

KEYNOTE PRESENTATIONS

# TALK TOPICS

*Mark A. Turnipseed offers hope for anyone who struggles with the shame and self-hatred that fuels addictions.*

FOR MORE INFO:  
[www.MarkATurnipseed.com](http://www.MarkATurnipseed.com)



## **Fitness as a Recovery Tool**

In a quest to train for a triathlon, Mark A. Turnipseed focused on fitness. That's when he had the epiphany that he could no longer run away from his problems and fears. Instead, he had to run WITH them. Using the tactics taught in fitness training, he began building up the inner strength that he ultimately needed to change the course of his life.

## **Checking-In on Sober Health**

When Mark A. Turnipseed got sober, he realized that he really could do anything. Mark shares the details of his inspirational story of overcoming addiction. He explains how others can use the 4-phase model of Recovery Charged Fitness © that helped him build new levels of sober health, feel less shame about his past, and become more present and aware in the relationships that matter most.

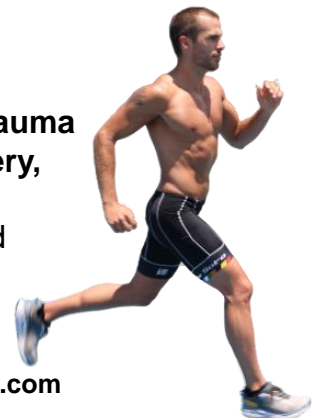
## **When Good Health and Personal Wellness Means Acceptance**

As Mark A. Turnipseed bravely faced his addictions, he discovered that hidden shame about his sexuality was jeopardizing his life. Mark shares his harrowing story about the trauma of coming out that included suicide attempts. With clarity and deep compassion, he explains how he embraced his own truth with himself, his family, his friends, and his faith. He offers details about the steps he took to tap into his true identity and accept and love himself.

NEW BOOK!

**My Suicide Race:  
Winning Over the Trauma  
of Addiction, Recovery,  
and Coming Out**

by Mark A. Turnipseed



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