

15% OF THE PROCEEDS FROM THIS BOOK WILL BE DONATED TO CHARITIES THAT SUPPORT MENTAL HEALTH (such as the author's own BJD Memorial Rainbow of Hope Charitable Foundation for Mental Health and Suicide Prevention)

Dr. Liz' Pocketbook of Poems is subtitled a companion to Dr. Liz' Life Launch series, which includes her Amazon #1 international (in 4 countries) best-selling memoir: *Life Launch! Surviving the Storms of Physical and Sexual Abuse, Book One*, and soon to be published *Life Launch! Book 2: A New Dawn of Healing and Recovery*.

In Dr. Liz' Pocketbook of Poems, she shares with her reader her entire body of poetry that she has penned since she was 12 years old. The majority of these works were written as an outlet to self-soothe during the teen and young adult years Dr. Liz recounted in her best-selling memoir: living in abusive environments; navigating the tragic, accidental death of her older, only brother and other family and friends' suicides; and her own struggles with drug and alcohol abuse.

This is Book Three of a 3-book series. *Life Launch! Book Two* (coming soon) will reveal the struggles Dr. Liz overcame during the 2nd half of her life: the suicide of her husband, the death of her father, abusive relationships, and being engaged at one time to a man who later became the Butcher of Brooklyn. In Dr. Liz' Pocketbook of Poems, she shares through rhyme and prose her struggles to understand the traumatic experiences she faced, as a teen and young adult.



Dr. Liz (pseudonym) is the Amazon, international best-selling author of *Life Launch! Surviving the Storms of Physical and Sexual Abuse, Book One*. Dr. Liz began writing down her thoughts, prayers and feelings at the age of 12 and as a coping mechanism for life, death and love, mostly in the form of poetry. At 16 years old, Dr. Liz enrolled in college, studying voice and piano, with an eye towards music therapy, where she continued writing poetry in the form of song lyrics. Later, she received her BS in Nutrition Science and continued practicing self-help through optimal diet, nutrition and exercise. Dr. Liz'

passion for writing, learning and the healing arts led her to attain higher degrees and become a published author in her field as a nationally board certified Clinical Chemist. Her own experiences fueled her desire to document her personal journey in order to help others find hope, healing and a renewed passion for their lives by connecting with her story and knowing they are not alone.

"This is one of the books where you are instantly emotionally invested in the events that are unfolding and with the author whose story is being told. Dr. Liz shares the raw, traumatic and challenging events that she faced, overcame and worked so hard to heal. Dr. Liz's writing allows you to easily picture the story unfolding like a movie in your mind. Her honesty and transparency has helped many who have experienced traumatic events and are on their own path to healing." ~Debbie Brady, Best Selling Author of *Depression Survival Guide*

Self
Publishing
LB Press
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Coming Soon
Book Two: LIFE
LAUNCH! A New
Dawn of Healing and
Recovery

LIFE LAUNCH: A POCKET BOOK OF POEMS

To accompany the Life Launch Series

DR. LIZ

LIFE LAUNCH: BOOK THREE

A POCKET BOOK OF POEMS

To accompany the *Life
Launch Series*

DR. LIZ