

MORGAN BAKER MEDIA KIT 2023-24
Emptying the Nest: Getting Better at Goodbyes

Ten16 Press
ISBN: 978-1-64538-481
ISBN: 978-1645384-809

EMPTYING
THE NEST
Getting Better at Goodbyes



“...heartfelt testament to the value of being compassionate with oneself, even in one’s darkest moments.”

-Myriam Steinberg, author of award-winning graphic memoir *Catalogue Baby: A Memoir of (In)fertility*

MORGAN BAKER

RESOURCES

- Website and Social media links
- Awards
- Bios (short and long)
- Book description (short and long)
- Praise for book (endorsements)
- Events
- Articles
- Photo

WEBSITE

- www.bymorganbaker.com

SOCIAL MEDIA

- Facebook: <https://www.facebook.com/morgan.baker.737>
- Instagram: <https://www.instagram.com/mmorgbb/>
- LinkedIn: <https://www.linkedin.com/in/morgan-baker-01446aa/>

PUBLISHER:

<https://www.ten16press.com/product-page/emptying-the-nest-getting-better-at-goodbyes>

ISBN: 978-1-64538-480-9 (hardback)

ISBN: 978-1-64538-481-6 (paper)

EDUCATION: BA Vassar College '80; MA Cum Laude Emerson College '86

AWARDS:

Memoir Magazine '23: Family/Relationship Category



Shelf Media Group: Notable Indie '23



BIO –Morgan Baker

SHORT

Morgan Baker writes about family, mental health, dogs, change, and identity in her award-winning memoir *Emptying the Nest: Getting Better at Good-byes* (Ten16 Press). Other work can be found in the Boston Globe Magazine, The New York Times Magazine, The Martha's Vineyard Times, Dorothy Parker's Ashes, Grown & Flown, Motherwell, and the Brevity Blog, among others. She is a professor at Emerson College and managing editor of The Bucket. She is the mother of two adult daughters and lives with her husband and two Portuguese water dogs in Cambridge, MA. She is an avid quilter and baker.

PARAGRAPH

MORGAN BAKER is an award-winning writer and professor at Emerson College. Her memoir *Emptying the Nest: Getting Better at Goodbyes* (Ten16 Press) is about reinventing yourself, learning how to handle loss, and emerging from depression and was honored with the Memoir Magazine's award for Family/Relationship category. Other work is featured in *The New York Times Magazine*, *The Boston Globe Magazine*, *Motherwell*, *The Brevity Blog*, *The Boston Parents' Paper*, *Dorothy Parker's Ashes*, *Talking Writing*, *The Bark*, and *Cognoscenti*, among many regional and national publications. She is the managing editor of *The Bucket*. She is the mother of two adult daughters, and lives with her husband and two dogs in Cambridge, where she quilts and bakes.

LONG

MORGAN BAKER is an award-winning writer and professor at Emerson College. Her memoir *Emptying the Nest: Getting Better at Goodbyes* (Ten16 Press) is about reinventing yourself, learning how to handle loss, and emerging from depression and was honored with the Memoir Magazine's award for Family/Relationship category. She is a frequent media contributor with essays and interviews published in *The New York Times Magazine*, *The Boston Globe Magazine*, *The Brevity Blog*, *Talking Writing*, *The Bark*, *Motherwell*, *Cognoscenti*, *The Bucket*, and *Hippocampus*. Morgan is managing editor of *The Bucket*, and wrote for many other publications including *The Boston Parents Paper*, *The Boston Phoenix*, *The Boston Business Journal*, *The Boston Globe*, and numerous alumni magazines.

Her honors and awards include: Finalist for Wow Women on Writing; Alan L. Stanzler Award for Excellence in Teaching; Finalist for Writer's Advice; 3rd Place for WritingitReal Writing Contest; Gold Award for Feature Writing from Parenting Publications of America; Honors Program Outstanding Thesis/Project Advisor Award.

Morgan loves quilting, baking, and taking long walks with her dogs and husband Matt Breilis with whom she lives in Cambridge, MA.

BOOK DESCRIPTION

SHORT

The award-winning *Emptying the Nest: Getting Better at Goodbyes* is about reinventing yourself, learning how to handle loss, and emerging from depression. When Morgan's daughter, Maggie, left for college and Morgan also parted with nine puppies from a litter the family raised, she collapsed into a deep depression. Eventually climbed out of her hole and adjusted. and, with a lot of help, did better when her younger daughter left for school, and Maggie and her boyfriend moved to the west coast. Her identity had shifted. She was more than a mother.

LONG

Emptying the Nest: Getting Better at Goodbyes, is about is about reinventing yourself, learning how to handle loss, and emerging from depression. During her older daughter's last year of high school, the family takes on an adventure of breeding their kind and gentle

Portuguese Water Dog, Spray, and raising her ten puppies. They find loving homes for nine of the pups, and keep one, Ezzie. At the end of the year, Maggie, Morgan's oldest, heads off for her own adventure at college. All these goodbyes don't sit well with Morgan and she falls into a depression.

What she learns from climbing out of the depression, is life continually changes. Her dogs and children teach her lessons on living in the moment and embracing change, instead of running from it. Morgan's identity shifts during the years after her kids leave the house. She discovers she's more than a mother.

PRAISE for *Emptying the Nest*

“Emptying the Nest: Getting Better at Goodbyes is a testament to the human spirit both to learn that we can experience loss and recover from it ... and, in turn, grow more compassionate toward ourselves in the process.”

-Martha's Vineyard Times

“When the reliable world wobbles and spins off its axis, when change upends our lives, the journey to grasping the new reality and one's own new purpose in it is painful, confusing, and long. In *Getting Better at Goodbyes*, Morgan Baker has gone into that confusion and pain and left us a trail from bewilderment and sadness to clarity and renewal, from dissolution to resolution. This book is balm and encouragement for all unsettled by their losses, stunned by how much they hurt, surprised by intractable sorrow.

-Richard Hoffman, author of *Love & Fury*

“How do we frame the story of our lives, measuring the past, and finding our way forward just as our worst fears seem to be on the horizon—especially the departures of those we love most? In this forthright, courageous, reflective, and funny memoir, Morgan Baker shows the way. No sugar-coating or glossing from her for the lessons of love, sadness, joy, and change that are the real deal, and appear from some surprising corners, like the litter of ten puppies born at her home. Who can't learn something from a seemingly dead newborn who comes to life in your husband's hands? A tender, beautifully written, and life-affirming guide!”

Vicki Constantine Croke, author of *ELEPHANT COMPANY: The Inspiring Story of an Unlikely Hero and the Animals Who Helped Him Save Lives in World War II*

“In *Emptying the Nest: Getting Better at Goodbyes*, Morgan Baker weaves together big emotions and life's minutiae in a way that reminds us that a full life is in the details. *Emptying the Nest* speaks openly of loss and depression while also celebrating the importance of love, family, and self-care to move past the hard times. It is a heartfelt testament to the value of being compassionate with oneself, even in one's darkest moments.”

-Myriam Steinberg, author of award-winning graphic memoir, *Catalogue Baby: A Memoir of (In)fertility*

“Not only is this inspiring and courageous memoir filled with love, but its sentences are also infused with wisdom, warmth and wit. What began as a fun family thing to do—breeding her beloved dog, Spray—turns into a road to self-discovery for Morgan Baker.”

–**Delia Cabe, author of *Storied Bars of New York*; Senior Affiliated Faculty of Writing, Literature & Publishing at Emerson College**

“As a mother of one daughter (who is also getting ready to start college and who also suffers from anxiety and depression), this memoir is both beautiful and deeply touching. Also, as a veterinarian and fur-mom to six cats and one golden retriever, this is the absolute embodiment of what I adore about Morgan and about dog-people! Morgan’s writing is so personal and poignant. This book fills one with the joy of human and fur motherhood, and with the beauty and heartbreak that can be present in loss and change. It is so full of love and hope! I absolutely devoured this book and was very deeply touched by its pages!”

–**Dawn Binder, VMD, mother and veterinarian**

“As Morgan moves through transitions that necessitate goodbyes, creates quilts to mark those transitions, and navigates the depression that strikes her as her dog and human families change shape, I relived my own family’s transitional years in a deeply emotional way. Morgan’s narrative moves back and forth through time, each of her memories a thread connecting to the next, each so filled with heart and often sadness.”

–**Betsy Leahy Morton, teacher**

“Morgan Baker’s *Emptying the Nest: Getting Better at Goodbyes* is an honest and captivating story of a family — the challenges, triumphs, and losses that occur; and the redemptive power of love, of both humans and dogs, that provides the necessary foundation for reimagining our futures when confronted with inevitable change.”

–**Deborah Conrad**

“I can’t remember the last time I read a memoir so quickly. Morgan Baker’s *Emptying the Nest: Getting Better at Goodbyes* was a page-turner you couldn’t pry out of my hands until the very last word. Baker candidly addresses her battles with depression as she takes the reader on the raw emotional journey of sending her daughter to school and parting with a litter of puppies her dog birthed at home. As the mother of a college freshman and a dog lover, I was captivated by the author’s journey. I love how she weaves the experiences of her daughter and the puppies into a rich account of her internal struggle to say goodbye and handle change.”

–**Jennifer Lovy, blogger and freelance writer**

“Morgan Baker’s sparkling debut, *Emptying the Nest: Getting Better at Goodbyes*, is a candid, woven-with-love account of mothers, daughters, family, and quilting. Morgan effortlessly weaves themes of love, loss, and separation between mothers and daughters as her girls work to fly the nest, and she works to survive it. Both heartwarming and wry, Morgan’s prose is authentic and resonant, her story a field guide to next chapters in life.”

–**Jacquelin Winter, writer and *Pushcart* nominee**

If you are a parent, woman, or dog lover, Emptying the Nest is a fun, casual read for you. Morgan writes in such detail, you feel you are in her home or with her pups. Life can be challenging; however, Morgan discusses how the love of dogs can help with transitions and hard times. For all the parents of graduating teens, grab this book, you will enjoy it!

-Tammy Nunes, Certified Pet Dog Trainer

EVENTS

Past Events:

- April 27- Tim Gager's Dire Lit Series
- April 29 – Independent Bookstore Day – Molly's Bookstore - Melrose
- May 10 – Porter Square Books, Cambridge (In conversation with Rebecca Steinitz)
- May 24 – Tidepool Bookshop, Worcester (with Karen Fine)
- July 20 – The West Tisbury Library, West Tisbury - Reading
- Aug 12 – The Chatham Book Store, Chatham NY – Reading with Abigail Thomas
- Sept 7 - Paper Cuts, Jamaica Plain – Night Market with E.B. Bartels
- Sept 9 - Virtual - Moon Tide Press – with Rebecca Evans – Mother of all Reading Series (4 events)
- Sept 14- Virtual – Vassar College Reading
- Sept 23 - Virtual – Moon Tide Press – With Rebecca Evans
- Oct. 11 - Virtual - Rediscovered Books – With Rebecca Evans (3rd in 4 part series)
- Nov. 8-Virtual – Rediscovered Books – With Rebecca Evans
- Nov. 29 Maxim Gift and Bookstore, Lexington MA wth Anna Ross, author of *Flutter, Kick*

ARTICLES by Morgan and about Morgan

[Next Tribe](#)

Hippocampus – [May 2023](#)

[The Dogs Life](#)

[Two Women Chatting](#)

[Dorothy Parker's Ashes](#)

[Motherwell](#)

<https://grownandflown.com/mom-struggled-empty-nest-thriving-now/>

[How The Family Stone Found Its Way Back](#)

Coming: Role Models (Thebucket.com)

PODCASTS and VIRTUAL

collegefinancialprep.com (podcast)

The Mother of all Reading Series with Rebecca Evans, author of *Tangled by Blood*, a memoir in verse. Four-part series.

[Author Q&A with Morgan Baker](#)

[YouTube · Boulder Book Store](#)

[12 minutes, 9 seconds](#)

[Jun 19, 2023](#)

Moms Don't Have Time To Read Books Podcast with Zibby Owens

<https://podcasts.apple.com/us/podcast/morgan-baker-emptying-the-nest-getting-better-at-goodbyes/id1366633318?i=1000634998474>

[Let's Talk Memoir with Ronit Plank](#)

