

Debbie Russell is a lawyer turned writer. She spent twenty-five years as an Assistant County Attorney in Minneapolis, prosecuting numerous high-profile cases and fighting off several nervous breakdowns. At age fifty-five, Debbie took early retirement, giving up a full pension for the freedom of time. She now spends that precious time writing, restoring her property to native prairie and wetlands, and training her rambunctious retrievers.

Debbie's first published article appeared in the Minneapolis Star Tribune in 2001. After that small triumph, her writing focused primarily on legal briefs and memoranda, which were consigned to district court files. Debbie resumed creative writing in 2014 when she began her storytelling blog, sharing personal stories and professional experiences that have touched her life in a significant way. Debbie's article "Getting the Most out of Therapy: Easier Said than Done," partially based on events in her book, was top ranked in the December 2021 issue of Elephant Journal, an online magazine that celebrates the mindful life.