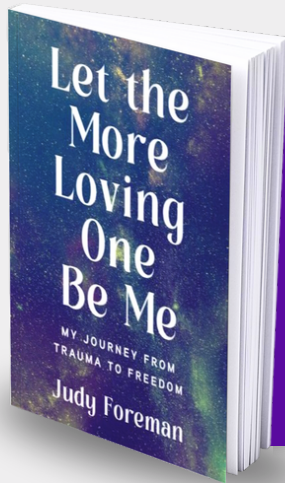
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Let the More Loving One Be Me

My Journey from Trauma to Freedom



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Price: Paperback \$17.95

ISBN-13: 978-1647425968 (152 pages)

Praise for *Let the More Loving One Be Me: My Journey from Trauma to Freedom*

“Judy Foreman has always been one of the most intelligent writers I know. In this brave and deeply personal memoir, she takes us on a journey from early trauma to engaging insider accounts of her years at The Boston Globe. With thoughtful insight and a wry, poetic sense of humor, Judy shows us how friendship, swimming, therapy, and song have all helped her to emerge and flourish as her fully realized, loving self.” —**Laura Kramer, MD, psychiatrist**

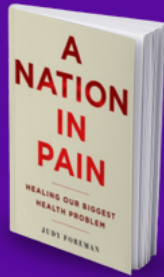
“Foreman, an undaunted truth-seeker, describes herself as ‘a regular old human being . . . trying to understand what we are all doing here.’ If this is true, the rest of us ordinary humans can take heart. She is the perfect example of what William Faulkner described when stressing his belief that humanity ‘will not merely endure: (we) will prevail.’ She has given us a testament to the resilience of a spirit ever reaching toward love—and finding it.” —**Mara Wagner, psychoanalyst and professor at the Boston Graduate School of Psychoanalysis**

“From a shocking and revealing start, Judy Foreman’s memoir is riveting. We can see a woman of great success and envy her hold on life. But in this painfully honest account, we find sexual abuse, parental alcoholism, illness, love, loss, and resiliency. In the end, it can inspire others to overcome the challenges that life may throw at us.” —**Matt Storin, retired editor of The Boston Globe**

In this compelling tale, Judy Foreman reveals the terror she felt every night as a girl as she lay in bed frozen in dread, listening for her father’s footsteps coming down the hall.

She recalls his mostly naked body, his stale smell, his silhouette in the bedroom doorway. Worse, in some ways, was her mother’s denial—her insistence that this man was wonderful, her refusal to acknowledge his drinking or his rage. It wasn’t until Foreman spent a high school summer as an exchange student with a Danish family that she began to see how unsafe her own family was; it wasn’t until she went to an all-women’s college that she realized that women had value. Ultimately, this book shows that with time and therapy, it is possible to heal from serious childhood trauma and lead a life of deep fulfillment, rewarding work and, most wonderfully, love. It is a book about the power of emotional courage to change one’s own inner and outer experience of the world, and about what matters most in life: cultivating healthy connections to other people.

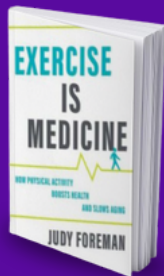
OTHER PUBLISHED WORKS



Book Title: A Nation in Pain: Healing our Biggest Health Problem
Publisher Name: Oxford University Press
Publication Year: 2014
ISBN: 9978-0199793228
No. of Pages: 446



Book Title: The Global Pain Crisis: What Everyone Needs to Know
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No. of Pages: 400



Book Title: Exercise is Medicine: How Physical Activity Boosts Health and Slows Aging
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Book Title: CRISPR'd: A Medical Thriller
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