

Get (un) Wrecked With Tracy

Newsletter | December 29, 2024

Upcoming Events



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!

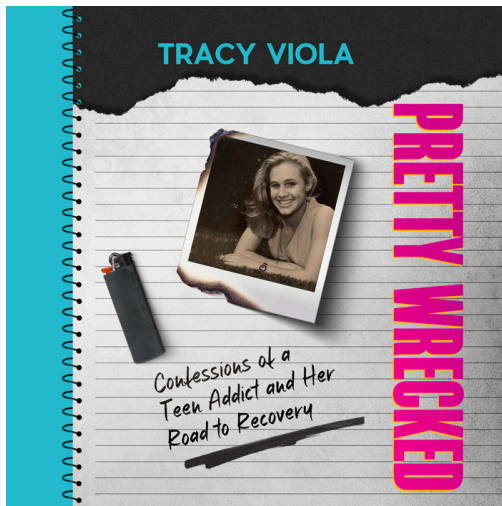
Registration is requested, but not required.

Please join me for a book chat 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.



[Pretty Wrecked Audiobook](#)



Get ***Pretty Wrecked*** in paperback, eBook, and NOW Audible on Amazon [HERE](#) -- OR -- get the audiobook on any of the major platforms (plus listen to a sample chapter) [HERE](#).

Psst - if you live near me, you can buy the paperback from me directly and I'll autograph it as well!

**** Want to listen for FREE? NetGalley is offering FREE audiobook access to *Pretty Wrecked* until January 5th - the only requirement is to REVIEW it after listening. Email me ASAP if interested:**

info@tracyviolaauthor.com **

[Happy Endings \(or Happy Beginnings with Dry January\)](#)

There is too much to say about the benefits of not drinking AND how to do it, so I'm going to list a variety of articles and you can check them out.

Needless to say - and this may be shocking to hear - but not drinking is, like, really good for you...



- In [THIS](#) NPR article - ***Curious about Dry January? What to expect – and how it works*** - you can learn more about what to expect in Dry January, listen to a podcast about it, and even sign up for Dry January Newsletters.
- Ok, what's in it for you??? [HERE](#) Forbes discusses the ***7 Expert-Backed Health Benefits Of Dry January***. There are a LOT more benefits, but let's start with these...
- [THIS](#) Newsweek article is long, but rich with info about Dry January, Socializing Sober, and the (awesome) Sober Curious movement. It also features real stories about real people's experiences with Dry January: ***Millions of Americans Consider Themselves 'Sober Curious' Beyond Dry January***
- Leave it to Harvard to write an excellent short and sweet article [HERE](#): ***Thinking of trying Dry January? Steps for success***. They discuss not only steps for success, but also the benefits.

Love,

Tracy



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