

A Mother's Fight for Her Son Inspires Kathryn Zook's Powerful Memoir of Resilience and Spiritual Awakening

Your Honor Not My Son's Keeper

11:44

Kathryn Zook, CADC, CHT

Tomah, Wisconsin Sep 10, 2026 ([IssueWire.com](https://www.IssueWire.com)) - In her deeply personal memoir, *Your Honor, Not My Son's Keeper, 11:44*, author **Kathryn Zook, CADC, CHT** recounts her determined fight to protect her son while navigating a deeply challenging family court experience and the profound personal transformation that followed.

Part memoir, part spiritual reflection, *Your Honor, Not My Son's Keeper* examines the emotional toll of navigating custody proceedings while confronting what Zook describes as an overwhelming imbalance of power. Her account centers on her experience with an ex-husband whose spouse was a criminal prosecutor and later became a judge in the same courthouse where Zook's custody case was being heard.

For Zook, the experience became more than a legal dispute. As she struggled to have her concerns heard, she found herself confronting questions about institutional power, family dynamics, generational trauma, and what it means to maintain one's voice when feeling powerless.

Rather than allowing the experience to define her, Zook turned inward and discovered strength through **spiritual reflection, prophetic dreams, divine guidance, and the power of the subconscious mind**. These experiences became an important part of her journey toward healing and helped shape the deeper message of her memoir: that personal freedom and empowerment can begin within, even when circumstances seem beyond one's control.

Raw and intimate, the book explores the intersection of **family court experiences, narcissistic abuse, generational patterns, spirituality, intuition, and a mother's determination to protect her child**.

"I wrote this book because what happened to my son and me was so unjust. I knew the story needed to be documented," Zook shares. "I also wanted to tell the larger story of what carried me through it."

Zook hopes her story will resonate with parents and individuals who have experienced situations in which they felt dismissed, unheard, or overwhelmed by powerful institutions. Her message extends beyond the courtroom, encouraging readers to recognize their own capacity for healing and to break cycles that have carried across generations.

"This is not only a book about narcissistic abuse or family court injustice," Zook explains. "It is about breaking generational cycles, reclaiming your voice, and finding spiritual meaning in circumstances designed to make you feel powerless."

Today, Zook brings together her professional experience and personal journey in work focused on healing and transformation. A **hypnotherapist, addiction counselor, and admissions director for one of the nation's leading mental health programs**, she works with individuals seeking change through subconscious transformation and spiritual alignment.

Her approach incorporates **psychology, intuition, and dream symbolism**, with the goal of helping people reconnect with their sense of truth, empowerment, and inner trust.

Zook has also shared her experiences through podcast appearances, including conversations with programs and platforms focused on **filicide awareness, narcissistic abuse, and fractured families**, further expanding the discussion surrounding family trauma, healing, and resilience.

At its heart, *Your Honor, Not My Son's Keeper, 11:44* is a story about a mother who refused to let an

experience of powerlessness become the final chapter of her life.

For readers facing similar struggles, Zook offers a simple message:

“If you’re going through something similar, you are not as alone as you think you might be.”

About Kathryn Zook, CADC, CHT

Kathryn Zook, CADC, CHT is a hypnotherapist, addiction counselor, and admissions director for one of the nation's leading mental health programs. Drawing from both professional experience and personal challenges, she is dedicated to helping others pursue healing through subconscious transformation and spiritual alignment. Her work combines psychology, intuition, and dream symbolism to encourage individuals to reconnect with truth, empowerment, and divine trust.

Your Honor, Not My Son's Keeper, 11:44 is her personal account of navigating family conflict, institutional challenges, generational trauma, and a transformative journey toward inner freedom.

Book Information

Book Title: *Your Honor, Not My Son's Keeper, 11:44*

Author: Kathryn Zook, CADC, CHT

Genre: Memoir / Spirituality / Family & Personal Growth

Author Website:

[Kathryn Zook Official Website](#)

Available on Amazon:

[Read *Your Honor, Not My Son's Keeper, 11:44* on Amazon](#)

The Spotlight Network on Your Honor, Not My Son's Keeper by Kathryn Zook:

<https://www.youtube.com/watch?v=RogOPxvt80k>



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