

FOCUS ON RECOVERY

After 15 years of addiction, Mark A. Turnipseed reclaimed his life. What he learned about sober health is now helping others in recovery.

Discover why multiple recovery efforts failed to help Mark and what it ultimately took for him to find the path to staying sober.

Speaking Topics include:

- *Fitness as a Recovery Tool*
- *Healing from Trauma*
- *Creating an Atmosphere and Culture of Wellness in Recovery*
- *Using Social Media to Support Recovery and Sober Health*
- *How Shame and Self-Hatred Jeopardize Recovery*
- *The Realities of Coming Clean With Family and Friends*
- *Recovery and Coming Out*

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.

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After surviving numerous relapses connected to addictions that started in childhood, Mark A. Turnipseed found a surprising key to saving his own life. Now a coach, speaker, and author, Mark offers hope for anyone who struggles with the shame and self-hatred that fuels addictions.

NEW BOOK!

My Suicide Race: Winning Over the Trauma of Addiction, Recovery, and Coming Out
by Mark A. Turnipseed

FOR MORE INFO:

www.MarkATurnipseed.com

