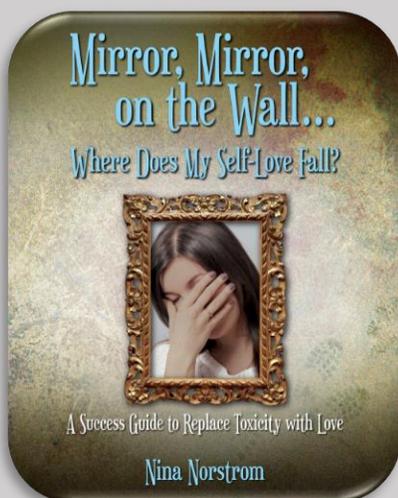
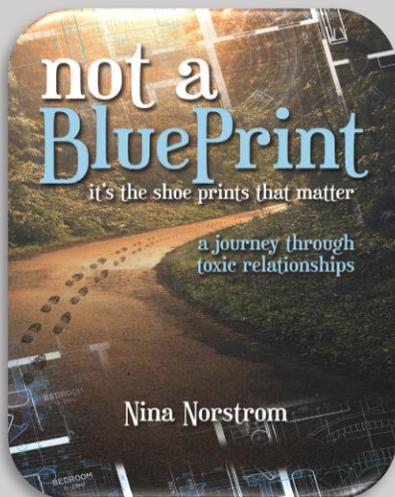


# NINA NORSTROM

AUTHORNORSTROM@GMAIL.COM



Nina Norstrom grew up as a Daddy's Girl and embracing family went a long way. She is a native of Illinois who was raised as a suburbanite with family Christian ties. Over a decade, she became incarcerated by the clutches of toxicity. Her therapy journaling started as a means of solace – which became an art for healing and a medium to escape unhealthy relationships. With a work history in management and an added career in the public-school system, she reaches out to others who experienced toxic relationships and those who are unfamiliar with its destruction. Norstrom has unmasked the levels of relationships: birth; grief; emotions; feelings; diseases; work environments; trauma; and its poison of unforgiveness. Her writings have won and received several awards. As a renowned speaker, coach, and educator, Norstrom has transformed her toxic journey into a wealth of energy that nurtures the wellness lifestyle. In this new movement, she excitedly states, "I'm not a certified specialist only an experienced wounded warrior who is passionate about giving back!"

## **Book Synopsis**

***Not a Blueprint It's the Shoe Prints that Matter*** / *A Journey Through Toxic Relationships*. It teaches lessons on the meaning of relationships – beautifying honesty and compassion. It is an inspirational story with the ingredients of caregiving, overcoming adversity, learning lessons, letting go of toxicity, and defining relationship roles in our lives. Whether toxic or nontoxic, relationships are an integral part of our life. Not a Blueprint is a real-life journey about one family's experience. The tale exposes one mother's struggle to escape a world of toxicity, a battle with diseased relationship, and the shoe prints its experiences left on their life. The story in its openness and raw form projects the remarkable voice of love. This story spreads a message about hope, determination, a heroic fight, a mother's discovery – about finding life after darkness. It speaks to the power of courage and bravery while fighting back to wipe out those unhealthy relationships. *The Insights* reveals that life brings many challenges and lessons along the way.

***Mirror, Mirror, on the Wall*** . . . *Where Does My Self-Love Fall?* / *Subtitle: A Success Guide to Replace Toxicity with Love*. It teaches the meaning of self-love and its self-awareness about toxicity. Readers will find it is a self-empowerment tool for awakening to toxicity and their discovery to self-worth; self-esteem; self-acceptance; self-confidence; self-reflection; self-love; and those many other discoveries that enrich one's path . . . through the journey called "life." It's all part of building a bridge that opens the gateway to finding self-love and bringing to light the ugliness in unhealthy relationships. The activities introduce and beautify an array of materials that are insightful, educational, enlightening, fulfilling, enriching, and rewarding.

**Nina Norstrom**  
**Author/Speaker/Coach**  
**Website:** [www.ninanorstrom.com](http://www.ninanorstrom.com)  
**Facebook.com/nina.norstrom.547**  
**Instagram.com/ninorstrom55**  
**Twitter.com/norstromnina**  
**Pinterest.com/ninanorstrom**  
**www.amazon.com**

