

20 Questions with Kathryn Taylor

1. **What was your biggest inspiration while writing your book?** The quote from Jennifer Gilbert's book, *I Never Promised You a Goodie Bag*: "You can't control what may happen to you in this life, but you can control who you want to be after it happens."
2. **What is usually on your nightstand?** A water bottle, an alarm clock that only illuminates if I press a button, my glasses, my journal, a notepad/pen, and a book.
3. **Which character in your book was most challenging to write about?** My book is a little different from others as there are really only two main characters. I suppose it was the most difficult writing about myself as the pain was so intense.
4. **Which authors have most influenced your writing?** Elizabeth Gilbert's *Big Magic, Creative Living Beyond Fear* reminded me that each of us was designed to create, whether for our own personal release and fulfillment or to share with the world at large.
5. **What is your favorite scene in *Two Minus One*?** When I was told by my attorney after mediation that it was over, and I could go home! It may have been the first time in two years that I was able to breathe naturally and fearlessly.
6. **What is something your readers would be surprised to know about you?** I have no writing experience-aside from journaling and report card comments.
7. **Where is your favorite place to write?** The beach; it's my favorite place for everything! However, I am most often in my upstairs office.
8. **What did you want to be when you grew up?** A teacher and a writer.
9. **What is your favorite book of all time?** *Gift from the Sea* by Anne Morrow Lindbergh remains as timely as when it was written in 1955, and *The Four Agreements* by Don Miguel Ruiz: Be impeccable with your word, don't take anything personally, don't make assumptions, always do your best, and the newly added fifth agreement, remain skeptical, but learn to listen.
10. **What is your dream vacation?** Totally relaxing on any beach.
11. **Describe your writing style in three words.** Learn while doing.
12. **What is your favorite song?** Just one? I love music! I must pick three. "**What a Wonderful World**" by Louis Armstrong, which embodies my personal life philosophy; "**In My Daughter's Eyes**" by Martina McBride, which describes how very much my daughters mean to me; and "**I Hope You Dance**" by Lee Ann Womack which conveys the essence of life that I hope I had been able to convey to my children.
13. **Any recent works that you admire?** I was significantly moved by Sheryl Sandberg's *Option B-Facing Adversity, Building Resiliency and Finding Joy* as she provided terms for the grief and the loss I was experiencing. I also recently finished Dr. Edith Eva Eger's *The Choice: Embrace the Possible*, which reinforced my belief in choosing how we are impacted by dreadful experiences.
14. **If you could co-write a book with any author, who would it be?** Dr. Edith Eva Eger. Her insight and understanding into the human condition is amazing.
15. **What is your writing process?** My memoir was written from expanded journal entries, scribbled notes and random painful thoughts. I had an urgent need to make sense of what was happening to me in my life and to heal!
16. **How and when did you decide to write this book?** I have always journaled. I have always been encouraged to write and at the prompting of a friend after unexpected and debilitating abandonment by my second husband, I decided to write the book.
17. **How did you decide what to include and what to exclude?** My therapist had reminded me that writing played an integral part in my healing, as did my support network. I was in pain, flattened and betrayed and my husband refused to communicate. I was searching for answers/healing for myself so didn't want a book of anger or blame which would be of no value to me or to anyone else. The point of writing was to heal, not hurt anyone. Yet I needed to be specific re: raw moments, and the turning point to hope, resilience, triumph, courage. If I can do this, anyone can do this.
18. **Sometimes many of us need to know we have options and want to feel empowered. What next steps can we take today?** Reach out for help! I had a tremendous personal support system in place, yet I was flattened, and needed more. Hearing from a professional what needs to be done to help oneself is far different than hearing the exact same words from close friends and family who care about you.
19. **As you reflect upon the time from when you first considered writing a memoir to now, what do you feel you have gained from the process?** I gained so very much. I regained my confidence, my sense of self, my self-worth and my belief that I am of value. I regained my excitement for and interest in life. I gained a willingness to embrace new and unexpected and fearful situations, opportunities, and challenges. I regained my life!
20. **What else are you thinking of writing?** Like many, I grew up in a very dysfunctional family and I have thought much about writing about that as I gain understanding into the cause of the dysfunction. Perhaps some sort of resource for women who don't have the support I did. Perhaps a companion to this, a different perspective or reflections on looking back. Much of this book had been written as it was happening, so a clearer perspective might be nice. For now, I'm content to just ride the tide and see what happens.