



Press Kit

COMING HOME

Can Hope be Found in a New Place?

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Tammy Arlene, Author

A NOTE FROM TAMMY

My lifelong goal is to write and encourage women. With one novel complete, several novels started and a few non-fiction ideas on the back burner – it is now time to put this dream into action.

Through God's Word, I provide a beacon of positivity to others as we travel together through this crazy thing called life! I consider myself a survivor on multiple levels. In writing, speaking and coaching, I dive into a few of the obstacles I have faced, and how, with Godly guidance, I worked on overcoming them. From sexual assault to life threatening illness, I share insight and my story as we forge a path toward healing and self discovery.

Please connect for private coaching or workshops. I look forward to meeting you in person!

Tammy Arlene

BOOK SUMMARY

Can Peace Be Found in a New Place?

Victoria is desperate to break the pattern of domestic abuse and fear as she visits an old inn she inherited years ago. With thoughts of escaping her past, she travels to the property with the intention of selling it and using the proceeds to start a new life. Learning to trust unlikely friends, she faces challenges that test her strength. She begins to learn about herself and realizes with budding faith and self-confidence, she may be up to the task of owning and running this viable business.

Will she be able to become an independent, take-charge woman who refuses to cower in the shadows? Will she be strong enough to stand up to her ex-husband and others who attempt to intimidate her and push her back into the shadows of her new self?

www.tammyarlene.com

WHY IS TAMMY'S MESSAGE SO IMPORTANT?

DOMESTIC VIOLENCE STATISTICS

- Every 9 seconds in the US a woman is assaulted or beaten.
- Around the world, at least one in every three women has been beaten, coerced into sex or otherwise abused during her lifetime. Most often, the abuser is a member of her own family.
- Domestic violence is the leading cause of injury to women—more than car accidents, muggings, and rapes combined.
- Studies suggest that up to 10 million children witness some form of domestic violence annually.
- Nearly 1 in 5 teenage girls who have been in a relationship said a boyfriend threatened violence or self-harm if presented with a breakup.
- Everyday in the US, more than three women are murdered by their husbands or boyfriends.
- Ninety-two percent of women surveyed listed reducing domestic violence and sexual assault as their top concern.
- Domestic violence victims lose nearly 8 million days of paid work per year in the US alone—the equivalent of 32,000 full-time jobs.
- Based on reports from 10 countries, between 55 percent and 95 percent of women who had been physically abused by their partners had never contacted non-governmental organizations, shelters, or the police for help.
- The costs of intimate partner violence in the US alone exceed \$5.8 billion per year: \$4.1 billion are for direct medical and health care services, while productivity losses account for nearly \$1.8 billion.
- Men who as children witnessed their parents' domestic violence were twice as likely to abuse their own wives than sons of nonviolent parents

Statistics retrieved from: <https://domesticviolencestatistics.org/domestic-violence-statistics/>

THE OVERARCHING MESSAGE TAMMY IS PASSIONATE ABOUT DELIVERING IS HOPE

Having overcome a repetitive cycle of domestic violence and abuse, Tammy understands that faith is the key to thriving in a life of abundance and joy. After rededicating her life to Christ, Tammy discovered that through following God's word, seeking wise counsel, and stepping out in faith, she could walk toward her purpose in life with confidence, strength, and peace. By partnering with God, she was able to move away from the past and begin to live a life filled with hope for the future.

Tammy takes readers on her own journey of despair to faith in her book ***Coming Home***. This was a pivotal part of the story where Victoria finds a seed of hope in the bedside table of her hotel room.

Moved by the power one can acquire from God once the seed of hope is planted, Tammy developed her unique trauma coaching package based on biblical truths around predestination, firm planting, purposeful preparation, pruning, and perennial growth.

WHY IS TAMMY'S MESSAGE SO IMPORTANT? . . .

EXCERPT, Continuation book citation of hope

COMING HOME - Chapter 8

Sometime during the sleepless night, Victoria pulled the NIV Bible out of the bedside table drawer. She read bits and pieces, flipping back and forth through the pages in a search for answers. Rubbing her tired and gritty eyes, she landed on Proverbs 139, and her heart settled on verses 23-24.

Search me, God, and know my heart; test me and know my anxious thoughts.
See if there is any offensive way in me, and lead me in the way everlasting.

“God, please know my heart. Lead me! Please.” She was overwhelmed with sad memories of her battered dog. She felt pain from faded bruises on her arms and jaw. She felt a sense of grief, of mourning for the life she had in Las Vegas, and a re-birth with the words of the counselor in Florida and Jason’s prayer at dinner. She prayed, mainly sobs mixed with words, until she lay on the bed exhausted.

After a couple hours of sleep, she woke up feeling rested. A tinge of courage filled her veins, and her heart began to beat stronger. She made a decision . . .

SUGGESTED INTERVIEW QUESTIONS

1. What is your story, *Coming Home*, about?
2. Why did you write this book?
3. Is there a particular message behind *Coming Home*, or is it a work of fiction?
4. I heard this is a trilogy. Can you share a little about the other two books and when they will be available?
5. Can you tell us more about your trauma coaching program based on this book?
6. Do you only coach trauma clients? Do you have other services?
7. What is the one thing that a person can do to begin their journey of health and hope after trauma?

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