



Off Kilter: A Woman's Journey to Peace with Scoliosis, Her Mother, and Her Polish Heritage

Linda C. Wisniewski

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Life is a journey we all take, making changes along the way. Linda Wisniewski's memoir takes the reader along as she examines and keeps what feeds her soul and discards the rest. When she finally comes to terms with her Polish Catholic heritage, her physical deformity, and her widowed mother, she finds the keys to her own happiness.

Readers of *Angela's Ashes* and *The Joy Luck Club* will enjoy this mother-daughter saga.

Author Susan Wittig Albert calls *Off Kilter* "a splendid first memoir about the difficult business of finding balance in our lives. Funny, honest, deeply moving, *Off Kilter* reminds us just how hard it is to adjust to the physical pain, the emotional loss, and even the surprising beauty of being fully who we are."

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