

'Girl Keep Walking' by Aneesah McIntosh Weaver Is Now Available on Amazon

The personal nonfiction book follows one woman's life amid motherhood, loss, faith, healing, and the decision to keep moving forward.

ATLANTA, GA, UNITED STATES, August 25, 2026 /EINPresswire.com/ -- A Personal Story of Survival and Starting Again

Author Aneesah McIntosh Weaver announces the Amazon release of *Girl Keep Walking*, a [personal memoir about motherhood](#), caregiving, faith, loss, and beginning again. Told with honesty and directness, the book shares Weaver's experiences as a mother, wife, healthcare worker, business owner, and woman trying to find herself again after years of caring for everyone around her.

Girl Keep Walking begins with the morning Weaver knew she could no longer stay in a life that was harming her. She left without a complete plan, unsure of what the next day would bring. What she did have was a belief that remaining where she was had become more dangerous than walking away.

That decision became the beginning of a difficult but necessary new chapter in her life.

Growing Up and Becoming a Mother

Weaver reflects on a childhood shaped by strict rules, family separation, hard work, music, and questions about her biological father. She explains how those early experiences taught her to



Girl Keep Walking by Aneesah McIntosh Weaver is a personal memoir about motherhood, caregiving, faith, loss, healing, and rebuilding life after difficult circumstances.

adjust to difficult circumstances and continue working even when she felt uncertain or alone.

At sixteen, Weaver became a mother while she was still learning how to understand life herself. Motherhood required her to grow up quickly, but it also gave her a reason to work harder and create a better future.

The book follows Weaver as she raises three children, works in the medical field, manages a household, and tries to maintain a marriage while facing depression and increasing isolation. She openly discusses how easy it can be for a woman to lose sight of herself while trying to meet everyone else's needs.

Caring for Her Children During Serious Illness



Aneesah McIntosh Weaver is the author of *Girl Keep Walking*, a personal memoir sharing her journey through motherhood, caregiving, personal hardship, faith, healing, and starting again.

Two of the most demanding periods in Weaver's life began when two of her children became seriously ill at the age of seven.

Her son was diagnosed with West Nile disease and encephalitis. His illness led to a six-month hospital stay and a long period in which he required extensive daily care. Weaver tube-fed him, changed his diapers, attended appointments, took him to physical therapy, and worked with him until he regained much of what the illness had taken from him.

Her youngest daughter was later diagnosed with Type 1 diabetes, also at the age of seven.

These experiences required Weaver to manage medical appointments, work, household responsibilities, and financial pressure while her own mental health continued to decline. The repeated appearance of the number seven later became meaningful to her faith and her understanding of completion, change, and new beginnings.

Building Aneesah's Ultimate Cleaning Service

While caring for her son, Weaver began cleaning homes to earn extra money. What started as a practical way to support her family developed into Aneesah's Ultimate Cleaning Service LLC.

She began the business with eighty dollars and gradually earned larger opportunities. Her work expanded from private homes to government buildings ranging from four thousand to nineteen thousand square feet.

The business became proof of what she could build with her own effort, discipline, and name. Even while working in healthcare and caring for her family, Weaver continued showing up for clients and taking pride in every job she accepted.

[Girl Keep Walking presents](#) this part of her life not simply as a business success, but as a reminder that something meaningful can grow during a painful season.

When Marriage Became Loneliness

Weaver also speaks openly about the breakdown of her marriage, her growing sense of rejection, and the mental health struggles that followed. She describes turning to alcohol to numb her pain, reaching moments when she no longer wanted to live, and realizing that she needed help beyond what she could provide for herself.

Faith, fasting, prayer, counseling, music, and writing became important parts of her recovery. Weaver does not portray leaving as an easy solution. She shares the financial hardship, hunger, family separation, court proceedings, vehicle repossession, and uncertainty that followed her decision.

There were days when she wondered whether leaving had been a mistake. Even then, she continued attending counseling, working, praying, and refusing to return to the habits she had once used to escape her pain.

Learning to Live Again

The later chapters of Aneesah McIntosh Weaver's memoir focus on her effort to rebuild her relationship with herself.

She began gardening for the first time and planted elephant ears that reminded her of her mother. Beneath the soil, she placed written prayers for peace, love, hope, prosperity, and personal change. Watching the plants grow helped her believe that her own life could grow again.

She later traveled alone, began drumming, took long drives with her dog, reconnected with friends, established personal boundaries, and continued her work in healthcare. She also began rebuilding her relationship with her children and recognizing the progress each of them had made in their own lives.

The book does not suggest that recovery happens all at once. Instead, it shows how a person can rebuild life one choice, one prayer, one counseling session, and one day at a time.

A Message for Women Who Feel Forgotten

Girl Keep Walking was written for women who feel trapped, exhausted, unloved, or unsure of how to begin again. Weaver's message is grounded in her own experience of leaving with very little, facing the consequences of that decision, and continuing forward when her future was unclear.

"Take one step. Then take another. Keep walking," Weaver writes.

Weaver's story reminds readers that fear does not always mean they are making the wrong decision. Sometimes courage begins before a person feels ready, and sometimes choosing peace requires walking away from the life they once expected to keep.

Now Available on Amazon

Girl Keep Walking by Aneesah McIntosh Weaver is now available on Amazon. Readers can purchase the book by searching for its title and the author's full name on the Amazon website.

The book may speak especially to readers facing family conflict, separation, caregiving responsibilities, mental health struggles, financial hardship, or the difficult work of rebuilding life after a major loss.

About the Author

Aneesah McIntosh Weaver is a mother, healthcare professional, entrepreneur, and author. She has worked in the medical field and founded Aneesah's Ultimate Cleaning Service LLC. In Girl Keep Walking, she shares the experiences that tested her faith, changed her understanding of personal worth, and taught her that surviving is only the beginning of learning to live again.

About the Brand

[Uptown Writers](#) is the publishing brand supporting the release of Girl Keep Walking. Uptown Writers provides writing, editing, publishing, and book-development support to authors preparing their work for publication and distribution.

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