PRESS RELEASE

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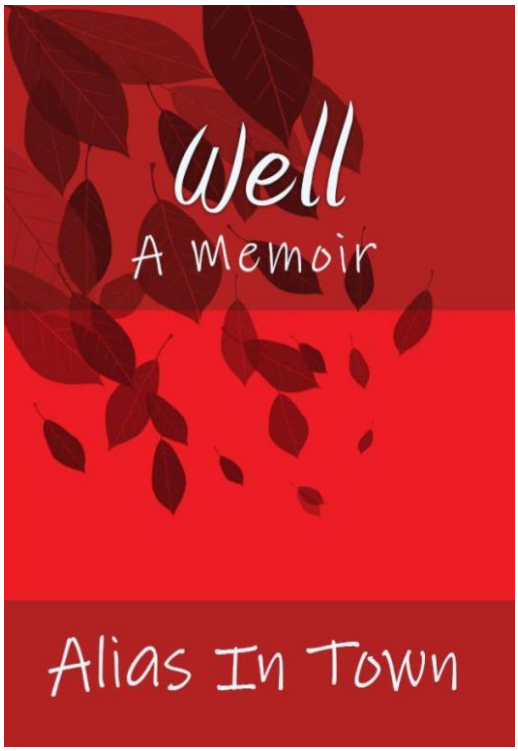

No Longer Taboo But All Too Common

> ***"Well** is a testament to the courage of a strong woman who has allowed God to be her Shepherd 'even though she walked through the valley of the shadow of death.' This story is one of hope." - J.Shomo, RN*
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> *"Her deep devotion to the truth, exposing herself to others with the same addictions, chronic illnesses, and pain, reminds me of these words of Jesus when He tells us, "And you shall know the truth, and the truth shall make you free." John 8:32...The exposure of herself to those who read and heed may well be the soothing balm of Gilead that produces the healing they need from the anguish of pain and suffering." -Samuel J. Blakely, ThD*

Depression and addiction are often taboo topics in the church. However, Christians are just as susceptible to depression and addiction as any other social group. For a depressed Christian or a Christ follower with an addiction, seeking help feels like shining a spotlight into their spiritual life and highlighting a failure as a Christian. Alias In Town is very passionate about this topic because she is one of those Christians. She lives with depression, and is in recovery for addiction and attempted suicide. She has also has a chronic illness, and made incredibly bad decisions in coping with her illness, desperately seeking relief.

Alias In Town's memoir, ***Well,*** chronicles her journey toward healing in a unique way. When she came home from treatment, she started pouring over old journals and found entries where she sought forgiveness, healing and deliverance. She gathered them up into a scrapbook. She also added original artwork telling her story through the end of a paintbrush. She dug through her blog, and gathered essays into the scrapbook too. Alias In Town realized this scrapbook had become something. It had become a vulnerable and raw memoir telling a story of hope.

The author chose the pen name Alias In Town because it is an anagram of her name and because in every town there are alias people living with chronic illness, chronic pain, addiction and depression. Those living with chronic illness share many commonalities. ***Well*** addresses these commonalities.

"I am more than my body. I am body, mind and spirit. My body is simply the weakest unit of the triad. Though chronic illness affects the entire triad, I have made considerable effort to strengthen my mind and spirit to find the balance of 'Well'. - *book excerpt*

Well is available on Amazon.com. Simply search for "Well Alias InTown."

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