

# Another Spring

*A Year of Self Therapy & Spiritual Practices for Every Woman*

Photos, book cover, press releases, interview questions, and sample pages

TERRY FOLKS • PUBLISHED MARCH 5, 2026 • LAUNCH MARCH 20, 2026

CLIPSTON PUBLISHING [WWW.CLIPSTONPUBLISHING.COM](http://WWW.CLIPSTONPUBLISHING.COM)

## ABOUT THE AUTHOR

Terry Folks is an eco-feminist, spiritually integrated psychotherapist, educator, and author with a long-standing private practice on Vancouver Island, Canada.

Through her work, she supports women in reclaiming inner authority, cultivating emotional resilience, and integrating spiritual awareness into daily life.

She is also the author of *Counselling Approaches to Spiritual Issues*, a master’s-level curriculum for integrating spirituality into therapeutic practice.



## PRESS 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.

The book offers a structured year-long journey through self-healing, organized around the natural rhythm of the seasons—Winter, Spring, Summer, and Autumn. Each chapter begins with a fictionalized “Dear Ms. Terry” letter inspired by real themes from Folks’ therapy practice and explores topics such as emotional regulation, grief, addiction, boundaries, trust, and spiritual integration.

Folks says the seasonal framework reminds readers that renewal is always possible. “Even in the depths of winter, we know that spring will come again. The same is true in our lives.”

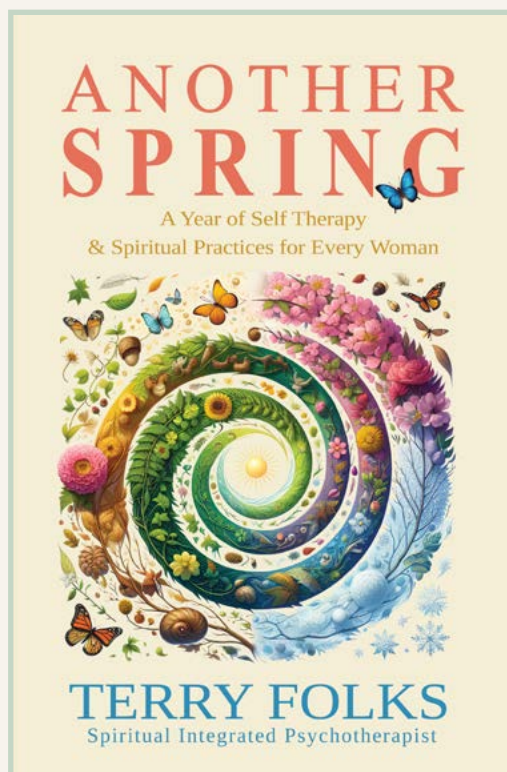
The book is available on Amazon and through bookstores worldwide.

## ABOUT THE BOOK

Another Spring is a year-long guide to self-therapy and spiritual practice, structured around the natural rhythm of the seasons. Rooted in lived experience and clinical wisdom, the book invites women into a compassionate, embodied approach to healing that honours their innate capacity for renewal and change. Written by spiritually integrated psychotherapist Terry Folks, it offers a steady, grounded companion for inner growth.

Organized into the four seasons of Winter, Spring, Summer, and Autumn, each chapter opens with a “Dear Ms. Terry” letter, a fictionalized client query drawn from years of private practice. These letters serve as catalysts for reflection as the book explores themes such as reverence, stillness, balance, freedom, emotional regulation, grief, addiction, trust, intuition, and connection.

Grounded in feminist-informed psychotherapy, Another Spring affirms that healing wisdom already lives within. With warmth, clarity, and deep respect for women’s lived experience, Terry Folks invites readers to reflect on how reverence for women is inseparable from reverence for the planet, and how personal healing contributes to collective change.



## Book Details

### PAPERBACK

978-1-7381705-6-2

Item weight: 517 g

Dimensions: 15.24 x 1.91 x 22.86 cm

### HARDCOVER ISBN

978-1-7381705-8-6

Item weight: 1.13 lbs

Dimensions: 6 x 0.94 x 9 inches

### KINDLE EBOOK ISBN

978-1-7381705-7-9

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### METADATA TITLE

Another Spring: A Year of Self Therapy and Spiritual Practices

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Clipston Publishing

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### PUBLICATION DATE

March 5, 2026

### OFFICIAL BOOK LAUNCH

March 20, 2026

### LANGUAGE

English

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298 Pages

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