THE WHOLE SERIES, ON ONE PAGE
For Journalists, Podcasters, and Organisations

THE 10 DEMANDMENTS SERIES
Three Books. One Mission. Breaking Generations.

By Gino Norris, Psychotherapist | Author | Time Rebel

What this is

A free, three-book ecosystem for generational healing. One book for the mother. One for the daughter. One for the doing. Plus Chapter 1 of the deeper adult book. All free. All designed to be shared.

The Books

She Was Once You
A Mother's Guide to Healing Herself While Raising Her Daughter
For the woman who wants to guide her daughter but hasn't yet healed her own wounds. The bridge between the mother and the girl. 221 pages. Free.

Don't Rush, Girl
10 Demandments of Time on a Young Woman
For every girl aged 14–16 who is already feeling behind. A prevention manual for time anxiety. Ten rooms. Ten lies. One quiet rebellion. 296 pages. Free.

The Slow Rebellion
40 Things To Do Instead of Rushing
The companion activity book. Forty small, safe, sometimes slightly ridiculous acts of quiet rebellion. Four per Room. One for each week of a month. Free.

TikTok: The 10 Demandments of Time on a Woman - Chapter 1
The invitation. The first chapter of the full adult book. For the woman who is ready to go deeper. Free preview.

What makes them different

The Book - Don't Rush Girl define Each Demandment made on a woman - as a room - and each room has its own voice. One room is a fairy tale. Another is a diary entry. Another is a letter from a friend. Another is a receipt. Another is a countdown. Another is a to-do list. Another is a mirror. Another is a text message thread. Another is a scrolling feed. Another is an hourglass. The girl doesn't just read the book. She enters it. She meets herself in every room.

The companion activity book "The Slow Rebellion". Forty small, safe, sometimes slightly ridiculous acts of quiet rebellion as a practical way of allowing her to experiment in overcoming the Demandments placed on her on a daily basis.

The Mother's book "She was once you" - is for the woman who wants to guide her daughter but hasn't yet healed her own wounds. The bridge between the mother and the girl to create awareness, but also caution of what her daughter is being demanded to do and be.

Why it matters

Girls are being told to hurry, compare, achieve, and be everything to everyone. The pressure begins at 14 - and the wounds set in early. By the time they become adults, they are exhausted from running a race they never signed up for.

This ecosystem reaches them before the wound becomes permanent. It heals the mother while it prevents the wound in the daughter. It breaks the cycle in one generation.

The Mission

To break the Clockarchy - the system that tells women their worth is tied to their youth, their productivity, their milestones, and their fertility.

No Hurt. Only Healing. That is the promise. Every page. Every book. Every word.

What's available for sharing

Influencers, journalists, and organisations can download a complete Media Kit - including:

- The three free books and Chapter 1
- Nine ready-made social posts (images and carousels)
- Six ready-made Instagram Stories
- Twenty ready-made quote cards
- A one-page summary, author bio, and talking points
- A how-to-post guide

Everything is free. Everything is ready. Everything is designed to be shared.

Visit: www.10demandments.net/mediakit

About the Author

Gino Norris is a psychotherapist, author, and the creator of The 10 Demandments Series. For over two decades, he has worked women in private practice and with young people the system gave up on. His life's work has been to keep young people out of his practice - to reach them before they need the room with the chair and the hour.

He lives by the words: "You are not behind. You are becoming. And becoming takes as long as it takes."

Contact

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