

off-script

a mom's journey through adoption,
a husband's alcoholism, and special needs parenting

AT A GLANCE

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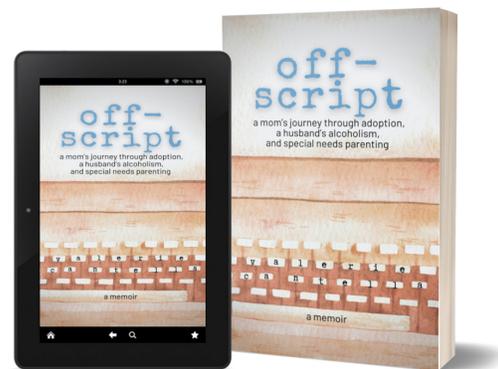


PROMO VIDEO

tinyurl.com/2022off-script (horizontal)
tinyurl.com/2022off-script-IG (vertical)

SUMMARY

A young girl dreams of the perfect life—marriage, children, and a career—her happily ever after. When a life-threatening medical condition, an alcoholic husband, and a traumatic special needs adoption shatter that dream, there are only two choices—crumble or change the narrative. Valerie learned to embrace the unimaginable to create an extraordinary life.



BACK OF BOOK

Many girls fantasize about their futures: a loving family, dream job, and a house with a white picket fence. These dreams often turn into expectations for “happily ever after.”

For Valerie Cantella, childhood hopes of a soul mate, children, and a fulfilling career turned into a script ... written and edited to perfection. But life didn't follow her plan. No matter how hard she tried to make it.

Over the next twenty years, life unraveled. A lifelong battle with Type 1 diabetes, the unfolding trauma of mental health crises with a special needs adopted daughter, and her husband's struggle with alcoholism shattered her childhood dreams. And nearly crushed her.

Nearly.

But sometimes, an off-script journey takes you through the unimaginable to where you were meant to be all along—amid hope and healing.

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Valerie's vulnerability as she shares an authentic look at parenting and marriage behind the white picket fence is inspiring. Her journey is a reminder that when we embrace the challenges and learn to let go, we find strength we never knew we had.

Rachael Ross Steidl
Founder, ParentClick and YouthWell



This book gives hope to all those who've parented amidst unimaginable trauma, and profound insight to those who walk alongside them.

Robynne Elizabeth Miller, author, speaker, teacher, and mother of special needs kids



Unputdownable!

Pavon James, Police Investigator, Child Trauma & Author, *Dream Walking in my Stripecy World*



Your book is honest, compelling, sad, heartening, tragic, heroic, interesting, and informative, written in a way that leaves you absorbed, wanting to read just one more chapter ... at the end of every chapter! You have such an authentic, beautiful writing style that has a way of leaving you feeling lifted by the end of each chapter, regardless of the content in the middle.

Yvonne Sloan, mother

INTERVIEW TOPICS

- 3 tips for supporting parents of special needs children
- Navigating the public school system with unique students
- Mental health matters with your teens
- Lessons from a recovering perfectionist
- Self-publishing a debut book in one year
- Relationships in recovery

ABOUT VALERIE



Valerie's love of writing began when her stubby little fingers learned to form letters, and those letters made words that crafted sentences. From those sentences, she wrote short stories, articles, and poems, and even a book for her grade school author showcase. Valerie fell into journalism, and a career in communications. In 2014, she received the Communicator of the Year Award from the CA Association of Public Information Officials,

Valerie has three children—a biological son, an adopted daughter, and a bonus son by marriage. She lives in Santa Barbara, CA, with her husband. When she isn't writing, you will find her walking at one of their beautiful beaches.