

Professional Biography of Karen Casey, Ph.D.

"Life's meaning has changed for me. Quite significantly. What I experience now is dramatically different from how I experienced life as a child, as a young girl, and as a young adult woman. And the changes in my understanding of so many experiences over the last forty years utterly astound me. I have distilled from my myriad experiences truths that simply claim me, calm me, and empower me. Truths that point my way forward every day. Truths I have felt compelled to share in numerous books over the last forty years."— Karen Casey, Fall 2022

Millions of people around the world spend a few moments in quiet reflection with Karen Casey every day. Affectionately known as the Godmother of Women in Recovery, Karen is the best-selling author of *Each Day a New Beginning: Daily Meditations for Women*, the first daily meditation book written expressly for women in recovery from addiction.

The bestselling author of 30 books, Karen's first book *Each Day a New Beginning*, which became a bestseller in this groundbreaking genre of meditation support for women in recovery—is celebrating its 40th anniversary with a new edition that includes a Foreword from *NY Times* bestselling author, Marianne Williamson. First published in 1982, *Each Day a New Beginning* has sold more than four million copies and counting!

Karen is known throughout the world as her books have been translated in multiple languages. She has traveled throughout the United States and Europe offering workshops, keynotes and lectures about the addiction recovery journey she has been on for more than 46 years.

Over the years, readers around the world have come to regard Karen as a trusted companion on the recovery journey. Drawing from her own life experiences and lessons learned the hard way, Karen offers wise counsel about what helps and what hinders relationships. Her insights are at once familiar and revealing, reminding us of simple truths we inherently know but need to rediscover for ourselves again and again. Among her other best-selling inspirational books are *Let Go Now: Embrace Detachment as a Path to Freedom*, *Each Day a Renewed Beginning*, *Change Your Mind and Your Life Will Follow*, *20 Things I Know For Sure, It's Up to You*, *Codependence and the Power of Detachment*, *Peace a Day at a Time*, *Keepers of the Wisdom*, *A Woman's Spirit*, *Fearless Relationships*, *A Life of My Own*, and many others.

Born and raised in Lafayette, Indiana, Karen attended Purdue University, where she met and married her first husband. She taught elementary school and then moved to MN with her husband who was pursuing a PhD at the University of Minnesota. As their marriage ended, Karen, too entered graduate school and earned a Doctorate in American Studies with a focus on Native American Studies. She taught at the University throughout graduate school.

Karen took her first drink at age 13, to "quell the anxiety that was crippling me." According to Karen, family was not offering the solace and support she needed. Unable to share with her family a deep secret, (one so many women have experienced, yet hide out of fear), she turned to alcohol. "And it worked until that day when it no longer did."

Coupled with the alcohol, she sought relationship partners and then a first husband who she was sure held the key to ending her insecurities. "Alas, codependence finds no solution in relationships. But it did ultimately lead me into the first 12 step room I ever encountered and my life's trajectory

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began to change on that fall evening in 1974 when I timidly walked into Al-Anon which has remained a part of my journey for all these many decades."

Two years later, she walked into an AA meeting and her life changed. It wasn't all rosy though—Karen had a deep unfulfilled longing for a lasting connection with her Higher Power—the kind she always felt at meetings yet didn't find on her own. After 18 months of sobriety, Karen reached a point of deep grief and planned to take her life. She had no idea that there were other plans for her life.

As she was about to turn on the gas in her apartment, she heard a knock at the door. On the other side was a woman named Pat, whom she had never seen before, nor ever saw again. Pat was insistent Karen had signed up for a consultation to discuss her financial future. "My name appeared in her daily planner as proof. Her first question, 'Are you ok?', was the turning point. I shared with her my struggle with depression and my inability to feel God's presence and she assured me that 'God was always here. I only had to reach my hand toward His.' She said she understood my dilemma. Nary a word about finances was uttered. After our brief discussion, she stood to leave and as she headed toward the door, she stopped, turned toward me, and hugged me gently, and said, 'You are going to be fine. God is present now.' I breathed a sigh of relief. I never saw Pat again, but I have no doubt that she was an angel 'on assignment.' God had plans for me and an early death wasn't on His agenda."

Writing always came easy for her, yet without a thought about writing a book, Karen started having conversations with God, and what came from her journaling, was to become the widely popular *Each Day a New Beginning*, which galvanized a new publishing genre, women in recovery. The president of Hazelden, Harry Swift, was inspired by the writings that Karen shared with him and he said Hazelden needed to publish a book specifically for women. *Each Day A New Beginning* became that book in 1982. Another 29 books have followed.

Today Karen spends her time writing, and giving lectures and workshops, which foster her commitment to continue doing what brings her life such joy and peace. She relies on her personal experience and her profound connection to her Higher Power, coupled with the wisdom she gleans from the many brave people she walks among in the rooms of AA and Al-Anon. Happily married, Karen Casey lives in Minnesota with her husband, Joe, and their beloved Nellie, "the best yellow Lab ever."



Visit womens-spirituality.com if you would like more information about Karen Casey and her work.