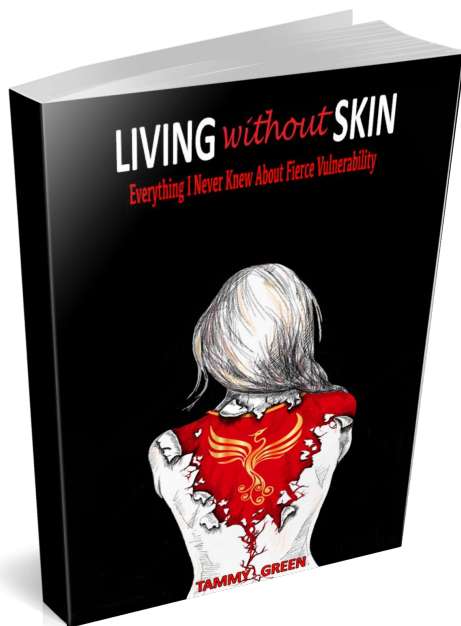


Author Bio

Tammy Green is the author of *Living Without Skin*, a haphazard blogger, and a thinker of surprisingly deep, sometimes wide, thoughts. At age 54, she decided to gather all her experiences of surviving, and eventually thriving, one woman's journey through recovery, divorce, self-discovery, parenthood, and finally knowing real love. A real estate professional and healthcare worker by day, author by night, she has also written articles for *Elephant Journal*. She resides in Memphis, TN, with her wife, two exceptionally perfect dogs, and a boss cat. She is a lover of words, her grandkitten, caramel cake, and saving items for later in her Amazon shopping cart. You can chat with Tammy on Linked In @wordsofgreen, Twitter @wordsofgreen1, Instagram @wordsofgreen, Facebook @wordsofgreen, or check out her website at www.wordsofgreen.com.

Tammy Green



Book Bio

Living Without Skin shows human beings how to become superheroes by reframing self-doubt, insecurities, and vulnerability and revealing the superhero cape we all possess. Learn how to love yourself without spending a lifetime rolling through relationships, addictions, and lives learning to do it. The truth is that most of us consider vulnerability a weakness. We are inherently uncomfortable in the skin in which we live. We compare our insides to others' outsides and come up short repeatedly. A lifetime of unconsciously repeating this behavior increases the sense of fear and insecurity. *Living Without Skin* will cover recognizing the fear of vulnerability, ascertaining the source of insecurity, and utilizing your current skin as a superhero cape, for yourself and others. All these things are revealed inside humorous, sometimes sad, real-life stories of the author's experiences through recovery, divorce, self-discovery, parenthood, and spirituality.

You can be proud of who you were designed to be. Dig deep to find your own hero. Embrace your fierce vulnerability and use it as a superpower.

Author: Tammy Green
Category: Health, Recovery, Spirituality
Print ISBN: 978-1-64746-783-8
Publisher: Author Academy Elite