

## FOCUS ON WELLNESS

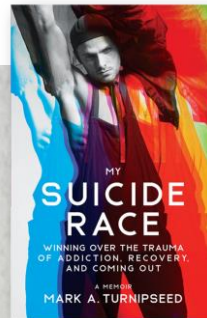
FOR MORE INFO:  
[www.MarkATurnipseed.com](http://www.MarkATurnipseed.com)

Addiction, sexual trauma, and thoughts of suicide were three big barriers that prevented Mark A. Turnipseed from focusing on wellness. Then, everything changed.

Battling shame and self-hatred, Mark found the self-help tools he desperately needed to manage the trauma of addiction, recovery, and coming out. Mark discovered how to tap deeper into yourself, define who you really are, and intentionally accept and love yourself. He now has a skin care line, Halo 42, dedicated to helping others find their wellness through self-care.

### Speaking topics include:

- *Wellness and Beauty*
- *Making Room for Wellness*
- *Mindset for Wellness*
- *Finding The Good Child Inside*



### NEW BOOK!

Now a coach, speaker, and the author of **My Suicide Race**, Mark offers hope for anyone who struggles with the shame and self-hatred that fuels addictions.

### CONTACT:

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