

Renowned Psychologist Dr. Kate Truitt's Powerful Memoir 'Keep Breathing' Now Available!

Discover the Inspirational Journey of Renowned Psychologist Dr. Kate Truitt in her Upcoming Memoir 'Keep Breathing' - Now Available

LOS ANGELES , CA, UNITED STATES , April 2, 2024 /EINPresswire.com/ -- Dr. Kate Truitt, esteemed psychologist, applied neuroscientist, and trauma expert, has released her profound moving memoir, "Keep Breathing, ". In this captivating narrative, Dr. Truitt invites readers to join her on an intimate exploration of loss, trauma, and the extraordinary resilience that arises from adversity. Scheduled for release today, April 2, 2024, "Keep Breathing" promises to captivate audiences with its poignant portrayal of the human spirit's capacity for renewal.

Published by [Bridge City Books](#), an exciting new imprint from Baker & Taylor and [PESI](#) Publishing, "Keep Breathing" promises a compelling journey into the depths of the human experience. Dr. Truitt's memoir is not merely a recounting of personal trials; it is a testament to the resilience inherent in all of us when faced with life's greatest challenges.

"Keep Breathing" delves into Dr. Truitt's own journey, which began with the sudden and devastating loss of her fiancé just one week before their wedding. Through candid storytelling, she shares her struggles with grief, trauma, and guilt, offering readers a glimpse into the universal experiences of love and loss, joy and pain, and, ultimately, life and death.

"This book is a deeply personal yet universally relevant exploration of resilience in the face of life's most painful human challenges," says Dr. Truitt. "I invite readers to join me in discovering strength and growth in unexpected places."

Blending memoir with scientific insight, "Keep Breathing" serves as both a narrative of personal triumph and a case study of resilience. Dr. Truitt's story illuminates pathways to healing and self-discovery, offering hope and inspiration to those grappling with grief, addiction, or childhood trauma.

"Keep Breathing: A Psychologist's Intimate Journey Through Loss, Trauma, and Rediscovering Life" will be available for purchase today on Amazon, Barnes & Noble, and other major book platforms.

About Dr. Kate Truitt: Dr. Kate Truitt is a pioneering psychologist and the founder of the Truitt Institute. Renowned for her expertise in trauma, stress, and resilience, Dr. Truitt is an internationally sought-after speaker and author. Her previous work, "Healing in Your Hands: Self-Havening Exercises to Harness Neuroplasticity, Heal Traumatic Stress, and Build Resilience," has empowered individuals worldwide with practical tools for self-healing.

About the Book: "Keep Breathing" is Dr. Kate Truitt's deeply personal memoir, offering readers an intimate journey through loss, trauma, and rediscovery. Through her raw and heartfelt storytelling, Dr. Truitt provides insights and inspiration for navigating life's challenges with resilience and grace.

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