02 / IF THIS FINDS YOU

For the ones still healing. Still searching. *Still standing*.

This story is for anyone who has ever questioned what they were told to believe. For anyone learning to separate faith from control. For anyone finding the words for what happened behind closed doors.

Gritty, heartbreaking, and ultimately redemptive, this is a deeply human journey through betrayal, survival, and the courage to reclaim your story.

03 / MEET THE AUTHOR

A life beyond the silence.

Tammy Appleton is an author, business coach, and speaker. In *Mixed Bag of Crazy*, she turns toward the difficult truths of her own story - and the consequences that reached across generations.

This memoir makes room for the hard questions, the complicated memories, and the hope that can exist alongside them.

Some truths demand *to be told*.

Join the early-access list for a free first chapter in audio or digital format when it drops, plus exclusive previews, author notes, and release news.

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