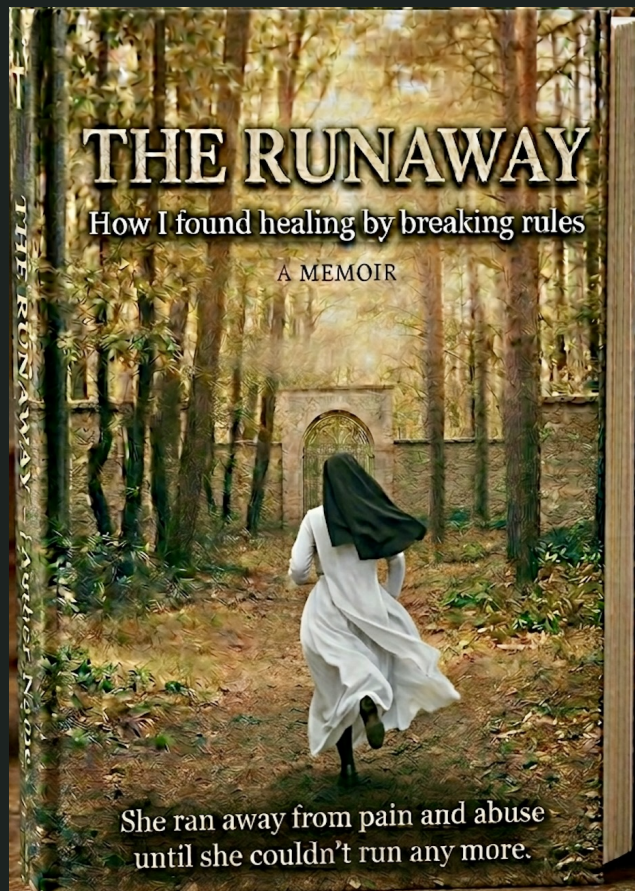




PRESS KIT

The Runaway - A Memoir by Amy Gracey Nash

A MEMOIR · COMING SOON

The Runaway

How I Found Healing by Breaking Rules



GENRE

Memoir / Psychology

STATUS

Seeking Representation

About the Book

At sixteen, Amy Nash traded her Converse sneakers and ball cap for the black shoes and veil of a monastic nun. She wasn't running toward God so much as she was running away — from a home disintegrating under far-right religious conservatism, from a father who broke promises, a mother who turned abusive, and the public shame of the 1970 Gracey Case. She thought she'd find refuge in a house of God.

Amy learned the art of submission by praying for hours each day, serving her community in menial tasks, and obeying even when it meant neglecting herself. Meanwhile, her body rebelled — migraines, shingles, IBS. When she finally walked out the door at forty-four, she did so without a credit score, a work history, or a handbook for a world she no longer recognized.

The Runaway knits together the insight that comes from being both a client and a trauma therapist. It is for anyone who has ever felt unseen, unheard, or unacceptable.

About the Author

Amy G. Nash, LCPC, NCC, rebuilt her life after leaving a 29-year monastic vocation, earning degrees from Mount Holyoke College and Loyola University Maryland and becoming a licensed, certified trauma therapist in Maryland. Her work on women's spirituality has been published in *Magistra: A Journal of Women's Spirituality in History*. She lives in Maryland with her husband Randy and their Australian Shepherd, Jasper.

Early Praise

"The Runaway demonstrates how our religious culture can shape and form our lives, even before we know ourselves. Readers who feel like they missed their chance, or found themselves overwhelmed by a religious lifestyle, will take away hope and courage from her story."

— Tia Levings, author of *A Well-Trained Wife* and *I Belong to Me*

"In a raw and honest memoir, Amy details her courageous journey of escaping a high-control religious community and rebuilding her life. Her journey is authentic and nuanced, exploring both the beauty and the pain found in life."

— Christine Bradley Chenitz, LCSW-C, Religious Trauma Therapist

Media Availability

Amy is available for podcast interviews, media commentary, and speaking engagements on religious trauma, healing after high-control faith, and purity culture's lasting effects. She speaks to audiences including therapists, faith communities in transition, support groups, and university or conference settings — available as keynotes, panels, and workshops.

Media Contact

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- *How to Recognize Religious Trauma*
 - *The Truth about Closure and Forgiveness*
 - *How Religious Trauma Impacts Our Identity as a Woman*
 - *When Leaving a Religion is Not Enough*
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