



### Author Q&A

**Q: What is *Fractured* about for you?**

**A:** It's been 10 years since I woke up in a hospital bed with a fractured neck, arm, shoulder, and more. At that moment, I had no idea the journey to heal my body would lead to a complete transformation of my life. *Fractured* is about more than the events surrounding a near-death experience. It's about realizing how a broken mind and a broken heart can be healed just like broken bones. It's about finding your voice after a lifetime of silence, and about using that voice to change your world. It's about realizing that life isn't about what you have; It's about who you are. It's about learning to embrace fear instead of letting it paralyze you. By sharing the events in *Fractured*, I want to show that living an authentic life is the key to self-acceptance and true happiness. Life is just oh so beautiful when you love yourself and #CelebrateYourBigness."

**Q: What authors inspired you?**

**A:** I am a huge fan of self-development, nonfiction, and memoirs. I have a huge woman crush on Elizabeth Gilbert and Brené Brown. They inspire me everyday to live in my most authentic self and to share my experiences in the most honest and real way that I can. They have a way of writing that resonates with me and often punches me in my gut with a full force of truth. I feel as if I am sitting with them one-on-one and they can really "see" me. They are both women whom I look up to and want to emulate as an author.

**Q: In your book you wrote about your struggle with your weight and body image. How did you move past that?**

**A:** Well, I first want to say I have definitely not beat it. I am still human (and a woman) and the reality is our society is so focused on how we look, what we wear, what size we are, and what the number on the scale is that I don't think I could ever really move past it. BUT- like I mention in my book- it does not rule my life anymore. After I had my breakdown to my sister and released all those feelings and pain I was able to allow myself the space to slowly build myself back up. I cut tags out of my clothes, swore off scales and fad diets. I also am conscious of the way I talk about my body. I take pride in what I put in my body. I feel better when I eat better so I try to nourish my body with healthy foods and treat myself with my favorites (french fries and chocolate). I believe everything in moderation is key. If I deprive myself from something I tend to become fixated on it and that's when I tend fail myself.

**Q: What were your goals and intentions in writing this book?**

**A:** I knew my trying to hide behind this *fake "perfect image"* that my life was perfect and I had my sh\*t together was not serving anybody, most importantly not serving myself. So I decided to conquer one of my biggest fears and basically bear it all to the world. Fear is (like I mention in my book) my biggest paralyzer but also my biggest motivator. My goal in writing this book is to help people feel like they are not alone. I know I am not the only one who has been through what I have been through. I want people to see it is ok to be messy and raw. I want to empower and

support those who are going through a rough time - to be a cheerleader to let them know they can do it. A guide to help aide a path of healing. A reference to share what I have gone through it hopes that it helps others know that even when things get tough, there is a light at the end of the tunnel.

**Q: What makes your book stand out?**

**A:** There are many wonderful memoirs and self-help books out there. I have read many of them. I think what gives my book a unique perspective is that it is written by a thirty year old. A lot of the memoirs I have read are written by men and women who are in their late 40s, 50s, even 60s and while I always find really important and helpful information and learn something about myself, there seems to be a disconnect for me. I believe there is a lot of power and benefit reading about life experiences from somebody that is around the same age as you. I think it feels more relatable, more real, and it is easier for me to connect the lessons to my own life.

**Q: Have you written anything else?**

**A:** Nope, this is my first book :-)

**Q: What was the hardest thing about writing?**

**A:** Oh, simple. My old friend “fear”. Fear of what people would think of me. Fear of sharing some of my most personal experiences. Fear of the judgement that would come when people found out about my eating disorder, being a victim of rape in college, and dumbing myself down to make others feel smarter. Fear of not being a good writer. Everything stemmed from fear. AND while I am still scared of some of these things, I know that the importance of sharing these events greatly outweighed the fear I had. *I know there is more power and healing that can come in speaking my truth than in keeping myself small.*