

Press Kit: The Alchemy of Being a House

A Memoir by Jen Peer Rich, PhD

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Subtitle:

A Memoir About the Body That Broke, the Voice That Barked, and the Home That Became Us

About the Book

The Alchemy of Being a House is not a linear memoir. It's a many-roomed offering. A poetic, multi-voiced journey through chronic illness, trauma, inner multiplicity, and radical self-relationship. It is a post-pathology memoir. With the soulful presence of Ruth—a dog, a guide, and a voice of fierce loyalty—we are invited to reimagine healing not as a destination, but as a homecoming.

This is a story about the body that broke, the voice that barked, and the home that became possible through them both.

Core Book Themes

- Chronic illness, disability, and embodiment
- Inner multiplicity (parts work without pathologizing)
- Poetic narrative structure
- Self-acceptance and inner belonging
- Conscious caregiving
- Healing from medical trauma
- Love, loss and the sacred ordinary

About the Author

Jen Peer Rich (she/her) is an author, artist and lifelong explorer of inner landscapes. Her work centers on healing, multiplicity, ecological consciousness and self-awareness. Jen lives by a lake in Florida with her wife, daughter, and a pack of scrappy rescue dogs.

She is the creator of The Circle of Selves trilogy and host of the podcast Drawn to Heal.

Sample Interview Topics

On Writing and Memoir as Alchemy

- Writing as an act of reverence for the body, not just the mind
- Why memoir can hold multiplicity better than linear storytelling
- Reclaiming voice after medical trauma and childhood objectification
- The spiritual risk—and reward—of writing from many selves
- How I structured this memoir without a single main character
- The alchemic arcs of the book

On Healing, Illness, and the Body as Portal

- Living with chronic pain and choosing creative intimacy over cure
- The metaphor of the living house, the dog, and the broken body
- What it means to write from the inside of illness, not the outside
- Loving a body that doesn't get better
- Healing as relationship, not resolution

On Ruth, Inner Guides, and Animal Consciousness

- The role of Ruth as a barking voice of vigilance, loyalty, humor, and cosmic insight
- How animals carry intelligence our culture forgets to value
- Writing from the voice of an inner dog: love, embodiment, and barked truths
- The soul of dogs and animals as doorways into transspecies selves

On Multiplicity and the Circle of Selves

- Why I don't see my many selves as a disorder, but as a natural design
- Navigating life and art through a many-selves lens
- Honoring the voice of Baby Jenny and the origin of rage from infant trauma
- The ensemble metaphor in Our Body Music: pain, voice, and inner composition
- The Resonance Loop: a model for participatory inner relationship

On Art, Access, and Making Meaning from Limits

- Collage as a form of ritual and spiritual mapping
- How chronic illness shaped my creative process
- Building a healing community online through art, authenticity, vulnerability and storytelling
- The quiet revolution of online healing communities

Contact

For interviews, features, or speaking invitations:

Email: drpeerrich@icloud.com

Website: jenpeerrich.com

Facebook: Jen Peer Rich is Healing

Instagram: Jen Peer Rich is Healing