



Sparrow Spaulding

Sparrow Spaulding is a life coach, humanitarian and keynote speaker. After more than forty years she is finally telling her story. Hers is a tale of trauma and pain, but also one of healing and transformation.

Crafting her own narrative has been a monumental step in reclaiming her own life. After spending the last twenty years working in the trenches with people one on one, she is ready to open up and tell the world how she was able to overcome her own heartbreaking start to life. Through sharing her compelling story, Sparrow hopes to show others they, too, can move beyond survival mode and find peace.

Her new memoir, *Riding Standing Up*, describes her traumatic childhood. Her writing is raw, but honest and beautifully illustrates how one can take the most terrible thing that has happened to them and turn it into a message that uplifts and inspires. This book will make you laugh, cry and most important it will invite you to contemplate your own childhood and how the things that happened to you along the way shape you into the person you become.

Although survivors may always be somewhere on their journey, Sparrow believes people can decide to flourish after pain and release the shame that binds them.

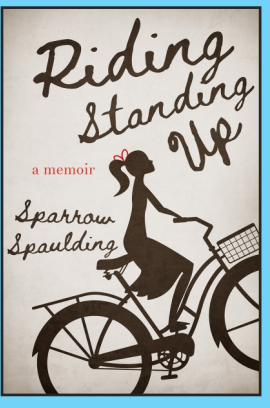
Sparrow is more than a survivor—she's a *thriver*. Follow Sparrow on her continued journey and look for your copy of *Riding Standing Up* coming soon.



BE REAL . BE TRUE . BE BRAVE . BE YOU!

Keynote Topics

- Becoming Uncaged
- Finding your authentic purpose
- Life after trauma



Testimonials

"*Riding Standing Up* is a heart stopping coming of age story with all of the elements—love, sex, misery, heartbreak, and rebirth. You will read it in one breathless sitting, I promise."

Michael Levin
New York Times best selling author



Coming Soon!
Riding Standing Up

A Memoir
by

Sparrow Spaulding

Contact at
sparrowspaulding.com

Pre-Orders are available at sparrowspaulding.com

