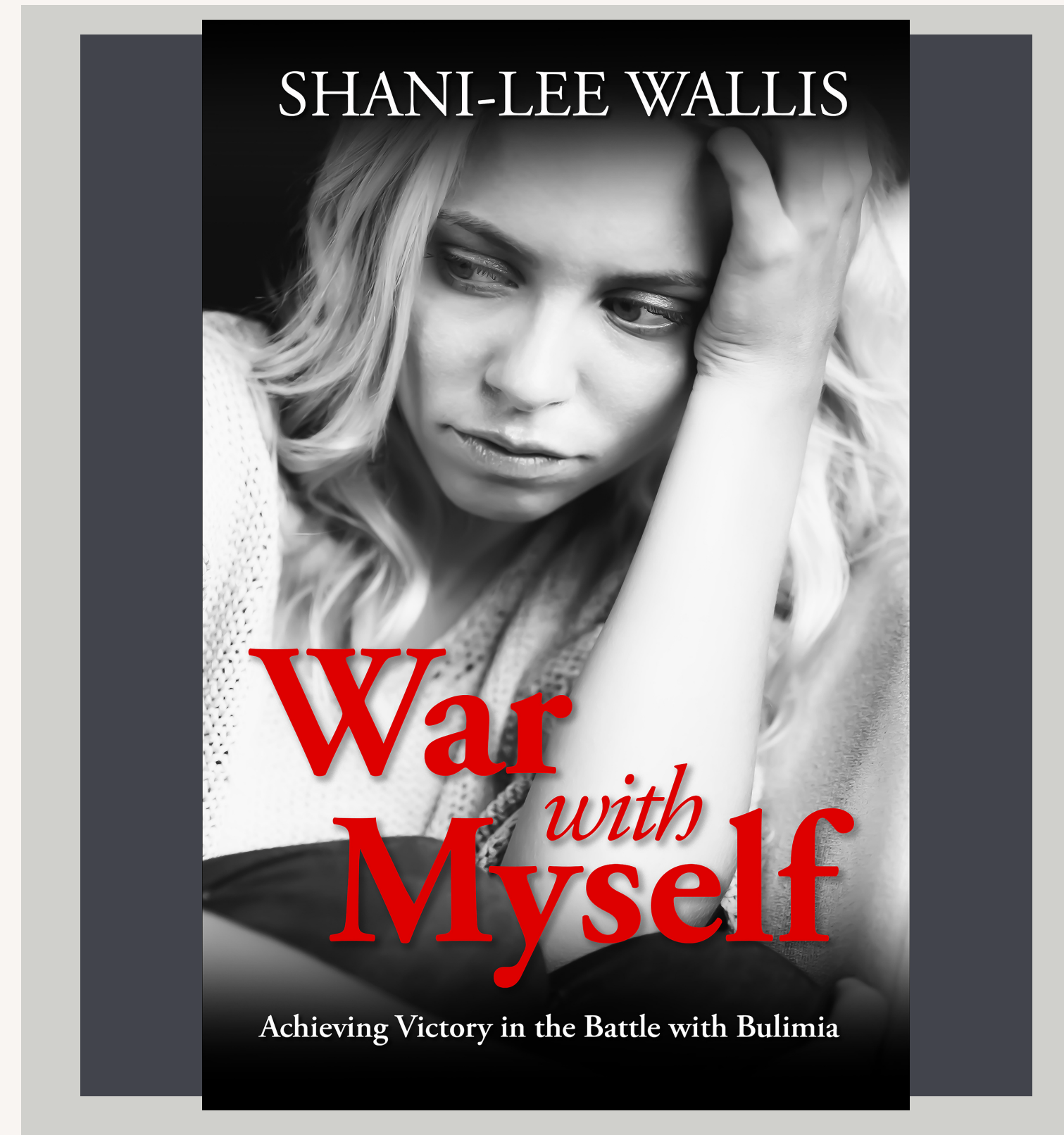


Shani-Lee Wallis

War With Myself

Achieving Victory In The Battle With
Bulimia

MEDIA/
PRESS KIT



war with myself

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We're so excited you're here

In this packet, you'll find all the information you need to work with Shani-Lee. If you have any questions, please don't hesitate to get in touch with us. **We can't wait to work with you.**

Regards,

For more information, press only:

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About The Book -

Held captive in a dangerous web by circumstances and fear, Shani-Lee Wallis watched the mystery and the wonder of her childhood disintegrate leaving behind searing embers of abuse and bullying that scarred her deeply. Desperate to change and to control the narrative of her life, Shani-Lee found herself engaged in a battle royale, not with perpetrators but rather with herself. War with Myself is an eye-opening, heartfelt memoir of one woman's struggle with Bulimia and the horrific side-effects of the disorder. Courageously, Shani-Lee fought for her life and denied death its victory on several occasions. She eventually found love and a life worth living. She shares this most shocking and compelling story in hopes that the men and women engaged in similar battles will find hope, healing, and peace. It is evident from this profound story that she will surely accomplish her goal and provide a roadmap to victory!

About Shani-Lee Wallis -

Shani grew up in Newcastle, England with childhood secrets that manifested into a battle with Bulimia. She emigrated to Arizona, where she started to unpeel the complex layers of emotions that her secrets had inflicted. As she incorporated life-changing habits into her lifestyle, she was able to heal and overcome her turbulent and dangerous relationship with her eating disorder.

The writing was always just a therapeutic outlet until she realized she had something valuable to share. Turning her own journey of self-help into a path to help others, is how War with Myself was born



Q & A

What sets War with Myself apart from other books with the same topic?

I believe it fills a gap in the market. In my opinion, other books I've read and movies I've seen on the subject, have only scratched the surface.

I feel they don't accurately portray the whole journey and, in many ways, they're superficial. They often leave me feeling like something is missing with a need to uncover the layers and dig deeper.

- The why, seems to be missing in many cases. People need to be educated on what can trigger the onset of Bulimia. Much of society still think it's based on weight-related issues. Often, it is stemmed from trauma, anxiety, depression, repeated stress, and often all the above.

- There's a deficit of raw and gut-wrenching emotions that are felt when you are deep in the battle with the disorder. The self-hatred, disgust, the guilt. The uncontrollable screaming or self-harm when panic sets in. The relatability for those suffering and the education for those that don't understand the disorder and want to help a loved one is important.

War with Myself is not just a memoir, it's a self-help book that educates and provides daily activities to implement into your daily life that can help you on your road to recovery. These activities can be implemented for anyone wanting a more fulfilled life.

Due to the content, did you ever consider writing under a pseudonym?

I did. However, I thought about those reading the book, who are still fighting their battle. It's more personal writing under my own name. I feel like if someone found out that I wasn't who I said I was, then I wouldn't be as relatable. That they'd lose some connection to me.

Does your family support your choice to write your story?

I was surprised, but they do. There are family members that it would affect more than others and they only learned of some of the content recently. They too are equally as supportive.

Q & A

How do they feel about it?

I'm so grateful that they want me to write my truth and, in the process, help others. They told me not to worry about what anyone thinks.

Are there any secrets in the book that you share, that you're ashamed of?

Yes. To connect with others that are experiencing the same thing, I needed to write the good, the bad, and the ugly. There are personality changes that happen when you're sick, and I wanted others to recognize that it's not just them. It's a part of the illness. I also reveal disgusting habits in order to hide my illness.

What outcome are you hoping to achieve?

- My number one goal is to help others that are suffering from this deadly disorder and those that are struggling to support their loved ones through education and guidance.
- I want to bring awareness to as many people as possible by telling my story of how trauma and bullying led to anxiety and depression and ultimately manifested into bulimia. I hope that people recognize the triggers, learn to deal with them head-on, and by doing so, prevent them from going down the same dark path.
- Speaking engagements for eating disorder recovery and bullying prevention, to bring awareness to how bullying truly affects people and the lasting effect it can have on mental wellness.

-captivating

"Amazing story about the battle with Bulimia. It gives an insight into how the disease may impact the life of sufferers and their supporters. War with Myself describes possible causes and triggers of destructive behavior and a long-lasting, exhausting battle to recovery. In addition to a captivating story, the book contains a lot of educational material that encourages readers to take an action toward convalescence. It brings awareness, understanding and sheds light on how to overcome the obstacles in the battle with our biggest enemy - ourselves."

-Inspiring life of a lady that's won

"A very strong story of a young girl who has came through so much and won her battle with the struggles in her life such an inspiring read."

To those that are still fighting their battle, and
those that are struggling to support a loved
one. This is for you.

watch the book trailer on youtube:

War With Myself