



**For Immediate Release:**

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### **Baby Boomer Women Celebrate Becoming Their Mothers**

Sioux Falls, SD –Baby boomer women beware: “Mirror, mirror on the wall, you’ve become your mother after all!” is a predicted change that can cause pleasure or pain, sometimes in the same instant.

For South Dakota baby boomer, author Dee Dee Raap, the change was realized nine years after her mother’s sudden death, now shared in letters in her book, *Dear Mom: Remembering, Celebrating, Healing*.

“When someone very dear dies suddenly, there is no closure,” according to Raap. “Denied closure, I was denied healing. Looking at Christmas ornaments on the ninth anniversary of my mother’s death, I wondered what I would say to her if she were still alive. I began writing letters which asked Mom questions about why she did things the way she did, if she felt like I did about things. I found the answers by looking at my own life, realizing I had become my mother after all,” she said.

That, Raap says, is how we can create and celebrate our legacy. “The tremendous healing I felt from my journey back in time came from looking at the gifts my mother

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gave me, gifts of lessons and values. We can claim those gifts and pass them on to our children and grandchildren,” she said.

“One of my letters, ‘Used Mom,’ recalls my mother saying to me, ‘Someday, your kids are going to do to you exactly what you’ve done to me.’ I, too, have made that threat to my daughters, especially on the days I closely resemble a very old, used car,” Raap said.

“Now, though, I am very honored to have become my mother: her values are my values, her lessons are lessons I’ve tried to share. Her journey was different yet similar. She grew up on the same prairie in a simpler time. She was frugal from surviving the Depression, I had what I needed. We both used our hands to sew clothes, bake bread and create things from nothing,” Raap said.

“The memories that surfaced in my letter writing became a journey of celebrating my mother’s life and healing from her death. It’s a process of emotional writing and sharing that makes me proud to say I have become my mother,” she added.

Letters written to her late mom are shared in her book, ***Dear Mom: Remembering, Celebrating, Healing***, now in its second printing. It is available at local book stores and a sample chapter is on-line at [www.DearMomBook.com](http://www.DearMomBook.com).

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