



DR ANN WILLIAMSON
Author of STILL – IN THE
STORM

I was born in central London in 1949, the eldest of three children, educated in a Catholic convent school and trained at Bristol University.....

Oh gosh! This is boring.

What makes me, me?

From the ashes of pain and indifference, conflict and anger, sadness and hurt,
arise

... the carefree joy felt by a little girl, around eight years old, long dark hair curling down her back, whirling and dancing around to a record of Polish folk dances her father had brought back to her from his last trip to Poland to visit relatives

...the escape into a world of books, the thought that there was so much to learn about and so short a time in which to learn it

...the exhilaration felt by a moody teenager sitting on the rocks in a deserted cove near Swanage, communing with nature, the wind and waves whipping all around her

...the wonderful student days at Bristol and the panic she felt when she got stuck down GB Cavern for six hours when the leader of the caving group got lost!

...the half-pint of rough cider that lasted for ages but eventually had to finish; which meant she had to get up and dance. The realisation that she loved to move to music and it didn't matter if anyone saw her or not!

...the happy memories of hitch-hiking to Greece and touring around Israel in 1968 - which would take an entire book to do justice to

...the wonderful day in 1970 when she got married on a shoestring budget but surrounded by her friends

...the hard but exciting work doing her house-jobs in Oldham Hospitals - in at the deep end but enjoying every minute of it

...the sadness when she thought she would never have children and the happiness when she eventually had three!

...the sleep deprivation caused by three insomniacs!

...the gradual burgeoning of confidence - the gradual realisation that she could stand up in front of an audience and actually enjoy talking to them!

...the terror and the thrill she felt when she got up and sang to an audience of over a hundred women at a workshop at Sidmouth Folk Festival last year

...the satisfaction of teaching her patients coping strategies rather than just prescribing the current popular drugs

...the fluid motion of running effortlessly down a hill

...the pride of seeing her name in print on her first book!

...the fun, the laughs, the friendship and support of husband and friends, the anticipation of tomorrow...

I am child, adult, friend, lover, doctor, therapist, daughter, wife, mother...

...sunlight dancing on the water...wild birds soaring in the mountain sky...the deep song of the stars

This is life.

This is me.