



News Release

December 17, 2010

[Nancy Livingston](#)

Public Relations

651-779-3222

Fax 651-779-3470

[Century College](#)

3300 Century Avenue North

White Bear Lake, MN 55110

Century Counselor's Memoir: A Journey of Hope

Retired Century College counselor Meg Corrigan could have lived out her life without sharing the personal pain she has gone through as the child of an alcoholic mother.

But Corrigan decided to write her memoir to give hope to people with similar life burdens.

“I want people to know that they can survive and thrive despite parental neglect, alcoholism, sexual assault and divorce,” said Corrigan, who lives in Lake Elmo and is now happily married to her second husband. “You do not have to go through life as a victim.”

After the death of her parents, Corrigan wrote her memoir entitled “Then I Am Strong: Moving from My Mother's Daughter to God's Child” (Cloud 9 Publishing, November 2010). Writing the book was a cathartic experience, she said, and it taught her much about herself, her parents, faith and survival.

Corrigan's story begins in Colorado where she lived with her father, a high-ranking military officer; her mother, a victim of alcoholism, and her sister. Life at home was confusing and dysfunctional due to her mother's drinking. "Don't ask, don't tell" was the family's unwritten rule.

"Part of the military culture was that you don't talk about mental health issues," said Corrigan. "My mom was hospitalized many times for some alcohol-related incident, but my father was the ultimate enabler. He would pick her up, bring her home, and the cycle would start all over again. My mother's primary relationship was with alcohol, and I was left to fend for myself."

Corrigan managed to graduate from college and graduate school despite her dysfunctional family. But things descended into crisis when she was the victim of a sexual assault at gunpoint at age 25. She survived, she said, by starting a powerful faith journey that has sustained her.

Corrigan married her first husband, a musician, to escape from her family. But the marriage was troubled from the beginning. Then, while working as a college counselor, Corrigan was forced to face issues of sexual assault among her students. Memories of Corrigan's own experience surfaced and began to cause her personal pain. She sought help from a therapist and ended up leaving her marriage of 19 years.

"At that point, I began to recreate my life," said Corrigan. "Therapy was key."

Corrigan said she began writing her memoir during a sabbatical leave from Century College. "It took a lot of discipline," she said. "I just committed myself to it, and wrote for five hours a day."

Corrigan said she has come to the realization that we are all broken, and we all need healing. Though she grew up with deception, she decided honesty is far healthier. "God has worked in my life to move me forward," she said.

Corrigan's book is available on Amazon.com or visit her website at www.megcorrigan.com.

Corrigan plans to host a public discussion of her book in the Century College West Campus Theatre on

Thursday, Jan. 20, at 11 a.m. The public is invited to attend this free event.



Photo: Meg Corrigan