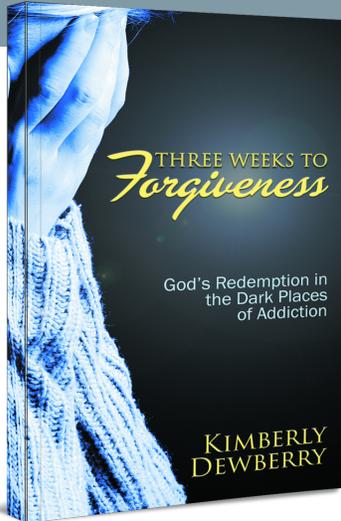


FOR IMMEDIATE RELEASE

North Texas Author Pens Book About Addiction

What would you do if your estranged, homeless, alcoholic father suddenly showed up at your door?



Greenville, TX, - April 2018 - What would you do if your estranged, homeless, alcoholic father suddenly showed up at your door? What if you knew in three weeks you would be saying good-bye to him forever? One daughter knows deep down that her only choice, for his sake and hers, is to forgive—but how? Greenville, TX author, Kimberly Dewberry struggled for 25 years to cope with the pain, hurt, guilt, regret, unworthiness, and shame brought on by her father's addictions. As her life devolved into a predictable pattern of poor choices caused by the dysfunctional thinking of an alcoholic household, Kimberly's image of God was skewed by an inner turmoil only he could heal. Because of the loving grace of Jesus Christ, she has broken free from the shackles of rebellion and anger, and made it her life's mission to share her journey through courageous prose. Her heart's desire is to help other adult children of alcoholics identify and overcome unhealthy cycles of destructive living that the specter of alcoholism leaves behind. Kimberly often testifies at recovery meetings about the serenity and peace of God's redemption, which are keys to personal wholeness. She also shares biblical insights to everyday problems through her devotional blog, Transforming Normal.

In her latest book, *Three Weeks to Forgiveness: God's Redemption in the Dark Places of Addiction*, Dewberry describes life growing up in an alcoholic household, the patterns she repeated as a result, and how God doesn't waste one moment of our lives. *Three Weeks to Forgiveness* is a gripping story of parental love, turmoil, forgiveness, and God's redemption of her past.

Adult children of alcoholics and addicts live lives caged in guilt, shame, depression, and other self-destructive thought patterns. In *Three Weeks to Forgiveness: God's Redemption in the Dark Places of Addiction*, author Kimberly Dewberry calls on her life as an adult child of an addict to address distinctive ways to receive forgiveness and create a healthy life through Jesus Christ. With real and raw reflection to empower those dealing with addicted parents, the author encourages readers to overcome the familial cycle of substance abuse and its devastating effects.

Adult women with alcoholic fathers tend to have a distorted image of God or Jesus in their mind, therefore making it difficult for them to find hope, freedom, or salvation. These women need to know they are not alone in their struggles. They need to know there is forgiveness even in the dark places of shame and guilt. *Three Weeks to Forgiveness* speaks of the freedom to be found, and addresses many of the ongoing battles adult children of addicts face including:

- **Self-blame and shame of having lived in an unhealthy household.
- **Living with an active addicted parent and the embarrassment it entails.
- **Wrestling with the guilt of abandoning an addicted parent.
- **Discovering patterns of controlling behavior in their lives.
- **Listening to negative "voices" inside their hearts and minds.
- **Feelings of relief and then guilt when the addicted parent dies.
- **Forgiveness and moving on to allow Christ to heal.

Author, Kimberly Dewberry has found that exact freedom from her past through the grace and mercy of her loving Father, Jesus Christ. It's time for others to find that same freedom. *Three Weeks to Forgiveness* helps guide others to find it.

Kimberly and her husband Patrick are the parents of 6 grown children between them and live in the Greenville area with their two super cute Boston terriers, Delilah and Daphne. In her spare time, Kimberly enjoys writing, reading, Bible art journaling, participating in Bible studies, and dating her husband.

THREE WEEKS TO FORGIVENESS

God's Redemption in the
Dark Places of Addiction

KIMBERLY
DEWBERRY

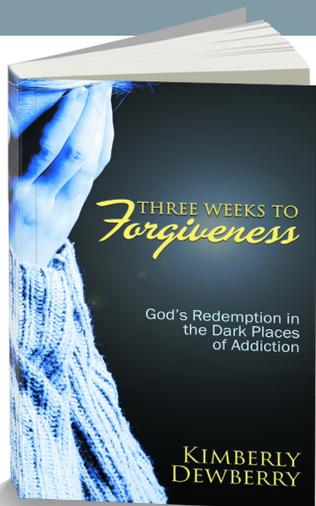
Electio Publishing (April 2018)
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Paperback: 143 pages

FOR INTERVIEW:

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*Interview Questions,
Endorsements, and
More on the following
pages.*

MARKET POTENTIAL



THREE WEEKS TO FORGIVENESS

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Why is there a need for this book?

“My insides were a gnarled ball of emotions, indistinguishable from the other.” – Anonymous Adult Christian of an Alcoholic Parent (Christian Adults Online)

First, Christians and non-Christians alike need to know they are not alone in their battles with self-blame and perceived inadequacies of having lived in an alcoholic or addicted household:

- Cycling through unhealthy lifestyle patterns from childhood into adulthood.
- Living with an active alcoholic parent and the embarrassment it entails
- Wrestling with the guilt of abandoning an addicted parent.
- Discovering patterns of controlling behavior in their life.
- Listening to negative “voices” inside their hearts and minds.
- Forgiving the alcoholic or addict in their life.
- Letting go and letting God be the Lord of their life.
- Feelings of relief following the death of an addicted parent and the guilt that results

Second, adult children of alcoholics or addicts have a need to understand why they tend to repeat patterns of destructive behavior in their own lives. There are countless popular books in the general self-help genre, a fact which demonstrates that readers are constantly looking for a quick fix. Three Weeks to Forgiveness offers much more than that. This book will empower the reader to solve the questions behind their destructive patterns, grief, guilt, and shame. Their views will begin to shift to a Christ-honoring perspective and shed the doubts of their potential to be set free. Through biblical truths sprinkled in each chapter, Three Weeks to Forgiveness weaves the power of God’s redemptive spirit into the pages.

Third, adult children of alcoholics or addicts crave freedom from the burdens of their past. Many spend years searching for love and acceptance but never find true satisfaction. They spend their lives substituting destructive behavior for what they are lacking. Three Weeks to Forgiveness shows how this played out in my life and how I found the freedom from my burdens by seeking God as opposed to continuing to allow Satan to rule my heart. Others like me can find the same independence and live lives full of peace in their heart as they continue to grow their relationship with Christ.

Specific reader benefits include the following:

- A keeper book. Because this book is written from a personal perspective and includes solid biblical truths, it can be used as a reference for Christian counselors, therapists, 12-step recovery groups and other support groups.
- “I am not alone.” Millions of people struggle with addiction and the results of growing up in an addicted household, yet many feel trapped inside their own prison of shame, guilt, and grief. This book shows the readers they are not alone in their struggle and offers biblical solutions that are timeless.
- Insight. Often, people do not realize there is a direct link between their destructive behavior, depression, failed marriages, and self-worth issues until another story like theirs is shared. It opens their eyes to the hidden chambers of their hearts and says to them, “I feel just like she does. Now it all makes sense.”
- Forgiveness. This book shows the power of forgiveness through the grace and mercy given to us by Jesus Christ. With gentle guidance and grace, it demonstrates how the power of having a forgiving heart further provides the freedom they have been searching for.

SUGGESTED INTERVIEW QUESTIONS FOR KIMBERLY DEWBERRY



AUTHOR KIMBERLY DEWBERRY...

struggled for 25 years to cope with an addicted parent. She knows first-hand how the serenity and peace of God's redemption are keys to personal wholeness. Kimberly offers solid biblical truths to help transform women in the grace of a loving Heavenly Father.

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INTERVIEW REQUEST:

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1. What was your motivation to carve out time in your busy life of blogging at Transforming Normal, volunteering in recovery programs at church, and owning your own business to write *Three Weeks to Forgiveness*?
2. At what point did you realize the impact of being an Adult Child of an Alcoholic has had on your life?
3. I understand you also lived as the spouse of an alcoholic. How has that experience impacted your personal life and your walk with Christ?
4. How has seeking help through recovery programs been beneficial to your personal recovery?
5. What do you think your life would look like if you hadn't gone through those three weeks of pain and grief? Your marriage?
6. You talk about resisting God's love because you felt unworthy of love. Can you help us understand what you mean?
7. You say we are weak by nature, that The Lord our God made us that way because He wants us to depend on him and not on ourselves. How did you come to realize your own weakness and need to depend on Him?
8. You say "I imagine him watching over us, making attempts to guide our paths straight, and all the while we get in his way." How did your actions and decisions "get in God's way"?
9. You talk about the freeing experience of giving forgiveness, saying "I imagine God sitting next to me that day, his hand lovingly on my shoulder, quietly urging me to open my heart to forgiveness." Do you think you could have ever reached the point of forgiveness without God's help?
10. You talk about bad choices such as adultery or even driving while intoxicated as patterns that some adult children of alcoholics repeat. What do you feel are the root causes of these types of patterns?
11. You say that "Controlling people, situations, outcomes, and finances is how you dealt with a soul in chaos". What were some of the results you experienced by trying to constantly wrestle for control?
12. You are quoted as saying, "Miracles actually do happen. I've seen it and I have lived it". Can you tell us about the miracles you have experienced?

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WHAT PEOPLE ARE SAYING ABOUT THREE WEEKS TO FORGIVENESS

"For anyone that has ever been touched by addiction, this book is for you! Kimberly has shared her personal testimony in a way that will help you realize the effects of addiction in and around your life, and her personal journey to the other side, is an inspiration to all."

~ Janice Podgurski



"Gripping! I needed to read more. I rarely find non-fiction so enthralling. Kimberly is an awesome story teller. She moves you to tears and laughter all in the same page." ~ Tanya Gioia



"Kimberly Dewberry is extremely vulnerable while sharing her story. She shares how being raised by her alcoholic father led to some poor decisions that she made as an adult. Most importantly, she shares how there is forgiveness and grace from the Lord for those decisions. They don't have to impact the rest of your life." ~ Holly Waugh



"The author shares honest, heart wrenching details of her life and path to finding the love of God. Amazing book." ~ Melissa Henderson



"Three Weeks to Forgiveness: God's Redemption in the Dark Places of Addiction" is a heart-wrenchingly raw and vulnerable depiction of the pain, loss, chaos, and confusion caused by addiction. If you have struggled with addiction yourself, or are the family member of someone who is trapped by addiction, this book will touch the depths of your soul. " ~ Lindsey Zitzmann



"Kimberly Dewberry is a master storyteller, and powerfully shares the pain, turmoil, chaos, guilt and confusion caused by this horrible disease. Kimberly writes with vulnerability and transparency, her life long battle of being a child of an alcoholic and addict, and how it impacts not only the victim, but the entire family. You will laugh, cry, grieve and celebrate with the author as you read this book." ~ Rachelle Craig

QUOTES FROM THREE WEEKS TO FORGIVENESS

"He gave us the gift of the freedom to choose any path we wish. His desire is for us to choose him." Page 33

"Many adult women of addicted parents struggle to believe that God's promises are constant and true. God doesn't lie, he can only speak truth." Page 41

"I felt tired, weak, needy and in chaos, not because God wasn't there, but because Satan had a firm grip on me." Page 42

"Bad choices such as adultery or even driving while intoxicated are patterns that some adult children of alcoholics repeat." Page 66

"We are weak by nature. The Lord our God made us that way. He wants us to depend on him and not on ourselves." Page 82

"I am no longer ashamed of my past because I know my heavenly Father loves me unconditionally." Page 84

"I am not meant to understand God's ways. That is why he is God and I am not." Page 110

"I didn't know it at the time, but I could not have given grace if God hadn't been right there with me to show me how." Page 119

"I imagine God sitting next to me that day, his hand lovingly on my shoulder, quietly urging me to open my heart to forgiveness." Page 119

"The truth is we are lovable, God does love us, and we are forgiven." Page 120

"Sometimes he urges in big ways and sometimes it is a whisper, but his persistence is driven by pure love." Page 145

"Controlling people, situations, outcomes, and finances is how I dealt with a soul in chaos." Page 145

"Through the pain, struggles, divorces, bad decisions, hurt, guilt, regret, and grief, God was there." Page 146

"I realized all the control I thought I had over our lives was not only exhausting, it was an illusion." Page 146

"Understand this, co-dependency is an addiction in and of itself." Page 147

"Miracles actually do happen. I've seen it and I have lived it." Page 150

"Christianity is not religion and religion is not Christianity." Page 150