Clipston Publishing
Book Launch Press Release

NEWS RELEASE

For Immediate Release

Comox Valley psychotherapist and author Terry Folks will celebrate the official launch of her new book on March 20, 2026.

COMOX, BC — March 13, 2026 — Comox Valley psychotherapist and author Terry Folks will celebrate the **official launch of her new book, *Another Spring: A Year of Self Therapy and Spiritual Practices for Every Woman* (Clipston Publishing), on March 20, 2026**, aligning with the Spring Equinox — a symbolic moment of renewal and transformation.

Drawing from decades of clinical experience, Folks offers readers a structured year-long journey through self-healing and personal growth. Organized around the natural cycle of the seasons—Winter, Spring, Summer, and Autumn—the book invites women to explore reflection, emotional regulation, and spiritual awareness through a framework designed to support meaningful personal change.

"My therapy practice honours women through empowerment, and Another Spring extends that work beyond the therapy room," says Folks. *"I invite women to move through the book over the course of a year and return to it annually as they deepen their personal evolution."*

Each of the book's twelve chapters begins with a fictionalized **"Dear Ms. Terry"** letter inspired by real therapeutic themes encountered during Folks' years in private practice. These letters reflect the concerns many women face today, including emotional regulation, grief and loss, addiction and coping patterns, boundaries and balance, trust and intuition, and the integration of spirituality into daily life.

Through thoughtful reflection and practical psycho-spiritual guidance, *Another Spring* encourages readers to cultivate resilience, emotional clarity, and self-trust.

"The natural seasons remind us that renewal is always possible," says Folks. *"Even in the depths of winter, we know that spring will come again. The same is true in our lives. There will always be another spring."*

Blending psychotherapy with spiritual practice, *Another Spring* affirms that healing is not something imposed from outside, but something cultivated from within through reflection, awareness, and compassionate self-inquiry.

Another Spring: A Year of Self Therapy and Spiritual Practices for Every Woman is available through **Amazon and major online retailers**, and can be **ordered through bookstores worldwide**.

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About the Author:

Terry Folks is an eco-feminist, spiritually integrated psychotherapist, educator, and author with a long-standing private practice in the **Comox Valley on Vancouver Island, Canada**. Through her work, she supports women in reclaiming inner authority, cultivating emotional resilience, and integrating spiritual awareness into everyday life. She is also the author of *Counselling Approaches to Spiritual Issues*, a master's-level curriculum for integrating spirituality into therapeutic practice.

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