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Paranormal Investigator Teresa McLean Announces Debut Memoir, *Friend or Foe, Forever Haunted*

NORTH FORT MYERS, FL

Teresa McLean, founder of Hide and Seek Paranormal Society and lifelong paranormal experimenter, has announced the forthcoming publication of her debut memoir, *Friend or Foe, Forever Haunted: The Frightening and True Story of the Paranormal*, scheduled for release in July 2026. The memoir — spanning 116,604 words — chronicles a lifetime of documented supernatural encounters that followed the author across decades, relationships, and geographic locations. Unlike traditional haunting narratives bound to a single location, *Friend or Foe, Forever Haunted* explores the experience of being haunted as a person, not a place, and examines the complex relationship between childhood trauma, abuse, and vulnerability to the paranormal. The book invites readers into a world where the past is never truly silent and where the unseen often speaks the loudest.

McLean, who has spent more than a decade conducting professional paranormal investigations, brings both investigative rigor and deep personal testimony to the work. The memoir features first-hand accounts corroborated by multiple witnesses and offers an unflinching examination of the psychological, emotional, and spiritual dimensions of living with persistent supernatural phenomena. Her writing is shaped by lived experience, intuitive sensitivity, and a deep understanding of the unspoken.

"This book is the truth I was afraid to tell for most of my life," said Teresa McLean. "It is the story of a haunting — but it is also the story of a survivor. I wrote it for every person who has experienced something they couldn't explain and felt alone in that experience. You are not alone."

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