

Creating a New Normal

"Sylvia is a quick-witted, down-to-earth, yet compelling individual whose words, experiences, and emotions will leave all who read it inspired and in awe"

— Andrea Baptista, NBC's "The Biggest Loser" (Season 1),
motivational speaker/health & wellness advocate

CREATING A NEW NORMAL

CLEANING UP A DYSFUNCTIONAL LIFE

S Y L V I A C O L E M A N

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An award-winning journalist and columnist, Sylvia Coleman garnered most of her accolades chronicling the chaotic lives of others in her articles. On the outside, she appeared to have it all: a burgeoning writing career, a wonderful man and a supportive family. But behind closed doors, her life was just as turbulent as some of the subjects of her award-winning articles. Sylvia was crumbling under a facade - enabling her alcoholic boyfriend, and hiding a dysfunctional past filled with: bouts of clinical depression, overeating, stints of homelessness, and haunting flashbacks of sexual abuse. It would take an unexpected tragedy to force her to finally deal with her past. "Creating a New Normal" describes in extraordinary detail Sylvia's journey toward healing from what she describes as "a victim mentality."

作者介绍:

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