

Media Kit

Debra Silverman

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



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Announcing *I Don't Believe in Astrology:*

A Therapist's Guide to the Life-Changing Wisdom of the Stars

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; Hardcover, St. Martin's Essentials], offers an accessible guide to the life-changing benefits of astrology, blending the wisdom of astrology and psychology to help readers accept their true selves.

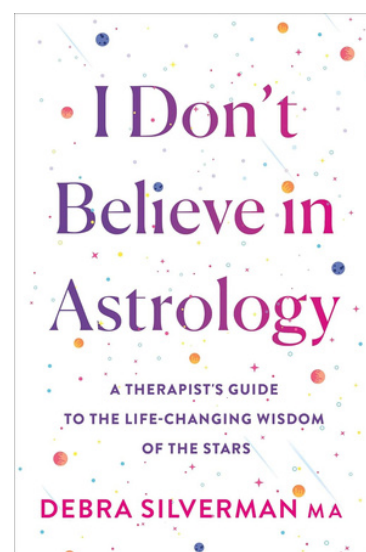
In a world often filled with chaos and confusion, Silverman introduces astrology as the key to understanding our unique human nature and overcoming self-judgment. Through a combination of therapy and astrology, this breakthrough guide provides practical tools to release inner criticism, negativity, and misunderstanding. Every sign has its psychological struggles, and by learning about the traits and challenges associated with your astrological sign, you will embrace your quirks and learn to love yourself unconditionally.

Silverman's method encourages readers to step away from the struggle of the ego and view themselves with the calm objectivity of their soul. Through this lens of astrology, she teaches readers to accept and love all parts of themselves—not just the best qualities but everything that makes them who they are. Silverman's approach also promotes understanding and compassion for others, inviting readers to appreciate all the signs in the zodiac.

This book covers key astrological elements such as the sun, moon, rising sign, Mercury, and Saturn, offering a deep dive into their meanings and how they influence our personalities. Silverman's teachings empower readers to cultivate self-love, compassion, and a higher perspective on life, seeing the truth of their soul's expression.

If you would like a review copy or would like to interview the author, please let me know.

Thank you,
Fauzia Burke





Debra Silverman

Astrologer, psychotherapist, spiritual guide, and author Debra Silverman brings hope. With our planet longing for compassion and guidance in these very unusual times, Debra brings her Master's degree in clinical Psychology plus her humor, wisdom, and honesty to soothe the collective pain body.

Debra is the author of *The Missing Element* and founder of a school educating more than 7,000 people in Astrology. Debra is also the host of The I Don't Believe in Astrology Podcast. She has a new book, *I Don't Believe in Astrology*, being released in April 2025.

Debra is madly in love with Astrology. For Silverman, Astrology is medicine for the soul. While there is no "one size fits all" approach, Debra has developed a unique psychological-spiritual model based on the 4 Elements in tandem with Astrology.

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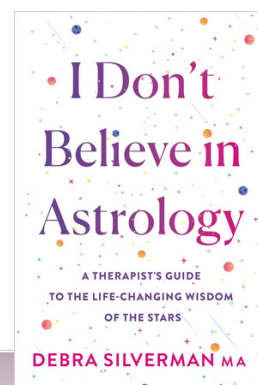
[TikTok](#) - 91K followers

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Debra Silverman

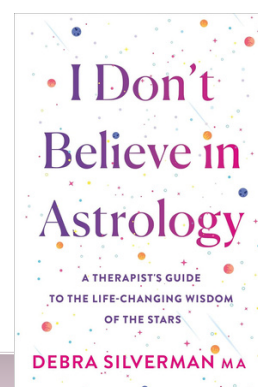
Interview Intro

Debra Silverman, a renowned psychotherapist and astrologer, has spent almost five decades helping individuals achieve emotional health and self-acceptance through a unique blend of astrology and psychology. Silverman is widely recognized for her transformative approach, which combines Esoteric (soul-centered) Astrology with clinical therapy to guide people through life's challenges. She has worked with individuals, couples, and families, providing personalized healing methods based on the four elements—water, air, earth, and fire. ***I Don't Believe in Astrology: A Therapist's Guide to the Life-Changing Wisdom of the Stars*** is her latest book.

Website: debrasilvermanastrology.com



Please download the book jacket and a hi-resolution author photo.



Endorsments

“The book is based on stories of people and the system of the four elements
 . . . APPEALS TO MY SENSE OF LOGIC.”

—STING, musician, activist and actor

“I had never considered astrology until I met Debra Silverman. After that
 first reading, I was sold. To be understood so quickly allowed me to see the
 value of an ancient system. ASTROLOGY BROUGHT TO US BY DEBRA IS THE
 REAL THING.”

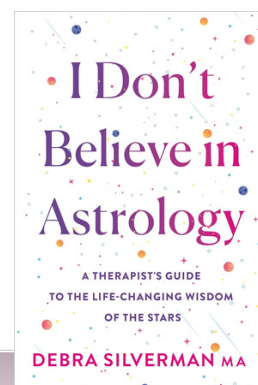
—Aaron Rodgers, quarterback for the New York Jets

“Whether you’re embarking on self-discovery or deep into the journey,
 Debra’s book offers profound insights and inspiration.”

—Gabby Bernstein, #1 *New York Times* bestselling author of *The Universe
 Has Your Back*

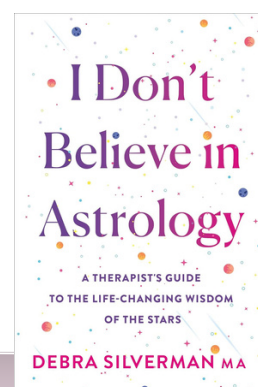
“ELEMENTAL WISDOM IS A POWERFUL MEANS OF CHANGING YOUR LIFE.
 Read on and find out which element you are and watch the wisdom unfold.”

— Colette Baron-Reid, author of *The Enchanted Map Oracle Cards and
 guidebook*



Suggested Questions

1. In today's world, what role does astrology play in understanding our emotional health and self-acceptance?
2. How do astrology and psychology complement each other in your approach to helping people heal?
3. Can you share a moment when you saw astrology significantly impact someone's personal growth or emotional well-being?
4. What unique challenges do people face today when it comes to accepting themselves, and how can astrology help overcome those challenges?
5. In your experience, how can astrology assist in navigating life transitions or crises?
6. How can someone use their astrological chart to cultivate self-love and overcome self-judgment?
7. What advice would you give to someone feeling disconnected from their true self and looking for direction?
8. Is there a specific astrological sign or placement that you believe holds the key to personal growth? How does it tie into the teachings of your book?
9. How does self-awareness through astrology contribute to emotional healing, and what steps can someone take to strengthen this awareness?
10. If a reader could take one action today to start embracing the wisdom in your book, what would it be?



Excerpt

Astrology shows you who you really are and says, “Hey, this is you, and it’s okay. You have permission to be a daydreamer (Pisces), or ambitious (Capricorn), or strong (Aries). There are reasons you value freedom over relationships (Aquarius), or financial security over frivolous shopping (Taurus), or talking over listening (Gemini). It’s natural for you to obsess about the meaning of life (Sagittarius), or have a morbid curiosity about death (Scorpio), or feel best when your whole family is under one roof (Cancer), or be in love with romance (Libra), or try to get all the attention (Leo). You don’t need to fight it. It’s just you being you.”

Astrology turns on self-awareness. If you are a Virgo, astrology will teach you that you tend to criticize yourself. Bringing that into your awareness helps you to ease up and understand how important it is for you to be precise, attend to details, and check off your to-do list. The voice of your observer (I’m going to show you how to find and hear it) will say, “Yep, you criticize yourself. Don’t worry. You’re okay.” Then if someone tells you, “Hey, relax, it’s not that important,” you’ll know enough about yourself to know that for you, it is important, and that’s okay, too. You love the small stuff. You’ll know you’ve got the observer turned on when you learn to laugh at yourself a little, and genuinely be able to say to yourself, “Oh, there I go again. That’s so me!”

There are struggles inherent in each of the twelve signs. Find your struggle, and you will discover what you are here to learn. You’re not here by accident. There is a curriculum, and a folder in the home office with your name on it. Astrology provides the keyhole to peek through, to see what your lessons are. It’s a relief to know your challenges are happening for a reason, and most of all, to understand that you’re not to blame.

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