



# MARK A. TURNIPSEED

## FOR MORE INFO:

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After surviving numerous relapses connected to addictions, Mark A. Turnipseed found a surprising key to saving his own life. While training for a triathlon, he discovered a way to embrace a fresh commitment to sober health. Offering hope for all who struggle with the shame and self-hatred that fuel addictions, Mark shines a new light on the often-unseen links between addiction, suicide attempts, and the trauma of coming out.

Fitness coach and LGBTQ addiction recovery advocate Mark A. Turnipseed is the author of **My Suicide Race: Winning Over the Trauma of Addiction, Recovery, and Coming Out.**

Focused on good health, self-acceptance, and authenticity, Mark shares how you can tap into your best self through the daily practice of compassion and self-acceptance. Sharing his own recovery story to inspire and motivate others, Mark discusses the health-focused tools he has used to overcome addiction, take on a rigorous triathlon, and embrace aspects of himself that caused him shame from age six until adulthood. As a keynote speaker and workshop leader, Mark speaks to recovery groups and gay communities about **Fitness as a Recovery Tool, Checking In on Sober Health, and When Good Health and Wellness Means Coming Out.** In his work with Integrity Endurance, Mark helps those recovering from addiction navigate their personal endurance and fitness journeys by connecting them with fitness and wellness resources for holistic and balanced health.