

# FOR IMMEDIATE RELEASE

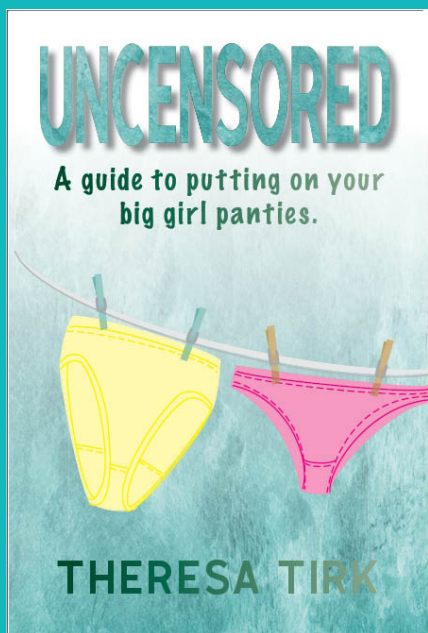
**Authors debut work is a no-holds-barred journey of her people-pleasing, family dysfunction and addiction, depression and anxiety that led to suicidal thoughts, into her healing and finding her spiritual self.**

## ABOUT THE BOOK

Born into a world of alcoholism, drug addiction, chaos and dysfunction of a teenage mother. It never changed. She grew up in an atmosphere of learning how to survive through people-pleasing. Starting down the same destructive path that she learned from the adults in her life. Finding the family she always wanted but started self-sabotaging. Falling into a dark hole of depression and anxiety that led to suicidal thoughts. She began a healing journey. She learned how to love herself and how making herself a priority allowed her to be a better parent and wife. She shares her entire life, very openly and vulnerably and raw. It's full of her crazy humor, maybe a few tears but also lots of resources to allow the reader who may see themselves in parts of her story to begin to heal themselves.

## ABOUT THE AUTHOR

Theresa Tirk is not only an Author & Speaker, she is a Certified Spiritual Life Coach, Reiki II Energy Worker, and Certified Aromatherapist. She is dedicated to helping women everywhere awaken to their own validation and strength so they can learn to prioritize their own care, to love themselves and their life.



**UNCENSORED: A Guide to Putting on Your Big Girl Panties**  
by Theresa Tirk

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