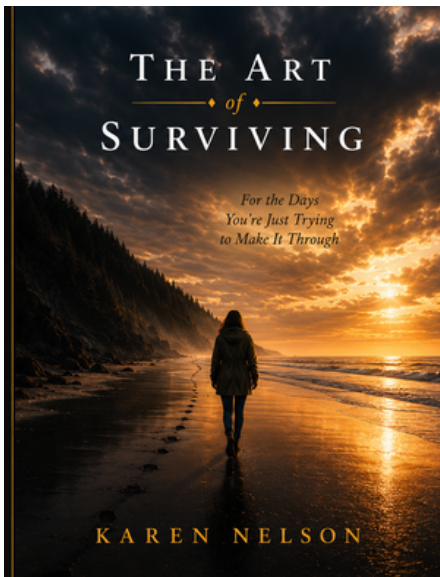


Karen Nelson

Author of *The Art of Surviving*



Meet Karen

Karen Nelson is the author of *The Art of Surviving*, a book inspired by her own journey through trauma, loss, and healing. She wrote it with one hope in mind: to help others feel seen, understood, and less alone.

Outside of writing, Karen works in healthcare leadership, where supporting people through life's challenges has always been at the heart of what she does. Whether through her career or her writing, she believes in the importance of compassion, connection, and meeting people where they are.

Karen believes healing looks different for everyone, and that there is no right or wrong way to move forward. Her hope is that *The Art of Surviving* encourages readers to take the next step, whatever that looks like for them, and reminds them that while trauma may become part of their story, it doesn't have to define the rest of it.

Sample Interview Topics

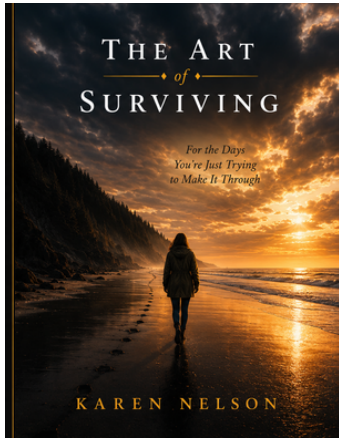
Examples of conversation topics include:

- The story behind *The Art of Surviving*
- What survival mode really feels like
- Moving from surviving to healing
- Why healing looks different for everyone
- Understanding trauma and PTSD beyond the stereotypes
- Learning to trust yourself again
- Finding hope after trauma, loss, and life's hardest moments
- Supporting others through difficult seasons
- Writing *The Art of Surviving* while working in healthcare leadership
- Helping people feel seen, understood, and less alone
- Why your story isn't over

Books and Contact Information

Books, contact information, and where to connect.

Books



The Art of Surviving

Paperback
Kindle eBook

Connect

Website

theartofsurvivingofficial.com

Email

theartofsurvivingofficial@gmail.com

[Amazon Author Page](#)

[LinkedIn](#)

[Facebook](#)

[Instagram](#)

[TikTok](#)

[YouTube](#)

Companion Guide

The Art of Surviving Companion Guide

Kindle eBook



Scan to visit my website

About the Book

The Art of Surviving was inspired by my own journey through trauma, loss, and healing. I wrote it to give words to experiences that are often difficult to explain and to help others feel seen, understood, and less alone. My hope is that readers will find encouragement as they reflect on their own journey and remember that while trauma may become part of their story, it doesn't have to define the rest of it.