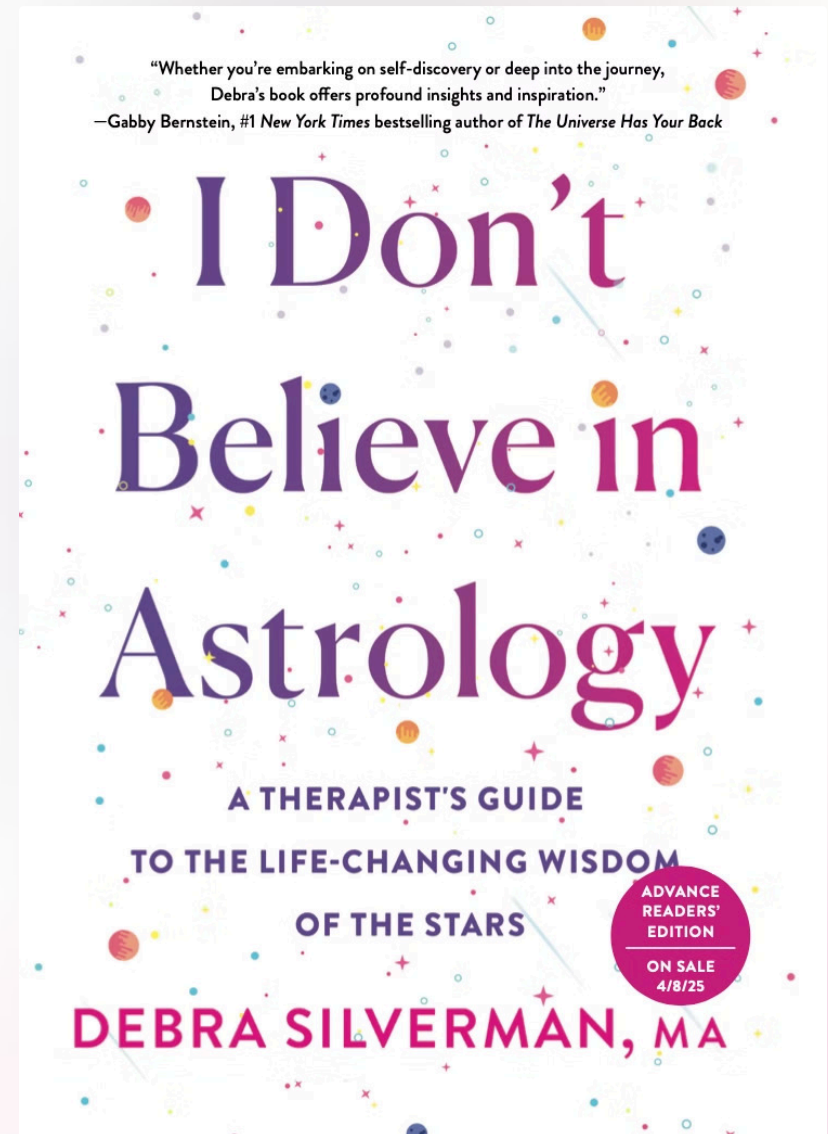


I Don't Believe in Astrology

Debra Silverman's new book, *I Don't Believe in Astrology: A Therapist's Guide to the Life-Changing Wisdom of the Stars* (April 8, 2025; St. Martin's Essentials) offers an accessible guide to astrology's life-changing benefits by blending astrology and psychology. Readers will learn to accept their true selves and unlock personal growth.

✓ PR Contact: Fauzia Burke, FSB Associates
fsburke@fsbassociates.com
760-585-2252



"Astrology is not about predicting the future—
it's about understanding the present."

— Debra Silverman

Key Themes



Astrology for Self-Understanding

Decode your unique traits and overcome self-judgment.



Practical Tools

Release negativity and foster compassion for yourself and others.



Personal Growth

Use astrology to love yourself unconditionally and heal emotionally.

About Debra Silverman



1

Education

Holds a master's degree in clinical psychology

2

Experience

Has almost five decades of experience helping people achieve emotional health

3

Approach

By blending esoteric astrology with psychotherapy, she offers a unique approach to self-discovery.

Silverman's Unique Approach

Ego vs. Soul

Step away from ego struggles. View yourself with your soul's calm objectivity.

Self-Love

Accept all parts of yourself, not just the best qualities.

Compassion

Appreciate all zodiac signs to: Discover a new view and acceptance for all personality types.

Review Copy and Interviews

To request a review copy, detailed media kit or set up an interview with Debra Silverman, please contact Fauzia Burke at

fsburke@fsbassociates.com

760-585-2252



Key Astrological Elements



Sun

Represents our core personality and outward expression of ego.



Moon

Reflects emotional nature and inner self.



Mercury

Governs communication and thought processes.



Saturn

Symbolizes discipline, responsibility, and life lessons.



Endorsements

Sting

"Appeals to my sense of logic."

Aaron Rodgers

"Astrology brought to us by Debra is the real thing."

Gabby Bernstein

"Offers profound insights and inspiration."

Be part of Debra's vibrant online community



Facebook 168K
Followers



Instagram 166K
followers



TikTok
91K followers



 Debra Silverman Astrology



Debra Silverman Astrology

You have a calling and a purpose. I have insights and answers. Welcome Home.
Sign up to learn the language of astrology with a free video course.