



# Get (un) Wrecked With Tracy

## Newsletter | January 8, 2025

### Upcoming Events - THIS SATURDAY, JANUARY 11 (Snow Date change potential...)



### Pretty Wrecked Book Chat with Tracy Viola **In-Person**



*Pretty Wrecked* is the inspiring true story of Tracy Viola's journey through addiction and recovery. Join us as she shares her experience, strength, and hope, and happily/honestly answers any questions from participants. We will provide some cozy beverages and comfort snacks for participants.

In this captivating memoir, one woman's journey unfolds—from the darkest depths of teenage abuse and addiction to the heights of personal and professional success. Her brave and vivid narrative, skillfully blending laughter and tears, reveals the enduring beauty that can emerge from life's darkest moments. Marked by scars and illuminated by triumphs, this is a gripping read for anyone who has faced adversity, dared to hope, and believes in the boundless power of redemption.

Place a hold on [Pretty Wrecked](#) through our catalog. You need not read the book to attend the chat!

**Registration is requested, but not required.**

Book chat for adults (and teens) at the [Tredyffrin Library in Strafford PA](#) on [Saturday, January 11th from 3-5pm](#). Registration is appreciated [HERE](#) - (scroll to bottom). Note: You can come even if you don't finish the book. I love these intimate conversations! Please come and share or ask anything in this safe space.

**\*\*IN CASE OF SNOW:** If the weather interferes with our meeting, I will let you know ASAP via Instagram or Facebook -- please follow me at [@tracyviolaauthor](#)\*\*



## Interesting Finds



I hope you enjoy [THIS](#) very powerful conversation between [Jay Shetty](#) and [Joe Dispenza](#) as much as I did! The title - BRAINWASH YOURSELF FOR SUCCESS AND ABUNDANCE - seems fitting for a

January listen as we embark on the new year. It's totally worth the 20min listen, but here are my (very brief) notes for you:

- Thoughts DO create your destiny! Here's how...
- Our patterns begin with THOUGHTS. It goes: Thoughts --> Choices --> Behaviors --> Experiences/Life (and the cycle repeats)
- How we "think / act / feel" creates our PERSONALITY -- And, our personality creates our PERSONAL REALITY.
- Conclusion: Change your thoughts to change your life.



## Happy Endings

Great (and hopeful!) article [HERE](#) about Gen Z leading the Sober Dating Revolution! I mean, WOW - I love hearing this! Good for these 'kids' to prioritize mental and physical health while looking for a partner. Here's a quote from the article:



*"For many, dating is not just synonymous with drinking but unthinkable without it. But young people are changing the game. Gen Z is earning a reputation as the sober-curious generation that prioritizes their health, well-being, and authenticity when finding a partner. Gen Zers seem to have less of an interest in drinking. A Statista report states that around 18% of Americans under 28 and of legal drinking age drink regularly drink alcohol. For millennials, it's more like 30%."*

For more info, Forbes wrote a good article about ["Understanding the Sober Curious Movement"](#).

Love,

*Tracy*



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