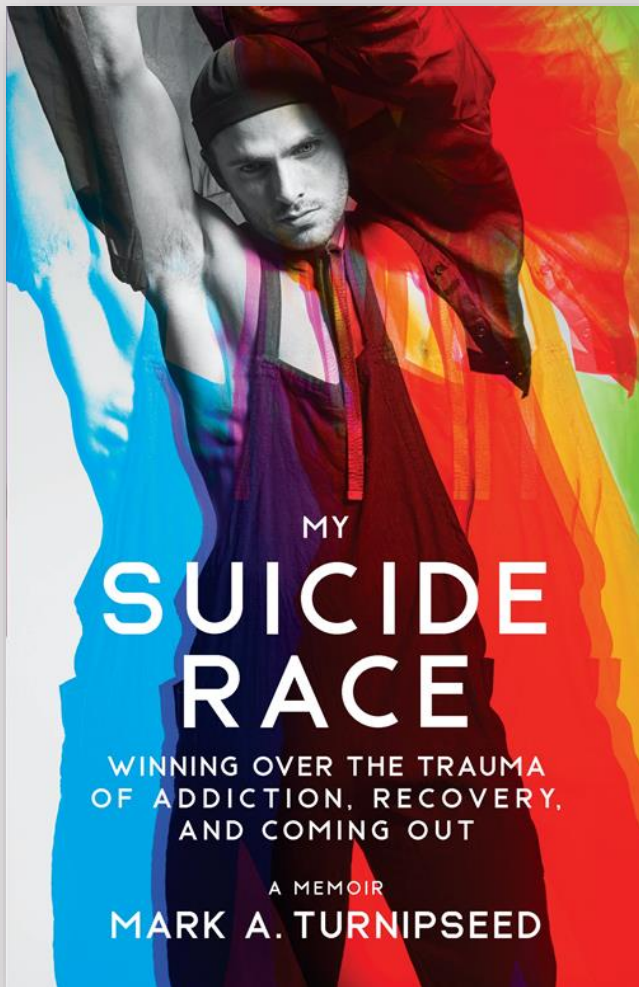


ABOUT THE BOOK



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

"You created hell, crawled through it, found your way out, swam, biked, and ran the distance to the beautiful truth about your Light... Well done."

Brian McNaught, top sexuality author and educator
Now That I'm Out, What Do I Do?

"...Mandatory reading for anyone who has struggled with addiction, internalized homophobia, or any other mental health challenges which caused them to question who God made them to be..."

Daniel Karslake, critically acclaimed producer/director
For The Bible Tells Me So

"...One man's emotional journey from childhood to rock-bottom addict, you'll cheer as Turnipseed finally faces his demons."

Kergan Edwards-Stout, author of award-winning books
Never Turn Your Back on the Tide and *Songs for the New Depression*.

CONTACT:

Mark@MarkATurnipseed.com | 404-368-7917

MY SUICIDE RACE

Winning Over the Trauma
of Addiction, Recovery, and Coming Out

MARK A. TURNIPSEED

At the tender age of six, Mark A. Turnipseed received what he felt was a clear and devastating message: it isn't okay to like other boys, and if you do, you're bound for hell. His confusion and self-hatred made him determined to become the boy he believed he was supposed to be, but in attempting to live a lie, he descended into a hell of his own making.

In this unflinchingly honest debut memoir, Mark takes us on a harrowing journey as he bounces off the restrictive walls of his closet and plunges into the darkness of drug and alcohol addiction, prostitution, and suicide attempts. He bravely lets us inside the raw, tragic mind of an addict and sexual trauma survivor whose self-denial threatens to destroy him and everyone who loves him.

After surviving numerous relapses, Mark finally finds a surprising key to saving his own life. While training for a triathlon, he embraces a fresh commitment to sober strategies that lead to good health, self-acceptance, and authenticity—offering hope for all who struggle with the shame and self-hatred that fuel addictions.

While showing that recovery is possible even for those who struggle for years to reach sobriety, **My Suicide Race** also unveils the often-unseen links between addiction, suicidal ideation, and the trauma of coming out.

FOR MORE INFO: www.MarkATurnipseed.com

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



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 Integrity Endurance 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.

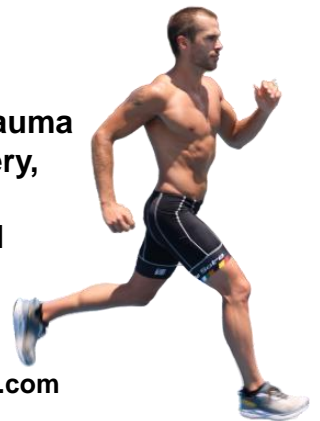
When Good Health and Personal Wellness Means Coming Out

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!

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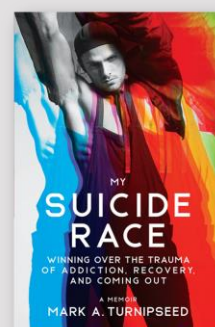
After surviving numerous relapses connected to addictions that started in childhood, Mark A. Turnipseed found a surprising key to saving his own life. Now a coach, speaker, and author, Mark offers hope for anyone who struggles with the shame and self-hatred that fuels addictions.

NEW BOOK!

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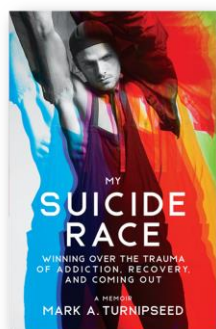
FOCUS ON FITNESS

The world of fitness offered Mark A. Turnipseed the tools he desperately needed to manage the trauma of addiction, recovery, and coming out.

Mark's passion for fitness saved his life. In a quest to train for a triathlon, he learned that he could no longer run away from his problems and fears. Using the core tactics taught in fitness training, he began building up the inner strength that he ultimately needed to change the course of his life.

Speaking topics include:

- *How Fitness Saved My Life*
- *How Social Media Can Help You Meet Your Fitness Goals*
- *How Exercise Helped My Chronic Disease—Addiction!*
- *Overcoming The Biggest Fitness Fears and Stereotypes*



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FOCUS ON WELLNESS

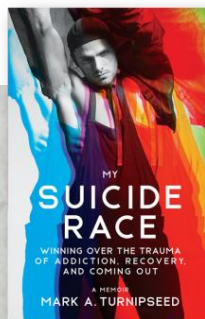
FOR MORE INFO:
www.MarkATurnipseed.com

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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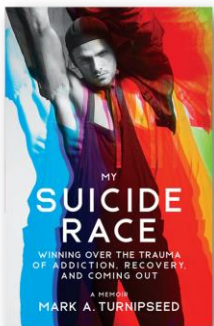
FOCUS ON LGBTQ

Exercise and fitness helped Mark A. Turnipseed discover how to become his best gay self—and learn to genuinely love himself.

As Mark faced his addictions, he discovered that hidden shame about his sexuality was jeopardizing his life. He shares his harrowing story about the trauma of coming out with clarity and deep compassion. He explains how he was able to embrace his own truth—first with himself and then with his family, his friends, and his faith. He offers details about the steps he took to tap into his true identity and learn how to love himself.

Speaking topics include:

- *My Suicide Race: The Trauma of Addiction, Recovery, and Coming Out*
- *The Link Between Sexuality and Fitness*
- *Becoming My Best Gay Self*
- *Shame, Self-Hatred, and Sober Health*
- *Attracting Positive People into Our Lives*
- *Gay in the Gym*



MEMOIR. Available in e-book and paperback.
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INTEGRITY ENDURANCE

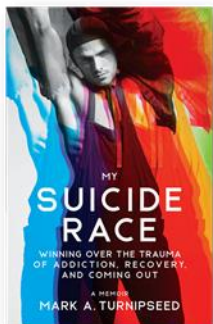
An addiction recovery program that is designed to help compliment the program of recovery for the everyday opioid addict by helping them realize their potential through sober health, wellness, and fitness.

Battling shame and self-hatred, Mark A. Turnipseed discovered the lifesaving tools he desperately needed to manage the trauma of addiction and recovery and to face the biggest fears in his life- like coming out of the closet.

In his work with Integrity Endurance Mark connects addicts with coaches who can help each individual navigate their personal endurance and fitness journey on the road to recovery.

Integrity Endurance is a 4-phase model that compliments recovery with fitness, acceptance, and compassion by linking addicts with personal trainers, health coaches, and other wellness professionals interested in impacting the outcomes for opioid addiction. To qualify for the program, clients with opioid addiction must be actively seeing a doctor who is drug testing them and giving them maintenance meds.

www.IntegrityEndurance.com



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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