

KEEP BREATHING

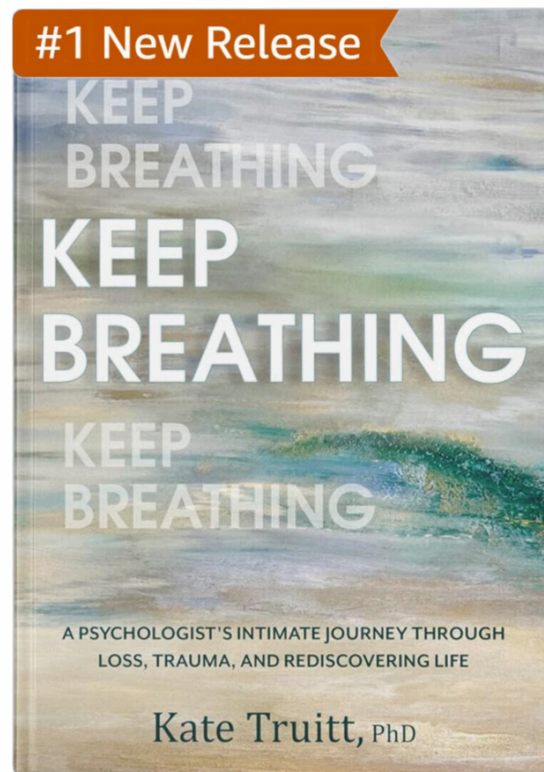
A PSYCHOLOGIST'S INTIMATE JOURNEY THROUGH LOSS, TRAUMA, AND REDISCOVERING LIFE.

From Unthinkable Loss to Unbreakable Resilience

In *Keep Breathing*, International Bestselling Author Dr. Kate Truitt, a renowned psychologist, applied neuroscientist, and trauma expert, shares her story of unimaginable loss, trauma, and, ultimately, healing. Faced with the sudden, gut-wrenching death of her fiancé just one week before their wedding day, Kate found her world shattered, catapulting her into a deep void of profound grief, trauma, shock, and guilt.

Part memoir and part scientific exploration, *Keep Breathing* uses

Kate's own personal account as a case study to illuminate the common experiences in our human brain—a deep love and devastating loss, exhilaration and pain, life, and death—that have the power to both derail our lives and ignite us to rebuild, heal, and grow. Her deeply personal loss sheds light on the human spirit's extraordinary ability to persevere and thrive in the face of suffering—providing readers with a roadmap to navigate their paths to healing and self-discovery. With its raw yet warm candor, Kate's brave storytelling exemplifies what it means to truly come back to ourselves.



BEST-SELLING INTERNATIONAL AUTHOR

MEET DR. KATE TRUITT

Dr. Kate Truitt, an esteemed clinical psychologist and neuroscientist, is internationally acclaimed for her trauma, stress, and resilience expertise. As the founder of the [Truitt Institute](#), she integrates cutting-edge neuroscience into mental health training and seminars. She also leads her award-winning group practice [Dr. Kate Truitt & Associates](#) and serves as CEO of both the [Amy Research Foundation](#) and the [Trauma Counseling Center of Los Angeles](#).

As a member of the Goldie Hawn Foundation's MindUP Scientific Advisory Committee, as well as an expert contributor to the Kevin Love Fund and Girl Scouts of America, Dr. Truitt passionately advocates for mental health literacy and empowerment globally. With an impressive social media following of over 140,000 as well as viewership and readership of over 3.5 million, she regularly shares valuable mental health insights with her international community.

Her voice in the mental health arena extends to her role as a sought-after speaker and expert in media, including features on BBC and Today. Dr. Truitt has delivered keynotes and training at prestigious platforms like the United Nations and the United States Department of Defense. As the author of "Healing in Your Hands" and "Keep Breathing," she is dedicated to advancing the treatment of trauma and stress disorders, making significant strides in destigmatizing mental health and fostering resilience worldwide.

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FRANK ANDERSON, MD

Internationally-Renowned Trauma Expert, Author of 'To Be Loved' and 'Transcending Trauma'

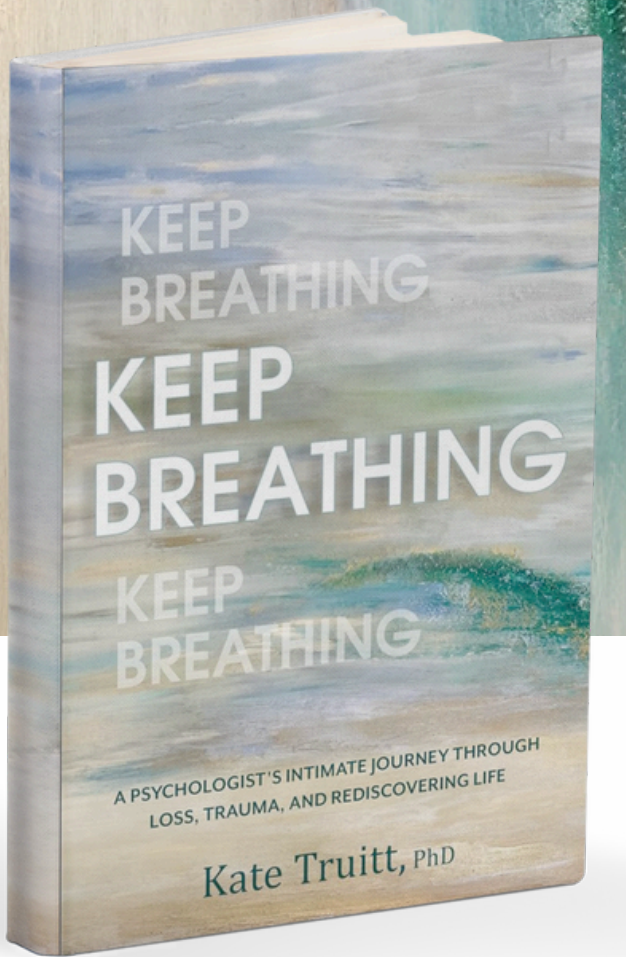
"Keep Breathing by Dr. Kate Truitt is a whirlwind of emotional honesty and intellectual bravery. This book takes readers on a roller coaster ride through the highs and lows of human experience, combining Dr. Truitt's personal trials with her scientific expertise. Her writing style is unorthodox yet utterly captivating, turning a story of personal grief into a beacon of hope for anyone in the throes of life's chaos. This book doesn't just share a story; it dares readers to confront their own vulnerabilities and emerge stronger, armed with a deeper understanding of the mind and heart."

“

SCARLETT LEWIS

Founder and Chief Movement Officer at the Jesse Lewis Choose Love Movement, Internationally-Published Author, Recipient of the International Forgiveness Award, Peace Hero Award, Common Ground Award, and others

"Never underestimate your ability to experience the darkness and still shine on. This book contains the message needed for this tumultuous time in our existence. Dr. Truitt has given us a unique opportunity to walk alongside her personal tragedy, hand in hand with the neuroscience of what happens in the brain. A must-read that has changed my life for the better."



EXCERPT

John's sister suggests I stay at her place for the night. Seeing my worry, she gives me a comical eye roll, clearly trying to make me smile. "He probably fell asleep! Typical guy."

By now, though, my intuition is screaming at me at an unignorable decibel. *Something is wrong!* This is not a man who falls asleep on commitments; John has always showed up for me where and when he said he would.

As yet more champagne emerges from the refrigerator, I wave it off. *I need to leave.* "You're going to be married in a week," they tease. "You're going to spend the rest of your life with him. What's one night?"

But I am starting to shake, my brain and body now electric with fear. I keep repeating, "I have to go. I need to leave, *now.*" I pace, agitated, until my taxi finally arrives.

The usually beautiful ride along the coast from Manhattan Beach to our Playa del Rey apartment feels physically painful. I sit clenched in the back seat, willing the driver to go faster as I call John's phone again and again. *How could he not pick me up? And why isn't he answering? Where is he?!*

In a moment of trauma, the brain encodes the experience less as a narrative and more as a holistic sensory event: everything from the sights and sounds around us to the emotions we feel from one moment to the next. Two core emotions, rage and fear, are coursing through me like white-hot lava, generating irrational and incongruent thoughts.

The taxi finally pulls in front of our apartment complex. I fumble with my wallet for a credit card to pay the fare, eventually giving up and shoving into the startled driver's hand the \$100 bill John insisted I keep on me in case of emergency. Ironically, my hijacked brain makes way for habit—I sit there, dazed, as he runs a machine and hands me the receipt. Then adrenaline spikes again—*Move, woman!*—and I bolt from the car, leaving the door ajar and waving off the driver as he counts out my change. I fly through the courtyard, scenes from another time flashing in front of my eyes: John's glassy eyes, pupils constricted, gazing listlessly at the ceiling. Nearing our unit, my breath coming in rapid jerks, I strain to see inside the apartment. Lights on, bedroom door closed, and dogs nowhere to be seen.

The front door is locked. Ice-cold fear again escalating, I furiously pound on the door and ring the doorbell. Our dogs' barks light up the night, an outrageous cacophony arising from our apartment, yet . . . nothing. No opening of the bedroom door, no sight of John's dimpled grin and curly hair, no greeting.

Panic sets in. I start kicking at the sliding glass door; the latch is old, and I can break it if I kick hard enough. As I scream his name, the neighbors emerge into the quiet courtyard, likely thinking I've gone insane. One boldly steps into our little patio and threatens to call the police.

"Good! Yes, please!" I shriek.

With a loud snap, the latch finally gives. I yank the door open and bolt to our bedroom. At first, all I see is our jumping dogs. Calling his name, I run around the side of the bed.

What I see will be crystallized into my brain for five years—what we trauma experts call an intractable and immutably encoded memory.

There he is.

And I cannot make him breathe.

BRAND REACH

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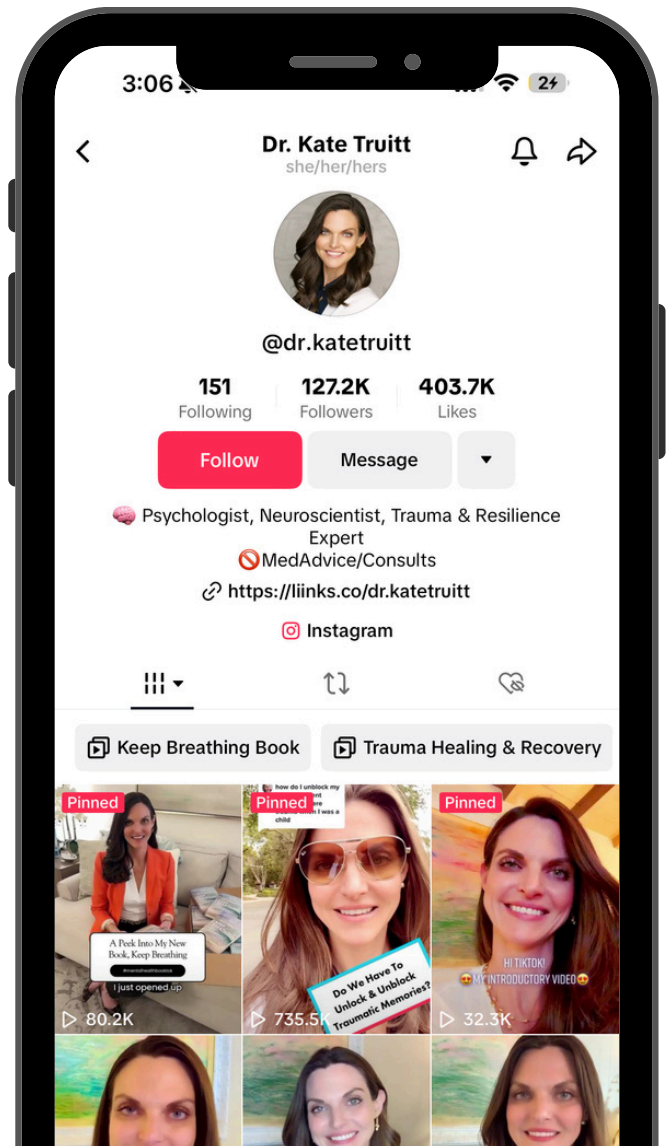


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PAGE GROWTH STATISTICS

Percent Increase In Page Views | 01/2022 - 01/2024



QUICK FACTS

FULL TITLE: Keep Breathing: A Psychologist's Intimate Journey Through Loss, Trauma, and Rediscovering Life

PAGE COUNT: 250 pages

GENRE: Psychology, Memoir, Grief & Loss, Therapy, Post-Traumatic Stress Disorder Books

PUBLISHER: Bridge City Books

PUBLICATION DATE: April 2, 2024

PRICE: Hardcover: \$24.99

ISBN-10: 1962305090

AVAILABLE FORMATS: Hardcover, Kindle

WHERE TO BUY:

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GET IN TOUCH

For further information, press inquiries, and more updates on the book, please reach out to us using the contact details below.

www.DrKateTruitt.com

press@truittinstitute.com

[@dr.katetruitt](https://www.instagram.com/dr.katetruitt)

PRESS RELEASE

Renowned Psychologist Dr. Kate Truitt Releases Powerful Memoir: Keep Breathing

Dr. Kate Truitt, a distinguished psychologist, applied neuroscientist, and trauma expert, is poised to unveil her profoundly moving memoir, *Keep Breathing*. Dr. Truitt invites readers on an intimate journey through the depths of loss, trauma, and the transformative power of resilience. Scheduled for release on April 2, 2024, by esteemed publisher Bridge City Books (an exciting new imprint by Baker&Taylor in partnership with PESI Education), this memoir promises to be a compelling exploration of the human spirit's capacity for healing and renewal.

Keep Breathing is not just a memoir; it's a testament to the resilience of the human spirit in the face of unimaginable loss. Dr. Truitt's journey begins with the sudden, gut-wrenching death of her fiancé just one week before their wedding day, catapulting her into a deep void of profound grief, trauma, shock, and guilt.

Through raw and candid storytelling, Dr. Truitt invites readers into her world, illuminating the common experiences in the human brain—deep love and devastating loss, exhilaration and pain, life, and death. Part memoir and part scientific exploration, "Keep Breathing" serves as a case study, offering readers insights into navigating their paths to healing and self-discovery.

"My intention with *Keep Breathing* is to provide readers with a roadmap for resilience and growth in the face of adversity," says Dr. Truitt. "My hope is that my story will resonate with readers and offer solace, inspiration, and a sense of companionship on their own healing journeys."

With its raw yet warm candor, "Keep Breathing" exemplifies what it means to truly come back to oneself. Dr. Truitt's brave storytelling serves as a beacon of hope for anyone grappling with loss, trauma, or the challenges of life.

Keep Breathing: A Psychologist's Intimate Journey Through Loss, Trauma, and Rediscovering Life will be available for pre-order on Barnes & Noble, Amazon and other major book platforms.

About Dr. Kate Truitt: Dr. Kate Truitt is a trailblazing psychologist and founder of the Truitt Institute, renowned for her expertise in trauma, stress, and resilience. With a unique background in clinical psychology, applied neuroscience, and an M.B.A. in Healthcare Administration, Dr. Truitt is a sought-after international speaker. Through her work, Dr. Truitt aims to transform mental health care, empower individuals, and eliminate stigma.

About the Book: *Keep Breathing* is Dr. Kate Truitt's deeply personal memoir, offering readers an intimate journey through loss, trauma, and rediscovering life. Through raw and candid storytelling, Dr. Truitt shares her own experiences, providing insights and inspiration for navigating the challenges of life with resilience and grace.

To request a copy of the book or additional assets, email press@truittinstitute.com