

Get (un) Wrecked With Tracy

Newsletter | February 20, 2025

Pretty Wrecked Updates



I'm excited to be focusing on getting ***Pretty Wrecked*** into the hands of teenagers in 2025. More specifically, I am targeting it as a part of 10th grade health class curriculums. A large public high school in Delaware added my book

to their drug & alcohol health unit, and the kids absolutely love the honesty and humor. According to them, ***Pretty Wrecked*** brings to life all the statistics and 'boring' stuff that they are asked to learn. It's a real person with a real story, so, according to the teacher, the students seem to take my message and advice more seriously.

Here's where I need **YOUR HELP**: If you know someone working at or attending a private school, please email me their contact at info@tracyviolaauthor.com and/or please tell them about ***Pretty Wrecked*** for students. I would love to bring this message to teens across the country!

Pretty Wrecked Audiobook



I'm really proud of how my audiobook turned out. If you didn't know, it's MY VOICE reading my story! So, if you're interested in the ***Pretty Wrecked*** audiobook, please consider getting it on [Spotify](#). [HERE.](#)

To be blunt, Amazon / Audible takes aaallll the money. Real numbers: If you get **PW** on Audible, I make \$2. Not kidding.



Interesting Finds



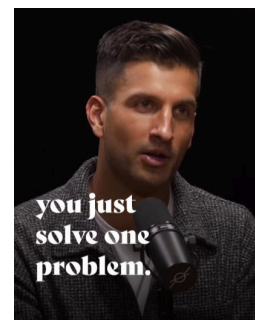
Ever since the US Surgeon General issued an advisory in Jan 2025 ([HERE](#)) warning Americans that alcohol consumption can increase their cancer risk - and called for an updated health warning label on alcoholic beverages (like they did for cigarettes in 1965) -- I am seeing soooo many more articles about the dangers of alcohol. I like Dr. Mark Hymen's well written and researched article [The Truth About Drinking: Alcohol, Cancer, and Your Health](#).

AND, I also totally agree with [THIS](#) article in Oldster telling bars and restaurants that they need to come up with a much better non-alcoholic drink menu for the growing number of 'sober curious' consumers: "*While I've been happy to discover some establishments on the hipper side responding to a recent rise in alcohol-avoidance, more of the places I've been to (at home, and while traveling to other states and countries) still don't... Every time they provide only club soda, soft drinks, and juice for me to choose from, or ridiculously sugary mocktails, they're not only letting me down, they're leaving good money on the table.*"



Happy Endings

[Sahil Bloom](#) had a beautifully simple comment in his recent conversation with [Rich Roll](#) -- You solve one problem, and then the next, and then the next... (Listen to full clip [HERE](#)) It's very much a "one day at a time" approach to life and situations. But remember, just because something is 'simple' does not mean it's EASY.



For those of you struggling to get started on something - looking for a new job, getting fit, organizing or redoing a room, finding ways to have more unhinged joy/fun (this is a goal of mine in 2025) - this is great advice. Start small... BUT START! Do only 1-2 things a week towards your goal to get the momentum going. And remember: Little by little becomes a lot.

Love,

Tracy



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