



"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

- Reaching the other side: why fighting through your depression, eating disorder, addiction, will be the best decision you ever make for yourself
- Health over Hollywood: choosing yourself over society's unattainable standards and how self-care contributes to healing
- It's never too late to dream a new dream: learning to get back up and move forward after devastation and grief
- Strengthening your recovery: how to design your recovery in a way that supports an entire life change, not just the elimination of your "thing," food, booze, drugs, etc.



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