

Welcome Home to Yourself

A therapist and photographer explore the meaning of life through individual lenses — a mother and son's journey.

Suzanne Kyra M.A., Registered Clinical Counselor - Nathan Derksen B.Sc., Photographer



In *Welcome Home to Yourself*, Suzanne Kyra and Nathan Derksen, a mother and son collaboration, weave words and images that invite us home to ourselves. As soul tenders, their book combines compassionate and provocative narrative with rich, poetic photographs of nature, deepening our curiosity and joy for life. They share their insights and clinical wisdom with love and intentionality, reminding us that the beauty existing in each of us is mirrored in the abundant beauty of nature around us.

Welcome Home To Yourself invites us to begin this guided journey as it winds its way through the natural world's yearly cycle, reflecting the seasons of our life. Once we have weathered this grand cycle of life, we are led into more intimate realms: personal stages of our development, how we sense our environment, ways we joyfully respond to it, how we shape meaning from experience, and finally, the manner in which we celebrate our communal and personal milestones. Each chapter reflects on a series of specific topics, for example, *Adulthood, Touching, The Human Voice, Wonder, Achievements*, offering insights, questions, encouragement, commitment to action, and stunning photographs on which to meditate. Beautifully presented, it is a source for personal growth and developing close relationships. It is for individuals, groups, and the unsuspecting patron who lifts it from your shelves.

Whether you are drawn by your love of the natural world represented in images, or by your longing for greater self-knowledge and joy in life, *Welcome Home to Yourself* is a touchstone for reflection and renewed appreciation of the essential courage and beauty sustaining us inwardly and outwardly. The elegant pages of this photo journal call us into their dance; they twirl us, dip us, lift us, and leave us grateful home comers, breathless with awe, inspiration, and love.

The first of three volumes, *Welcome Home To Yourself* is the start of an adventure into a continuing journey, the next book of which is *Welcome Home to Embrace Your World*, where you will meet your surroundings through connections, relationships, purpose in the world, and the creation of sacred ground in your life.

"Kyra's advice and experiences are complemented by Derksen's highly chromatic, eyeball-achingly sharp photographs, which paint the grand natural backdrop, serving both to ground the reader and to suggest the transformative power of nature. More simply, they're also beautiful and convey a heightening of the spirit in the manner of a good gospel song...The author explains how poetry, voice, intuition, dreams, and formal occasions can become glad tidings, ushering us toward integrity, dignity, and compassion, once we let our guard down. A book about living a better life that frequently enough hits the nail on the head."

—Kirkus Discoveries

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Suzanne Kyra, a clinical counselor with over 30 years of therapeutic work in private practice and a clinical consultant to various institutions, takes her wealth of knowledge from psychology clinical research and practice, and transforms it into an immediate and fully accessible form for a broad audience.

This book is a rare gem inspired by Kyra's years of experience as a therapist, workshop leader, and much sought after speaker across North America.

Supported by her son Nathan Derksen's evocative photography and artistic design, Kyra's prose offers personal wisdom and professional insight for those craving more from life, those yearning to drink deeply from the passion and curiosity that comes with knowing oneself and sharing it with others.

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