DOCUMENT 2 - WHO, WHAT, WHY

A Short Bio and Eight Talking Points

WHO

Gino Norris is a psychotherapist, author, and the creator of The 10 Demandments Series - a three-book ecosystem for generational healing.

For over twenty-five years, he has worked with young people the system gave up on - the "hard to reach," the disaffected, the discarded. 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 is not a clinician behind a closed door. He is a Time Rebel.

WHAT

He wrote three free books - one for the mother, one for the daughter, one for the doing - and a fourth free preview chapter for the woman who is ready to go deeper.

- She Was Once You - for mothers healing themselves while raising their daughters
- Don't Rush, Girl - for every 14-year-old who is already feeling behind
- The Slow Rebellion - forty small acts of quiet rebellion against the rush
- TikTok: The 10 Demandments of Time on a Woman - Chapter 1- the invitation to go deeper

All four are free. All four are designed to be shared.

WHY

Because girls are being told to hurry before they are old enough to argue. And because mothers are carrying the same rush they were handed, unable to give their daughters what they never received.

There is a chain here. And the only way it breaks is one woman handing a book to another woman.

That is what The 10 Demandments Series exists to do. Not to sell. To give. To pass on. To break the cycle.

No Hurt. Only Healing.

EIGHT TALKING POINTS

1. Time anxiety begins at 14.
Girls are told to hurry, compare, achieve, and be everything to everyone - before they have the words to refuse. The wounds set in early, and by adulthood they are exhaustion.

2. Prevention is better than healing.
Most therapy for women is about healing wounds that were set in adolescence. Don't Rush, Girl reaches them before the wound becomes permanent. That is the whole point.

3. The mother is the doorway.
A mother who is still rushing cannot teach her daughter to slow down. A mother who is healing can teach her everything. That is why She Was Once You comes first.

4. The storytelling mode is the secret weapon.
Each Demandment is a room. A fairy tale. A diary. A receipt. A scrolling feed. The girl doesn't just read the book. She enters it. She meets herself in every room.

5. The books are free - and they will stay free.
They are not free because they aren't valuable. They are free because they are too valuable to be kept from her. No catch. No hidden cost.

6. The Clockarchy has a name.
The system that tells women their worth is tied to their youth, productivity, milestones, and fertility. It is not a person. It is not your mother. It is not you. It is a system - and it is time to break it.

7. The movement is a sisterhood.
This is not just a book series. It is a movement of women who are saying "enough" and choosing slow. One woman, one girl, one book at a time.

8. The promise holds everything.
No Hurt. Only Healing. Every page. Every book. Every word. If anything ever breaks that promise - the whole thing stops.

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