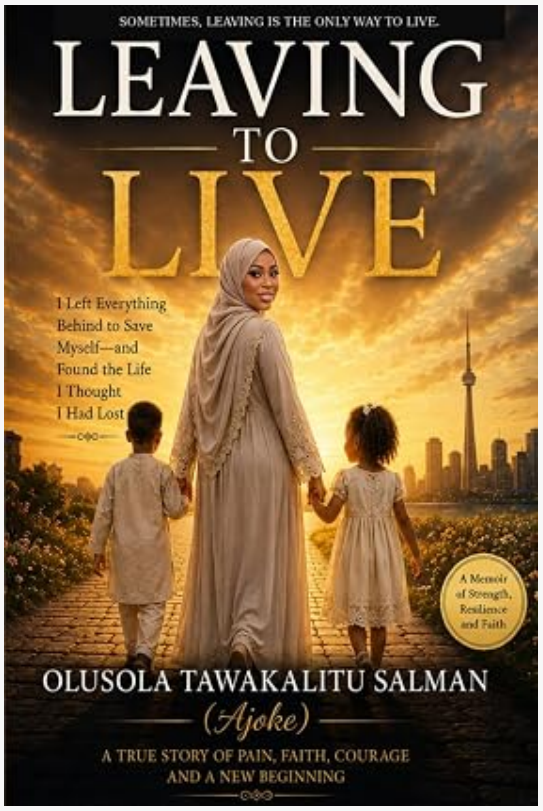
Leaving to Live Chronicles a Courageous Journey From Survival to Self-Renewal

Olusola Tawakalitu Salman shares a deeply personal journey from Nigeria to Canada shaped by faith, difficult choices, resilience, and the courage to begin again



Leaving to Live by Olusola Tawakalitu Salman

NEW YORK CITY, NY, UNITED STATES, September 14, 2026 /EINPresswire.com/ -- Olusola Tawakalitu Salman shares a personal story of faith, sacrifice, and rebuilding in LEAVING TO LIVE: I Left Everything Behind to Save Myself—and Found the Life I Thought I Had Lost, a memoir about confronting the difference between outward success and inner fulfillment. In Nigeria, Salman had built a life that included marriage, children, businesses, properties, education, and professional ambition. Yet behind that visible picture of accomplishment, she describes experiencing profound loneliness and a growing sense that she was losing an essential part of herself.

LEAVING TO LIVE: I Left Everything Behind to Save Myself—and Found the Life I Thought I Had Lost follows Salman as years of prayer, sacrifice, attempted reconciliation, and hope lead her toward a defining question: How much of oneself should be surrendered while trying to preserve the life one has built? That question becomes the emotional center of the memoir. Salman recounts reaching a crossroads where maintaining what was familiar no longer felt compatible with preserving her sense of self, ultimately confronting the difficult prospect of leaving behind the security and identity she had spent years creating.

Salman's motivation for LEAVING TO LIVE: I Left Everything Behind to Save Myself—and Found the Life I Thought I Had Lost emerges from the experience of choosing faith over fear when certainty was unavailable. Her journey from Nigeria to Canada represents both a geographic transition and a deeply personal process of beginning again.

Rather than presenting reinvention as simple, Salman frames it through the realities of sacrifice,

uncertainty, hope, and spiritual conviction. Her story considers what can happen when someone decides that surviving a familiar life is no longer enough and begins searching for a more authentic way forward.

The memoir speaks especially to women confronting difficult questions about relationships, identity, purpose, and the possibility of starting over. LEAVING TO LIVE: I Left Everything Behind to Save Myself—and Found the Life I Thought I Had Lost addresses the fear that can accompany major change while emphasizing courage, faith, and personal agency. Salman's experience invites readers to examine whether outward markers of success always reflect inner well-being and to consider the emotional cost of remaining in circumstances that diminish one's sense of self. Its central message is ultimately one of possibility after profound disruption.

Olusola Tawakalitu Salman is the author of LEAVING TO LIVE: I Left Everything Behind to Save Myself—and Found the Life I Thought I Had Lost, drawing on her own journey from a successful life in Nigeria toward a new beginning in Canada. Educated, ambitious, experienced in business, and devoted to her family, Salman writes from the perspective of a woman who discovered that achievement alone could not answer deeper questions about fulfillment and identity.

By sharing the choices that reshaped her life, she offers readers a personal testament to faith, resilience, and the courage required to begin again.

The book is now available—secure your copy here: https://a.co/d/0ewQ86an

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