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# FOR IMMEDIATE RELEASE

## **'LIFE IS LIKE A FRUIT SALAD'**

A Book on Surviving Abuse

**In her recently launched book *Life is Like a Fruit Salad*, Debbie Sanders shares her compelling story of overcoming a life of abuse. Throughout the book, Debbie explains how several forms of abuse were a part of everyday life and how overcoming her past has given her fresh hope for the future.**

*Life is Like a Fruit Salad* is written with honesty, openness and humour – taking readers on a journey through a variety of gripping experiences. Debbie's story aims to encourage and inspire people from all walks of life that no matter what has happened in a person's life, that the best is always yet to come.

Common remarks by readers of the book are 'I couldn't put the book down', 'I had to keep reading to find out what happened next', and 'When are you writing another book?'

Debbie's writings will encourage anyone who has been affected by the following forms of abuse:

- Emotional
- Sexual
- Physical
- Parental
- Financial

The topic of depression is also addressed.

In today's society, depression and abuse are common. Whether you have experienced these issues personally or know someone who has, *Life is Like a Fruit Salad* is a must-read for everyone. The book literally acts as a light at the end of the tunnel for people caught in abuse and/or depression.

Debbie has extensive experience in radio and is available for interviews and speaking appointments.

*If you would like further information about 'Life is Like a Fruit Salad', or would like to schedule an interview with Debbie Sanders, please call Debbie on 0413 465 381 or email [info@fruitsalad.net.au](mailto:info@fruitsalad.net.au) for a prompt response.*

**ENDS.**