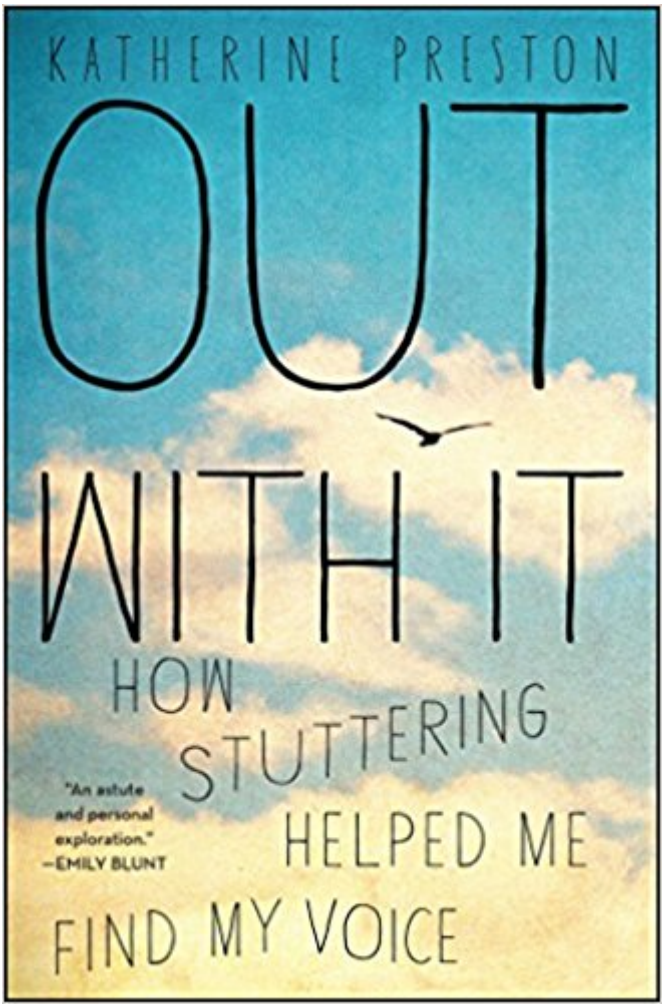
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Out With It: How Stuttering Helped Me Find My Voice



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Synopsis

A Ã¢â ¬Å“compassionate, unflinching memoirÃ¢â ¬Â• (David Mitchell, author of Cloud Atlas) by a young woman who fought for years to change who she was until she finally found her voice and learned to embrace her imperfection.> ThatÃ¢â ¬â„¢s exactly what happened to Katherine Preston at the age of seven. Thus began a seventeen-year battle with her stutter, hiding her shame and denying anything was wrong. Finally, exhausted and humiliated, she left her home in London to travel around America meeting hundreds of stutterers- including celebrities, psychologists, writers, and others from all walks of life- as well as speech therapists and researchers. What began as a vague search for a cure became a journey that debunked the misconceptions shrouding the condition, and a love story that transformed her definition of normal. > is an anthology of expertise and experience that sheds light on an ancient problem that today affects 60 million people worldwide. It is a heartwarming memoir and a journalistic feat, a story about understanding yourself an learning to embrace the voice within.

Book Information

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Customer Reviews

"Out With It is both a compassionate, unflinching memoir and an anatomy of life with a stammer. Katherine Preston offers affirmation for the millions of us who live with a speech disfluency and practical insight for those who don’t. I highly recommend this astute and engaging book." (David Mitchell, author of Cloud Atlas)Ã¢â ¬Å“Katherine Preston is an upbeat and inspiring example of how to deal with a problem that concerns so many and yet is acknowledged by so few. Out With It

deserves the widest possible audience.Ã¢â ¬Â• (Michael Palin, actor, author, and founder of the Michael Palin Centre for Stammering Children)Ã¢â ¬Å“Katherine Preston's memoir is an astute and personal exploration on the human experience.... A must-read.Ã¢â ¬Â• (Emily Blunt, actress)Ã¢â ¬Å“A frank, encouraging, and fresh exploration of a problem that's more widespread than we think. Out With It is a welcome addition to the small body of literature on this fascinating and mysterious subject.Ã¢â ¬Â• (Margaret Drabble, author of The Peppered Moth and A Pattern in the Carpet: A Personal History with Jigsaws)Ã¢â ¬Å“Out With It is a highly personal, vivid, and affecting account of one woman's journey from disability to wholeness through self-acceptance. It is sure to engage anyone who has traveled down a kindred path.Ã¢â ¬Â• (Benson Bobrick, author of The Caliph's Splendor and Knotted Tongues: Stuttering in History and the Quest for a Cure)Ã¢â ¬Å“Katherine Preston is an extraordinary new literary voice and a triumphant storyteller of her generation. How she got there is a captivating tale and we are all the richer for her experience and her arrival.Ã¢â ¬Â• (Carl Bernstein, author of A Woman in Charge: The Life of Hillary Rodham Clinton)Ã¢â ¬Å“IÃ¢â ¬â„¢ve spent decades helping others reach their peak level of physical fitness and realize that the strength within creates the picture of health on the outside. Though I may look like a tough guy, IÃ¢â ¬â„¢ve fought my own inner battle with stuttering for most of my life. In Out With It, Katherine Preston describes, in such great detail, what itÃ¢â ¬â„¢s like to not be able to express yourself clearly and without ridicule. With her memoir, sheÃ¢â ¬â„¢s become a voice for anyone with speech issues. My only complaint is that she didnÃ¢â ¬â„¢t write it sooner.Ã¢â ¬Â• (Jake Steinfeld, Chairman & CEO, Body by Jake; Founder, Major League Lacrosse; Chairman of the National Foundation for GovernorsÃ¢â ¬â„¢ Fitness Councils)Ã¢â ¬Å“An inspiring memoir.... Readers expecting a fairy-tale ending when they finish the book canÃ¢â ¬â„¢t have been reading very closely, but Preston comes to a truce with stuttering, and her battles with it make for engaging reading.Ã¢â ¬Â• (Kirkus Reviews)Ã¢â ¬Å“Preston's book pulses with wit and energy, and the realities of how difficult living with [stuttering] is painted vividly.... Preston is unflinching and funny; she manages to find a happy balance of education, memoir, and feel-good-factor that few books actually achieve, concluding that it is our 'imperfections that ultimately make us beautiful.' Never saccharine or pandering, Preston's book is a triumph of telling your story without fear or glossing over the harder to look at details.Ã¢â ¬Â• (Publishers Weekly (starred review))

Katherine Preston is a writer, public speaker, and a regular contributor to Psychology Today. Raised in England, she currently lives in San Francisco. Find out more at KatherinePreston.com.

Out With It is vividly personal and easy to read. I found so much more than I was looking for. Katharine bravely shares her experiences of growing up with a stutter - an immediate differentiator at a time in ones life where normalcy is all we want.Katherine is able to turn her shame about her speech on its head, and provides real inspiration for anyone that has ever felt confined or trapped by our own doing. This book taught me about myself, and about those I love. It is about more than stuttering - it is about connecting. I couldn't put it down, I absolutely loved it!

I really enjoyed Katherine Preston's book about stuttering and found it very informative and moving. I'm one of the co-chapter leaders of the Manhattan Stuttering Group, a chapter of the National Stuttering Association. I remember when Katherine interviewed a number of our members (including me) several years ago, and I had always been curious to read the book.A few weeks ago, I heard it had been published, and I eagerly downloaded the ebook to my Kindle, and devoured it over the past week or so. I am very impressed! While the book has become more of a personal memoir than a set of interviews with stutterers, she does a wonderful job of conveying what it's like to be a stutterer and the struggles that one feels. I found many of those parts very moving, and I could definitely identify with her struggles.She also includes some of the material from her interviews with other stutterers, as well as therapists and a few celebrities like Michael Palin of Monty Python, whose movie "A Fish Called Wanda" caused a big uproar in the stuttering community when it first came out and has been much discussed since. I never knew that his father stuttered and that the character in the movie was based on him.There are many wonderful anecdotes from Katherine and other stutterers, including from some people I have met over the years in the stuttering community. I also felt like I learned a lot from reading her book about some of the therapies out there and the history behind them, as well as the scientific research that has been done on the possible genetic causes of stuttering and future treatments that might develop from such research. She answered many of the questions that people who belong to our group--and those who come for the first time to a meeting--often ask those of us who have been going to stuttering support groups for a while. I feel like I have a better sense of how the different therapies out there work that I didn't really have before, having only worked with a few different therapists over the years before moving to the kind of self-support model that the National Stuttering Association provides.Anyway, I am definitely going to recommend this book to the other stutterers at our next meeting, and very likely at many more meetings to come!

I am a Japanese woman, translator and a stutterer. I published the Japanese translation of

ÃƒÂ¢Ã â ¬Ã Å“Out With ItÃƒÂ¢Ã â ¬Ã Â• in 2014. When I first read ÃƒÂ¢Ã â ¬Ã Å“Out With It,ÃƒÂ¢Ã â ¬Ã Â• I was totally fascinated with the authorÃƒÂ¢Ã â ¬Ã â„¢s powerful exploration into the theme of living with stuttering. Katherine Preston brilliantly intertwines her own personal story with her interviews for other stutterers and depicts various feelings such as fear, anger, humiliation, solitude, sympathy, courage, happiness, hope, etc. . . all of which arise from their experiences of stuttering.Regarding her decision to write a memoir as a stutterer, the author explains, ÃƒÂ¢Ã â ¬Ã Å“I knew that I needed to exorcise my own demons, that I need to write my own storyÃƒÂ¢Ã â ¬Ã Â• (P209). For her, writing was the best way to face with her negative emotions and painful memories and try to dissect, reflect, and finally come to terms with them. Since my early childhood, I am also living with a stutter for more than 30 years. Translating this book into Japanese was really an amazing experience for me. It helped me a lot to ÃƒÂ¢Ã â ¬Ã Å“exorcise my own demonsÃƒÂ¢Ã â ¬Ã Â• and to heal my trauma of stuttering.Also, I am happy that the Japanese readers have been putting positive reviews or comments for ÃƒÂ¢Ã â ¬Ã Å“Out With ItÃƒÂ¢Ã â ¬Ã Â• on the internet. KatherineÃƒÂ¢Ã â ¬Ã â„¢s book goes beyond national borders!Thank you, Katherine, for your wonderful memoir. It has profoundly enriched my life.

I just finished this amazing book yesterday, I can’t tell you how much I enjoyed it. Though at times it was difficult to read, being a mom of an amazing 13 year old boy who stutters it hits home. My heart ached when I read of Katherine’s feelings as a child and knowing my son feels that same frustration and hurt. As parents all that we want to do is protect them! I believe Katherine’s book is a gift and I’ve been given a better understanding of of my son and the things he finds it difficult to express to me. Through her book I feel like I’ve gained a better understanding of how to support him best which is my ultimate goal as his parent. I hope as he grows he knows without a doubt how very proud we are of him and that we not for one moment were ever ashamed or embarrassed of his stutter! I believe that this is so very important in how he sees himself, we as parents must be sure at all times that our kids know how very proud of them we are, stutter or no stutter. We are the most important people in our kids lives, their rock! Not one of us walking this earth wouldn’t change something about ourselves if we could, we all have our "stuff".Since as parents we have no handbook on how to best help our kids, this book is a definite read for parents who have a child who stutters. I truly believe that this book will help other parents who aren’t sure how to best support their kids. Some pages were painful to read without a doubt, as I can easily identify with Katherine’s parents on being scared and watching your child withdrawal and hurt, them being confused and not understanding why suddenly the words that were once easy to roll of their tongue they just can’t get out. That

helpless feeling of not knowing how to help them and wanting to take that pain away just hurts. As a parent of a teen who stutters, if you have a child who stutters I urge you to read this book.Thank you for your inspirational and amazing spirit Katherine, your words and amazing book. I look forward to sharing it with my son as he grows up and finds his voice!

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