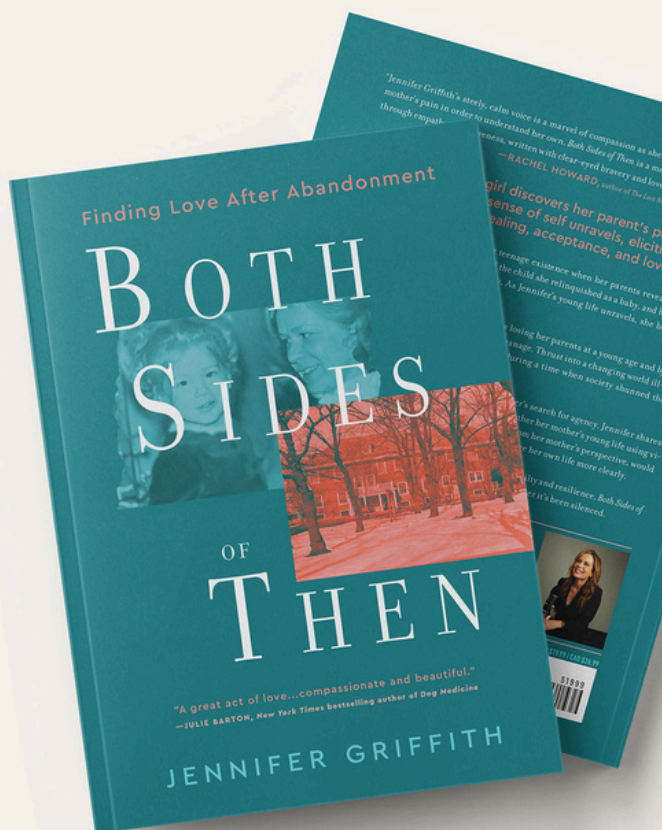


Both Sides of Then

Finding Love After Abandonment

By Jennifer Griffith



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When a young girl discovers her parent's painful life secrets, her sense of self unravels, eliciting a long path to healing, acceptance, and love.

Jennifer is thirteen and living a quiet teenage existence when her parents reveal their innermost secrets; her mother has found the child she relinquished as a baby, and her father no longer wants to be part of the family. As Jennifer's young life unravels, she begins to self-destruct.

Anna, Jennifer's mother, is deeply affected by losing her parents at a young age and her subsequent strict upbringing in a Baptist orphanage. Thrust into a changing world ill-prepared, she finds herself pregnant and unwed during a time when society shunned these young mothers.

Both Sides of Then is the story of a mother and daughter's search for agency. Jennifer shares her difficult path to self-acceptance while piecing together her mother's young life using vignettes shared throughout her childhood. By writing from her mother's perspective, would Jennifer eventually understand her mother? Would she see her own life more clearly?

About Jennifer

MOTHER, AUTHOR, AND PODCAST HOST

In my writing, I explore the complexities of motherhood and the extraordinary moments that shape our lives. My lived experience with generational trauma inspired my first book – *Both Sides of Then: Finding Love After Abandonment* – which honors the power of the female voice even after it’s been silenced.

My podcast serves as a source of inspiration for people around the world. Guests on my podcast include notable actors, screenwriters, educators, influencers, producers, thought leaders, *New York Times* bestselling writers, and more. In our conversations, we “go there” and uncover the unforgettable experiences that shape our sense of self. Who doesn’t want to sit down with people like [Julie Barton](#), [Angie Kim](#), [Peter Mutabazi](#), [Linda Sivertsen](#), and [Adrienne Brodeur](#) to discuss life and how they got to where they are today? My guests are incredible people doing real work and opening up in a way that will stop your breath.

Here’s to giving attention to the stories that matter and owning our narratives – every messy inch of them.



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SUGGESTED TALKING POINTS

- ✓ What inspired you to reflect on your personal journey in *Both Sides of Then*, and how do you think the themes of love, family, and self-discovery will resonate with readers?
- ✓ Your book delves into the complex relationship between the stories we inherit and those we create for ourselves. How did writing this memoir help you redefine your own narrative?
- ✓ In writing your mother's story, you uncover a dark period in American history where single, unwed mothers were forced to relinquish their children. How did this discovery change the course of your work?
- ✓ *Both Sides of Then* touches on trauma passed down through generations. What made you decide to explore this sensitive topic, and how can readers begin to unpack their own family stories?
- ✓ Throughout the memoir, you emphasize the importance of owning your story. What advice do you have for women who struggle to step into their power and voice, especially in the face of family expectations or societal pressures?
- ✓ In *Both Sides of Then*, there's a deep exploration of identity, particularly as a woman at 50. How has your perspective on identity evolved, and what do you hope readers take away from this aspect of your journey?
- ✓ Vulnerability is a recurring theme in your book. What role has vulnerability played in your journey of self-discovery, and how do you think embracing it can help others?
- ✓ *Both Sides of Then* is not just a memoir but a testament to resilience and transformation. What were some of the key moments during your reinvention that stand out to you, and how did they shape the person you are today?
- ✓ Your book invites readers into a personal conversation about love, loss, and legacy. What do you hope they will carry with them long after they finish reading *Both Sides of Then*?

Praise for Both Sides of Then

"It is a great act of love when a daughter works hard to fully understand her mother's life. In Both Sides of Then, Jennifer Griffith does exactly that. This memoir chronicles a daughter making sense of her own experience by unraveling the mystery of her mother's life. I wept, I laughed, and I wanted to call my mom after I finished this beautiful book."

– Julie Barton, *New York Times* bestselling author of *Dog Medicine*

"Jennifer Griffith's steely, calm voice is a marvel of compassion as she boldly inhabits her mother's pain in order to understand her own. Both Sides of Then is a mesmerizing journey through empathy to forgiveness, written with clear-eyed bravery and love."

– Rachel Howard, author of *The Lost Night* and *The Risk of Us*

"In Both Sides of Then, Jennifer Griffith expertly weaves her story of a troubled childhood with her mother's experience growing up an orphan. We come to understand two fundamental truths: we inherit much more than we realize and the only narrative more elemental than our own is our mother's. This compelling memoir expertly explores family history, abandonment, resilience, and ultimately, an imperfect but honest kind of love."

– Shanti Brien, author of *Almost Innocent*

