



Eckhartz Press

Amazon

"Surviving Sue" is a heart-wrenching story about the torment of keeping secrets, told from the daughter's perspective as she navigated her mother's mental health and addiction issues, while trying to shield and protect her disabled sister.

"Surviving Sue" is about the power of storytelling to build resiliency, a guidebook for others who struggle with complex family issues including Alzheimer's, depression, alcoholism, developmental and physical disabilities.

Workshops & Presentation Topics

Dr. Atkinson is a seasoned educator and presenter on topics related to navigating challenging family dynamics associated with mental health, addiction and more, all while maintaining a sense of humor and building networks of support to preserve individual wellness and promote intergenerational healing.

"Surviving Sue" captured and held my attention from the first page to the last. It is reminiscent of Angela's Ashes and The Glass Castle, both engaging stories of overcoming told with humor, grace, wisdom and forgiveness."

-Julia Preston, author of *Voices: Who's in Charge of the Committee in My Head?*



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