

Author Biography

Dexter Moscow

 www.dextermoscow.co.uk

 www.twitter.com/dextermoscow

 www.instagram.com/dexter.moscow



About the Author

Dexter Moscow is a Keynote Speaker, Influencing Skills Coach and TV Presenter. His empathetic approach to learning and self-improvement comes from his own life experience that is illustrated in this book. Dexter today works with a diverse range of high-level clients and his first book, *Stand Up & Sell*, shows people how to become more persuasive and influential, when it really matters. Dexter is married, has identical twin sons and 4 grandchildren, and lives in London.

Book Synopsis

A personal and social history of coping with parental loss spanning seven decades.

When Dexter Moscow was 10 years old, his father passed away. Dexter was not allowed into the hospital to say goodbye.

Dexter is seeking to help people who have experienced the death or loss of a parent when they were young. His mission is to highlight the ways it can adversely affect our entire lives when left unprocessed and offer strategies for overcoming its debilitating grip.

Writing for men in particular Dexter relates his personal experiences of growing up without the guiding hand of a loving parent. He explores the ways the trauma negatively impacted his life and relationships and shares the mechanisms he has used to put this ever-present spectre to rest.

Why is Dexter writing for men in particular? Because men don't talk about such things.

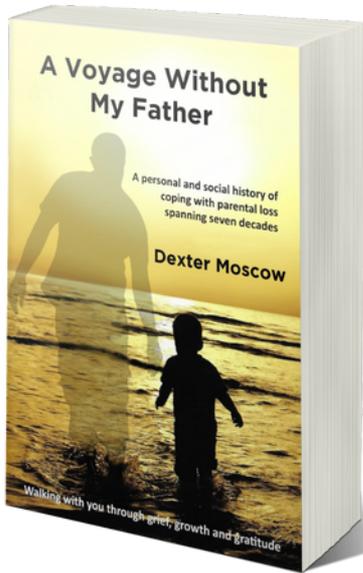
Advance Information Sheet

From Book Brilliance Publishing

A Voyage Without My Father

A personal and social history of coping with parental loss spanning seven decades.

by **Dexter Moscow**



ISBN:

978-1-913770-14-3

Price: £14.99

Publication Date:

15th June 2021

Format: Paperback

Size: 229 x 152 x 17 mm
303 pages

Category:

Coping with death & bereavement (VFJX)
Memoirs (BM)
Family & health (VF)
Self-help & personal development (VS)

Available on Amazon, online & in all good book shops, and as an eBook

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Key Sales Points:

- Out in time for Father's Day.
- With illustrations of humorous moments of Dexter's life, drawn by cartoonist James Mellor, as well as family photos.
- With a foreword from Ian Claffey MA Psych, NCP Senior Acc, APECS Acc, MAC.
- Although a memoir, the book also includes tips and thoughts on dealing with loss, coping strategies and advice.
- Helpful in this age of Covid where countless millions have also suffered the same traumatic experience that they too were not allowed to be there as their loved ones passed.

"The book is heart-warming... it's like a big hug from a friend that says 'I'm here to help you.'"

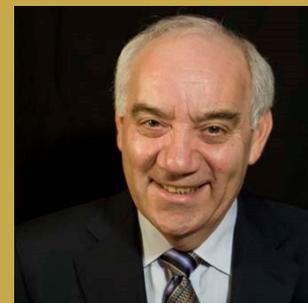
Rafael dos Santos, Multi-award-winning Brazilian Entrepreneur



PRESS RELEASE – for immediate release

Dexter Moscow

Author's 7 Decades of living without 'goodbye' pave a path for dealing with grief post-pandemic.



One courageous man has faced decades of mental health and dared to share his devastating story so others may find light and hope. Similarly, because of the pandemic and the resulting lockdown, many people are also facing the darkness of grief, forcing them to find a way to come to terms with their loss, just like him. Dexter Moscow, 74, from Hendon, London, has published his new book, *A Voyage Without My Father*, a personal and social history of coping with the parental loss spanning seven decades.

As a young boy growing up without his father cheering him on at sports day, witnessing him marrying the love of his life and becoming a father, unexpected anger, loss and regret came crashing down decades later in fatherhood. Many people worldwide can relate to his grief because of the unexpected loss of loved ones due to Covid-19.

The passage of time allowed Dexter to face his loss and find solutions to his mental health issues, gaining insight, skills, and understanding of grief's trauma. The healing passage turns grief - growth - gratitude.

Through his story, played out in scenes not chapters, Dexter is compelled to help people, particularly men, who have experienced the death or loss of a parent when they were young. His mission is to highlight how it can adversely affect our entire lives when left unprocessed and offer strategies for overcoming its debilitating grip.

"It's a mental health issue," says Dexter. "I am compelled to highlight the traumas I experienced and offer their life lessons, processes and strategies that have helped me overcome the personal pain and regret of losing a loved one. My journey has provided tools to cope with these experiences and emotions."

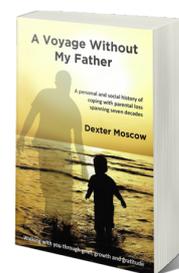
Dexter wrote his book after being encouraged by many of his family and friends to share his powerful lessons. His frank, moving, and funny memories will offer those suffering from unexpected loss: compassion, empathy and inspire them to find the courage and take the first step to their recovery, knowing that the sun still shines after the darkness.

Why he is keen to help men in particular? "Because men don't talk about such things."

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ENDS

- Dexter is available for interview: please contact Book Brilliance Publishing.
- *A Voyage Without My Father* by Dexter, published by Book Brilliance Publishing, out 15th June 2021, £14.99, ISBN 978-1-913770-14-3
- With a foreword by Ian Claffey MA Psych, NCP Senior Acc, APECS Acc, MAC



+44 (0) 7535659791

brenda@bookbrilliancepublishing.com

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