



I AM MORE! Surviving Survival: Signature Edition

Dr. Tonisha M. Pinckney

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"I realized if I could live through all that, then I most certainly could live on! I survived my own survival! That was my first step toward saying 'I AM MORE!'" The second installment in the I AM MORE! series, this book tells a story of turbulence and triumph. In the moments after a traumatic event, one is often left feeling as if living on, living past it, is impossible - as if survival is impossible. Surviving Survival allows the reader a glimpse into the life of a woman who reached that very moment several times over. One day she had an awakening - she already survived! She already lived the worst of it. Now, she had to survive survival. She had to learn how to live past the pain. This book deals intimately with the emotions attached to sexual assault, domestic violence, parenting a child with a diagnosed mental illness, single parenting, race, suicide, and of course survival. Her awakening combined with insight from other experts will inspire you on your own journey of surviving survival. This is a story that explores life beyond physical survival but to a place of mental and emotional survival. Dr. Tonisha M. Pinckney is transparent, real, raw in how she confronts and presents her emotions.

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