

## FOCUS ON WELLNESS

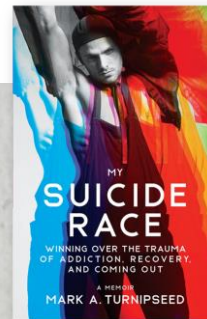
FOR MORE INFO:  
[www.MarkATurnipseed.com](http://www.MarkATurnipseed.com)

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.

### Speaking topics include:

- *Wellness for the Family*
- *The Busy Person's Guide to Making Room for Wellness*
- *Why I Considered Suicide*
- *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.

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