

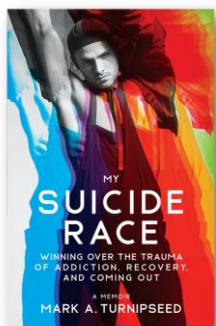
FOCUS ON LGBTQ

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

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

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