

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

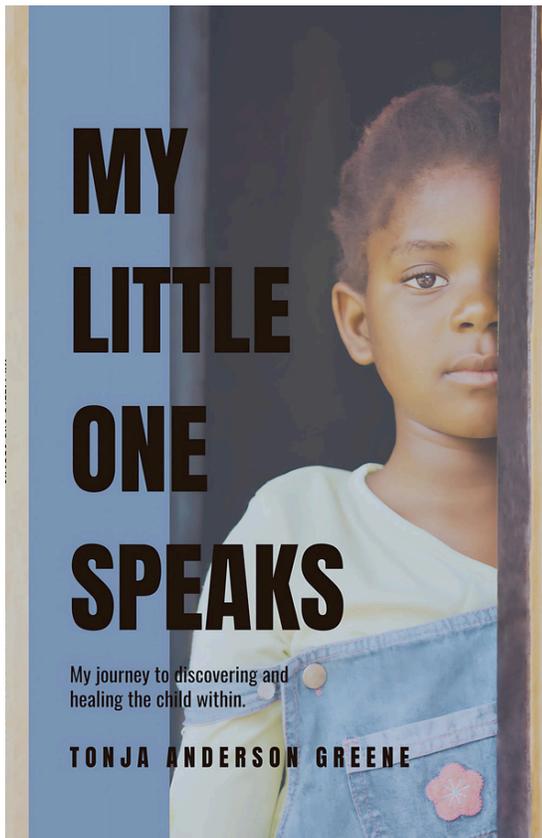


Tonja Anderson Greene hails from Atlanta, Georgia, and takes immense pride in being a mother to her son. As the founder of Metamorphosis Experience LLC, she is driven by a profound love for God and a passion to motivate individuals to embrace life to its fullest potential. Leveraging her background as 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.

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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 Allen

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

INTERVIEW QUESTIONS

1. What inspired you to write this book?
2. How does your book help readers who have experienced trauma or emotional wounds?
3. Can you share the meaning behind the title of your book?
4. What are some key takeaways readers will gain from your story?
5. How does faith play a role in the healing journey you describe?
6. You share deeply personal experiences in your book - was it difficult to be so vulnerable?
7. What was the turning point in your journey toward healing?
8. How did discovering your "inner child" impact your healing process?
9. What role did forgiveness play in your personal transformation?
10. Can you describe a moment when you felt a breakthrough in your healing?
11. How has your relationship with God changed throughout your journey?
12. What advice would you give to someone struggling to trust God after experiencing trauma?
13. What scriptures or spiritual practices helped you the most?
14. How do you balance faith-based healing with practical steps like therapy or self-care?
15. What would you say to readers who feel hopeless or stuck in their pain?
16. What do you hope readers take away from your book?
17. What practical steps can someone take today to begin their own healing journey?
18. Have you received any feedback from readers that particularly moved you?
19. Are there any upcoming projects or follow-ups to this book?
20. Where can people connect with you and learn more about your work?

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

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Christian Living, Self-Help, Inspirational

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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

Get in Touch!

Please feel free to reach out for any questions.

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