



For immediate release:

Author's new book receives a warm literary welcome.

Readers' Favorite announces the review of the Non-Fiction - Memoir book "Don't Eat Your Vomit!" by Carolyn L. Austin, currently available at <http://www.amazon.com/gp/product/B09J1TJ992>.

Readers' Favorite is one of the largest book review and award contest sites on the Internet. They have earned the respect of renowned publishers like Random House, Simon & Schuster, and Harper Collins, and have received the "Best Websites for Authors" and "Honoring Excellence" awards from the Association of Independent Authors. They are also fully accredited by the BBB (A+ rating), which is a rarity among Book Review and Book Award Contest companies.

"Reviewed By Jennifer Ibiam for Readers' Favorite

Carolyn was from a stable family filled with love. So it was within reason that she wanted a beautiful career and love life. Only, there are wishes, and there is fate. At nineteen, she married her high school sweetheart, Danny. Unfortunately, what started as a love match turned into a hub of abuse, infidelity, discontent, and unhappiness. With her baby girl's safety on the line, Carolyn got a divorce. Her second husband was worse, a man who mirrored the previous one in name, deed, and more. Carolyn also faced terrible persecution at her job as an African-American woman. She suffered harassment, sabotage, mutiny, and all career stunting actions. Within her ordeals, the Holy Spirit takes her on a journey through life in this book titled Don't Eat Your Vomit! by Carolyn L. Austin.

Don't Eat Your Vomit! by Carolyn L. Austin is a relatable memoir. I read this book with bated breath. It was thought-provoking and a cause for self-reflection. I was baffled most of the time because I couldn't wrap my head around many things, but this memoir was indeed a vomit! Carolyn was transparent and resilient! Reading this book caused me to reevaluate and take stock of every

relationship I've had, from the workplace to family, friends, and significant other. I wondered if I ever sold myself short. My spirit found rest in chapter 30, as it was the port of truth. I realized that, most times, we are the vomit. We need saving from ourselves and strings of bad choices. While purging the unwanted from our lives, we must look inwards to ensure that we didn't help shackle ourselves. Thank you for sharing, Carolyn."

You can learn more about Carolyn L. Austin and "Don't Eat Your Vomit!" at <https://readersfavorite.com/book-review/dont-eat-your-vomit> where you can read reviews and the author's biography, as well as connect with the author directly or through their website and social media pages.

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