

Lake Elmo Resident and Business Owner Publishes Memoir

By Allison Lund-Zalewski, Photos by Chelsea Madsen Images



Local Lake Elmo resident and business owner, Kristin Rehkamp, has published her first book titled *Finding US, A Mother's Memoir of Braving Mental Illness with Her Young Daughter*. The book is a “uniquely raw and poignant” look into a mother’s journey with pediatric mental health.

Shortly after her daughter’s mental health crisis in 2020, Kristin began writing as a therapeutic outlet which then turned into a blog. She wrote her first blog on March 19, 2021, and has since written 100 weekly blogs, and now her book, which is a collection of her blogs.

One of the most surprising things that Kristin learned when she wrote her book was how much time it takes to write one. She had two or three proofreaders during her publishing process—one who used a medical dictionary to assure all medical terminology was correct. The proofreading process was long, and Kristin has read her book over 20 times. At certain times, Kristin had her husband reading the book for a fresh set of eyes. On January 20, 2022, Kristin signed a contract with Atmosphere Press. *Finding US, A Mother's Memoir of Braving Mental Illness with Her Young Daughter* took 10 months to write and nine months to publish.

“I honestly cannot say enough positive things about my publisher! I had a fantastic editor (Kyle McCord), graphic designer (Ronaldo Alves), project manager (Alex Kale), production manager (Erin Larson), and publicity partner (Cammie Finch),” Kristin said.

Kristin hopes to add public speaking opportunities once her book is published. She also hopes that her book will give her family the opportunity to share their story with families, professionals, organizations, and communities.

“We are hopeful our family might help normalize the mental health conversation, while at the same time provide others with a similar experience, comfort, and support in knowing we understand your unique challenges—we understand you and your journey,” Kristin explained.

Kristin will be holding book signings at La Vie Est Belle, located on Main Street in Lake Elmo. Visit lavieestbelle.live for more information and details and subscribe to their weekly newsletter. Follow Kristin on social media [lavieestbellegiftshop](https://www.instagram.com/lavieestbellegiftshop).

Finding US, A Mother's Memoir of Braving Mental Illness with Her Young Daughter will be available at La Vie Est Belle, on their website, lavieestbelle.live, and will soon be available at major retailers like Amazon, Target, Barnes and Noble, and Walmart. Find the book in stores or online October 15.

◀ ABOUT THE AUTHOR

Kristin Rohman Rehkamp lives with her husband and three children in Lake Elmo. She currently owns and operates La Vie Est Belle, LLC (lavieestbelle.live); a brand that inspires giving and beautiful living. Given her personal experience with her oldest daughter, she is passionate about serving communities, organizations, and individuals working to break down barriers, raise awareness, and make a difference in the lives of those braving mental illness.

Kristin proudly serves as a PrairieCare Fund Board Member and in various St. Croix Valley, Minnesota community leadership roles and programs. As Kristin advocates for her daughter through writing and speaking engagements, she looks forward to evolving mental health/well-being thinking and care models for those that journey with her family.