



AUTHOR & INSPIRATIONAL SPEAKER

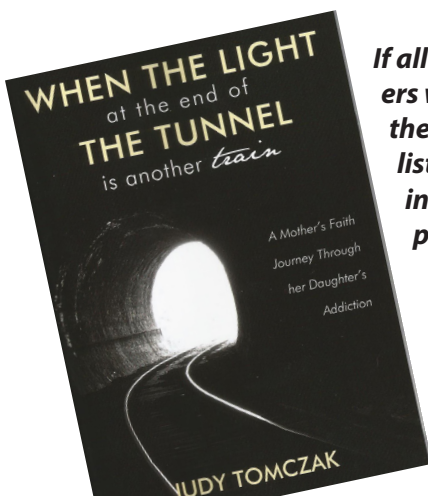
"The reality is that very few of our loved ones will make it through addiction without huge costs. Some of them won't survive, and some of us won't survive to see them come through it. I decided to give myself a motto to follow: ***What I cannot control will not control me.***"

"I had to accept the worst could happen and that much of it would be out of my control. By learning to let go, I became determined to not allow what I had no power to change, have power over me, and then God changed me."

Judy Tomczak faced some heartbreaking experiences in her adult years but nothing challenged her faith, health and spirit more than her daughter's battle with addictions. Judy faced losing her daughter again and again to the dangerous lifestyle that kept pulling her downwards. The guilt, shame, and fear that a mother feels while watching her child fight this battle is more than anyone can bear alone. This is a story of a mother's struggle to overcome that which she cannot control.

Judy has committed herself to being a conversation starter and story teller and do her small part in lifting the veil of guilt and shame that often hides the hidden secrets of this battle. Judy has shared her story at various events across Ontario, such as Bell Let's Talk (Dunnville), FORUM for Health Health and Addiction (Brantford), women's conferences, etc...

Endorsements:



If all Christian non-fiction writers would dare to be this real, they would fill the best seller lists every year. Bravo for being so brave to be so transparent. Life changing story.

- Kerry McKibbin, Pastor's wife,
Evangel Pentecostal Church,
Brantford, Ontario (former)

This book is a must read for any person that has had their life turned upside down because of a loved one's addiction. As a mother of a daughter with an addiction, Judy bravely outlines this journey and also captures the central role her faith played during this time.

- Lindsay Serbu, Family Intervention Specialist/Concurrent Disorders
Outreach Team Supervisor, St. Leonard's Community Services,
Addiction and Mental Health Programs

Thank you, Judy, for your honesty and for sharing your difficult story so openly. I'm sure it was difficult to do, but we all know these stories exist within our very own communities, and so many of them are hidden away. Your candor has helped many others, and I pray that much good will come out of this and that others, too, can share their stories. Thank you.

- Mary

I was so impacted by your book and story and it is scriptural, comforting as you have been comforted. I no longer felt isolated.

- Alice

- Judy is the former Executive Assistant/Bookkeeper for United Way of Haldimand and Norfolk.
- Committee Member (former) - Suicide Prevention Network of Haldimand-Norfolk
- Advisory Council (former) - St. Leonard's Community Services Brantford
- Challenge, Choice & Change Award recipient - St. Leonard's Community Services (2014)