

MY LITTLE ONE SPEAKS

CANDID, POWERFUL,
AND INSPIRING...

TONJA ANDERSON GREENE

AUTHOR | CERTIFIED LIFE COACH
NURSE | INTERCESSOR
HEALTH & WELLNESS ADVOCATE

MEDIA KIT

**HEALING
FREEDOM
WHOLENESS**

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ABOUT TONJA

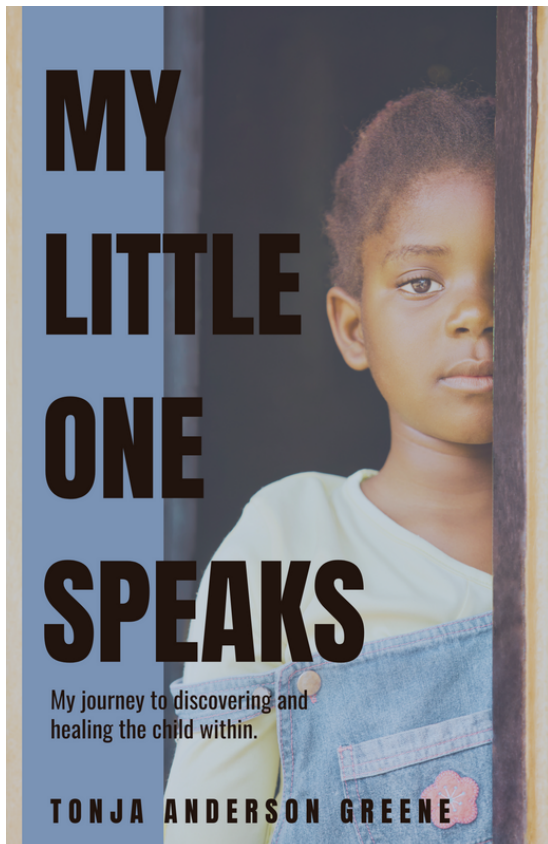


Tonja Anderson Greene hails from Atlanta, Georgia, and takes immense pride in being a mother to her son. As the founder of Metamorphosis Experience LLC, she is driven by a profound love for God and a passion to motivate individuals to embrace life to its fullest potential. Leveraging her background as a nurse, certified life coach, health and wellness advocate, and intercessor, Tonja brings a unique set of skills to guide others in their journeys. Her faith in God empowers her to inspire and uplift others in their spiritual walk. With a flair for writing, Tonja skillfully shares her own experiences, not only imparting valuable lessons but also giving hope to her readers, encouraging them to embark on a journey toward healing.

Tonja's compassion, maturity, and wisdom have made her an invaluable resource for those seeking guidance in their health and wellness journey. In her spare time, Tonja enjoys exercising, listening to music, journaling, watching movies, and spending time with family and friends.

SHORT BIO

Tonja Anderson Greene is an accomplished individual who loves God and enjoys encouraging others to live life to the fullest. As a nurse, certified life coach, health and wellness advocate, and intercessor, she is dedicated to helping and guiding others to explore life's adventures. With a passion for writing, Tonja is inspired by God to share her personal journey in a way that is both educational and inspiring, pointing the way to healing matters of the heart.



BOOK SUMMARY

As a nurse, Tonja Anderson Greene has spent decades tending to the wounds of others and helping them in their healing journey. But under that smile, lay wounds deeply buried in her subconscious mind with the only evidence of the trauma being triggered behaviors. However, memories that had laid dormant for years were now starting to resurface as an adult. She was forced to make a decision, which would change the course of her life forever.

My Little One Speaks is a powerful personal memoir that offers hope and inspiration for anyone on a journey of self-discovery and healing. Tonja's courageous exploration of the impact of unresolved childhood trauma and how it can affect our lives as adults is a testament to the power of the human spirit to triumph over adversity with God. Through her honest and heartfelt reflections, Greene reminds us that healing and transformation are possible. Her message is one of freedom, restoration, and hope for anyone who has struggled with the wounds of the past and is seeking a path toward healing and wholeness.

“

Bridget G.

Through the author's candid exploration of her fears, honesty, and realization of triggers, readers are given the opportunity to step into her shoes and connect with her on a deeper, personal level. This book allows readers to unlock, identify, and address those hidden issues that may have kept them captive and in bondage for years. "My Little One Speaks," in my opinion, is a must read.

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Chawanda Walker

This book is easy to read and a source of encouragement for those journeying toward inner healing.

INTERVIEW QUESTIONS

1. Tell us a little about yourself.
2. How did this book come to be? What inspired you?
3. What inspired the title, My Little One Speaks?
4. How was the writing process for you? What did your writing environment consist of?
5. How long did it take you to write this book? Did you want to quit during the process? If so, what motivated you to continue the journey?
6. Considering this book chronicles your healing journey, how did writing this book make you feel, what emotions did it evoke?
7. Which chapter was the most challenging to write? Which one was the easiest?
8. You're very transparent in this book on how the effects of childhood trauma showed up in your adult life. Without giving away too many details, can you share how that trauma impacted you?
9. As a nurse, certified life coach, and health and wellness advocate, why do you believe it is important to confront the trauma and embark on a journey to heal?
10. You dedicated an entire section of the book to resources that are available to help individuals embark on their healing journey. Why was it important for you to include these resources in the book and can you share a few resources with our listeners now?
11. Why do you believe God chose this time to release this book?
12. What is one thing you hope readers will take away from this book?
13. I know you are available for health and wellness seminars and speaking engagements. How can we connect with you and purchase your book?
14. Do you have any words of encouragement to share with our audience?

HEALING IS POSSIBLE

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Beloved, I pray that in every way you may succeed and prosper and be in good health [physically], just as [I know] your soul prospers [spiritually].

3 John 2

QUICK FACTS

Full Title: My Little One Speaks

Book Categories: Christian Books & Bibles,
Christian Living, Self-Help, Inspirational

Publisher: Because There's More Publishing LLC

Available Formats:

Kindle eBook | Price: \$9.99

ASIN: B0CW7FT94K

Paperback | Price: \$15.95

ISBN-13: 979-8870833163

ASIN: B0CW3DM86M

Hardcover | Price: \$19.95

ISBN-13: 979-8870833880

ASIN: B0CW3HJLPC

Available for Purchase: Amazon

BOOK EXCERPT

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Tonja Anderson Greene

Sexual abuse has no biases. It happens across all races, ethnic groups, cultures, and socioeconomic and education levels. I was one of those who did not speak out. It was my little secret; one I planned to take to my grave. But, I was triggered and the place I thought I had moved far away from came flooding back and I was that vulnerable little girl again. In that moment, I had to make a choice to confront the pain and be healed or remain silent and hope no one else triggers the little one within.



Tonja Anderson Greene

Get in Touch!

Please feel free to reach out for any questions.

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