



**"Choose yourself, choose your future, choose life."**



**Amanda is a professional speaker, writer, storyteller, and mac & cheese enthusiast speaking out about messy life in a shiny, Instagram-perfect world.**

She spent 5 years living her dream as an actor in Hollywood before severe depression and bulimia took over her life.

She fought her way through many more years of worsening depression and eating disorders before eventually being diagnosed by brain scans as bipolar and learning she was medication-resistant. Late one night, on the kitchen floor, she made a promise to herself and her dog to exhaust all her options, including alternative treatments, before taking her life.

A year and a half later, she shares her journey and teaches others that they are worthy and capable of recovery, their lives are valuable, and they are enough - just as they are, helping thousands feel less alone in the (sometimes huge) struggles they find themselves in.

## SPEAKING TOPICS

- Fighting depression, eating disorders, addiction
- Using self-help tools for personal growth
- Body image and media manipulation
- Self-care and how it contributes to healing
- Spiritualism and it's place in recovery
- Learning to get back up after devastation and grief
- How to strengthen your recovery
- Choosing to focus on my health & walk away from my career in Hollywood
- Depression treatments; traditional and alternative
- Suicide prevention
- Eating disorder aftermath: learning to live in a larger body



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