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Media Kit

Author Bio

Book Bio

Testimonials

Book Excerpt

Target Audience

Website Presence

Interview Guide

Photos

Connect with Marisa Jones

Author Bio

Marisa Jones led a successful IT career, leading global enterprise technology solutions for large organizations until she left the corporate life to focus on her domestic violence and mental health advocacy work.

She is a teacher, community builder and a survivor of domestic violence. She partners with non-profits and healing practitioners to provide content and resource information for those just starting out on their healing journey.

Marisa's passion includes writing, training and speaking engagements and her programs focus on the long-term effects of trauma and the importance of getting help for mental illness and reducing the stigma associated with this issue.

Born and raised in New York in an immigrant Sicilian family with an alcoholic parent, she faced many traumas that led to a turbulent life until she faced her victim mentality and replaced it with a new mind-set of positivity and balance. Marisa has started on a new mission of sharing the story of her life to inspire others and help them experience the same kind of healing she did.

Marisa currently lives in Colorado where she spends time with her two teenage boys and their dogs.



Marisa Jones

Book Bio

The Lotus Tattoo: One Woman's Grit from Bully to Redemption

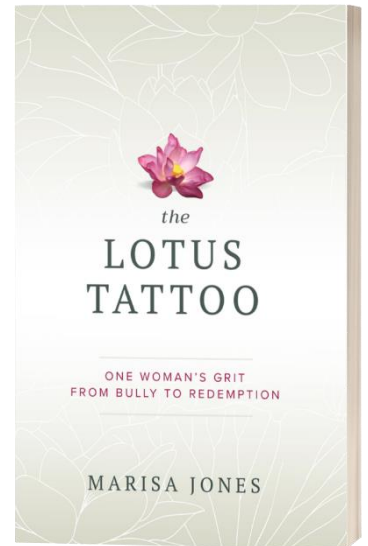
DEAR GOD, PLEASE LET MY DAD DIE IN HIS SLEEP TONIGHT—PLEEEASE, DON'T LET HIM KILL ME BEFORE HE DIES.

As a child, Marisa's prayers were left unanswered as she begged God to save her from her abusive alcoholic father. Now she is convinced her nightmares are a punishment. God left her, and the nightmares are a curse the Devil placed on her for being a bad child.

Finding herself alone in a world she doesn't understand, Marisa's fight for survival leads her to bullying others, taking drugs, and entering an abusive relationship as her life plummets into an endless chasm of bad decisions.

Now in her forties and newly divorced, the nightmares return. Questioning her mental state and her ability to raise her kids, she begins a quest to find out the truth about the demons in her head. Marisa is astoundingly open about her doubts and concerns along her unlikely journey. Can she break the curse to find her inner peace and redemption?

The Lotus Tattoo is a remarkably candid memoir of one woman's story of resilience after abuse and the fear, anger, and mind games she battles along the way.



[Buy on Amazon](#)

Testimonials

“As the admin for Crossover Yoga Project, a nonprofit organization that works with marginalized teen girls to help them develop self-respect, self awareness and resiliency through trauma-informed yoga, mindfulness and art therapy, it was an opportunity for me to learn how a “bully” came to become one... Thank you, Marisa, for putting it out there that spiritual healing is an important part of overall healing and well-being! I’m certain that this book will be a comfort to many grappling with their own demons and giving them hope that there are ways to help themselves heal.” – Reyna Gonzalez, Crossover Yoga Project

“I’ll start by saying I was hesitant to read it. It’s never easy to read about someone else’s painful past. It’s much easier to set it to the side and pretend those things don’t happen. I expected to read about a powerless and abused child, but I didn’t expect such candor about how she consciously tried to transform powerlessness into power by bullying others. It was her candor that kept me reading and that challenged me to be for matter-of-fact about reviewing my own life choices. I could see so much of my own story and the story of the women around me in her story, but I’d never seen it all in one person’s life. Seeing how much effort she has put into her own transformation challenges me to own my own transformation.” – Danielle Fetherson, Book Coach, Ghostwriter and Publishing Strategist

“I couldn’t put the book down— such a compelling and courageous story! Thank you, Marisa, for being so raw, open and powerful! This is a template many can follow to overcome trauma as they move from victim to victor! Highly recommend this as a personal read and also for mental health educators and practitioners. Buy by the box!” – Ruth Sharon, MS, Licensed Professional Counselor

Book Excerpt

INTRODUCTION

I LOVE ME. Not in a pretentious or narcissistic way. I'm not a cocky person, although sometimes my ego might think otherwise. I love me as in I love myself, the woman I am today, the woman I am to become, and even the young girl I was to get here. I couldn't always say that about myself.

Years ago in a meditation workshop, I was asked to look into a mirror at myself and say the words "I love you." I didn't realize until that moment how hard that would be for me. Other women in our circle did it with ease and honesty. But I hesitated, terrified at the thought of performing this action—which was so personal—for all to see, especially when I didn't believe it.

When I finally mustered up the courage to say it, I felt like a fraud. My discomfort was so obvious that our instructor stopped what she was saying and instead talked to us about the struggles people have with those three little words. I felt vulnerable and ashamed and sorry for myself.

This small act of expressing love toward myself made me realize how broken I was. Who was I? Why didn't I feel the love for myself that others so easily could?

It would be several years before I could look into a mirror and say those three beautiful words with truth. Now, I say them daily: "I love you." "You are beautiful," I add.

Today, I am aware.
I am thoughtful.

I am grateful.
I am giving.
I am patient.
I am loving.
I am spiritual.
I am a teacher.
I am a student.
I am at peace.
I am a mother, a wife, a grandmother, a daughter, a sister, a friend,
a colleague.
I am perfect, I am me, and I love me.

Before I was able to say these words, I was living in the past, a victim of my circumstances who couldn't get past the emotional pain. I was feeling completely alone and scared, questioning my mental state and concerned about my ability to raise my kids. I was empty inside. I needed help, but I didn't know where or how to find it. I just knew I had to fix me. I was going to heal myself, to see if it was possible to really be happy.

In this book, I tell you my story, starting with how I became so broken in the first place and the long journey I took to loving myself. If you're reading this, it may be because you are looking for somewhere to turn, looking for some inspiration, some hope. I offer you my story with the hope that in reading it you find yourself not alone. I am here with you. I am in your circle. And perhaps through my story, you will find the inspiration you are looking for to find your own path and make sense of your past so you can live in your present and future moments with an honest, open heart and love for yourself.

Target Audience

WHO SHOULD READ *the Lotus Tattoo*

- Survivors of Abuse and Trauma
- Readers of Inspirational Books
- Individuals looking for Self-help/books on healing
- Trauma-Focused Healers/Therapists
- Non-profits of Domestic Violence
- Addiction Counselors
- Educators of Bullying Prevention



Website Presence

<https://www.myeverydaybeing.com>



EverydayBeing

Together, we are not alone

Our Mission

Our mission is to let people know they're not alone and show them ways to live without the fear or anger of their past trauma or abuse.

To build a community of resources for healing to victims of trauma to assist in their journey through teaching and forming human connections, inspiring them to embrace their beauty, and touch the lives of those around them.

MIND, BODY & EMOTIONS

Everyday Being is about waking up every day and deciding who you want to be.

Each day, every one of us will strive to be the perfect person of ourselves, you get to decide who that is for you.

Sometimes you will fail, and that's okay! Because at each failure you will learn more about yourself, be more aware of the amazing person you are, and become a better version of yourself tomorrow.

BLOGS

Mindful Shifts

In this section you will find content supporting ways to let go of old negative thoughts and beliefs in order to assist in the healing process.

Health

Being healthy means taking care of yourself in body, mind and emotions as they are all interconnected. The content in this section offers supporting ways to care for yourself in these areas.

Recipes

Eating healthy is an important part of overall well-being. From my Sicilian kitchen to yours, these recipes feature healthy alternatives to your usual fare.

The Gathering Share

Here you will find content from partner organizations and thought leaders across the web that keep me inspired on a regular basis.

RESOURCES

Everyday Being is partnering with non-profits and healing practitioners whose services focus on healing from trauma. In exchange for providing blogs and articles, Everyday Being is bringing awareness to their programs and services.



Interview Guide

Who is Marisa Jones?

I am Marisa Jones, author and blogger, who helps survivors of domestic violence, past traumas and addiction who want to heal from their past get the help and resources they need to support them on their transformation journey.

Author: the Lotus Tattoo: One Woman's Grit from Bully to Redemption

Founder: Everyday Being blogging Platform

Interesting Facts:

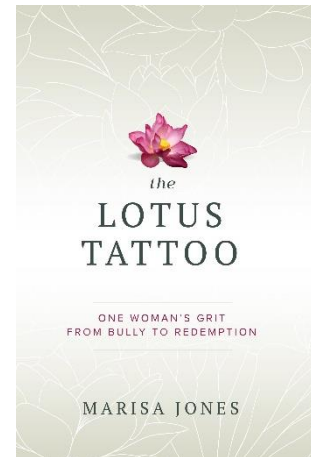
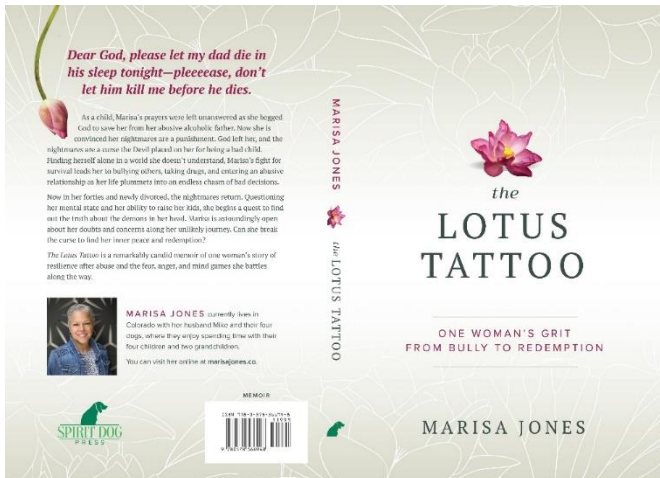
- IT Professional leading large global enterprise projects.
- 30-year career focused on financial data systems, analytics and digital transformation.

Sample Interview Questions:

- Can you tell me about the book?
- What is the most important relevant thing that has happened to you?
- What inspired you to write the Lotus Tattoo?
- What did you learn when writing the book?
- What surprised you the most?
- What does the title mean?
- Tell me about your new platform, Everyday Being?
- Do you write all the blogs on your platform?
- What do you hope to give to others through Everyday Being?
- Who is your target audience?
- What does Everyday Being help them do or achieve?
- What is your key message? What do you want people to know?
- How do you plan to grow your business?
- How do you manage working full-time and starting a new business?
- What's next for Marisa Jones?
- What big takeaway do you want to leave your audience with?
- What is your call to action?

Photos

[Visit here for downloadable photos](#)





Connect with Marisa Jones

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Community Builder*

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