

# Teeanna Isaac

Author | Speaker



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## About Teeanna

After experiencing a traumatic loss, Teeanna Isaac turned it into a catalyst for rebirth and has dedicated her time to guide others by sharing her journey. She has spent the last decade since her father's passing, studying grief, vulnerability, confidence, and empathy. Throughout those years, she has read tons of grief management books and memoirs that have played a huge role in her healing and want to guide others on their own journey of self-growth.

Author, life coach, mentor, and volunteer grief counselor, Teeanna believes that everything happens for a reason and she looks at her grief as her **WHY**. She feels through her loss she found her purpose, and what she gained through this experience saved her life and changed her forever. She worked extremely hard after losing her father in high school, having to make up for her missed credits in continuation school she was able to graduate and to become a first-generation college graduate in her family.

As an author of self help for both adults and children, her published work includes *The Beautiful Me* and *Mindful Marks*, an adult activity book to reduce stress and inspire self-love. Her publications have been aimed at the betterment of self through confidence-building techniques and activities. Her latest book *Why I Had to Lose* is a tribute to her father where she encourages those battling loss, suicidal thoughts, and depression to begin on their own self-discovery mission and find their **WHY**.



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## Why Book Teeanna?

As there are various topics with rich content that Teeanna shares with audiences through a mix of her profound life experiences, fresh ideas, and humor, she merges energy and enthusiasm to empower and encourage any audience.

While Teeanna routinely delivers custom content, her most popular topics include -

- Confidence
- Self Love
- Self Discovery

If you are interested in learning more about booking or interviewing Teeanna, please reach out to us today at [Teeanna@Teeannalisaac.com](mailto:Teeanna@Teeannalisaac.com).

## SUGGESTED TOPICS FOR DISCUSSION

### Self-Discovery through Self-Help

Love and melancholy - and how to use this in your journey of self-discovery.

### Grief Management and Healing

Practical advice for managing mental health issues.

### The Book

*Why I Had to Lose*

*A Journey on Living with Loss and Honoring Your Grief*

In *Why I had to Lose*, Isaac offers readers a look into her story and how she overcame the trials of losing a parent so young. She chose to accept and honor her grief in a way that can help others dealing with similar battles. In turn, this book offered her purpose and allowed her the opportunity to heal the cracks within her family.

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## SUGGESTED QUESTIONS

- Your journey with grief began nine years ago when you were only sixteen and woke up to the news that your father died in the room next door to yours. After experiencing such a traumatic loss, you turned it into a catalyst for rebirth and dedicated your time to guide others by sharing your journey. When did you become an expert?
- Do you still write in your journals? How has writing become a therapeutic tool for you in your healing journey?
- Even at a very young age, you have dedicated almost your entire life to helping others on this journey of self-discovery to heal the wounds of loss and pain in their lives. When did you realize you could heal yourself and then others?
- Who are your greatest influencers? Where do you seek motivation?
- Your book *Why I Had to Lose* is a tribute to your father where you encourage those battling loss, suicidal thoughts, and depression to begin on their self-discovery mission and find their WHY. When did you first think about writing the book? Did you also have a WHY behind it?
- We are all faced with significant losses; in our post-pandemic world, where death riddled the globe, we all need time to grieve. How do you guide your readers through this painful process?
- How can learning about ourselves help us bear the unbearable aspect of loss?
- Is it a book written explicitly for daughters who lost their fathers, or can the book be applied to any loss? Tell us a bit of the chapter you wrote with your mother for the widows.
- In the book, you present some delicate topics and offer a deep understanding as you touch on depression and suicidal thoughts. Where can your readers seek help and support besides your book? Do you offer any resources on your website?
- If you had to highlight one takeaway from the book, what would that be? What is your biggest wish with this book?



# WHY I HAD TO LOSE

## About the Book

When your entire world is shattered due to extreme loss, the only thing you can hold on to now is your memories. You look for connectivity and alignment with others through your grieving process.



Having experienced grief at the age of sixteen when her father passed due to an unexpected heart aneurysm, Teeanna Isaac began to question her purpose in life itself. She struggled with many mental health issues, from depression to anxiety, and frequently journaled her nine-year battle with grief. In *Why I Had to Lose*, Teeanna Isaac offers the bereaved compassion and shares the healing experiences that catapulted her into a life of self-discovery.

With a profound approach to learning about oneself to bear the unbearable aspect of loss, Isaac writes from a deep understanding as she touches on subjects of depression and suicidal thoughts and even offers advice from her mother in a segment entitled *Widow to Widow*.

In this compelling and heartfelt book, you'll learn:

- That grief isn't cyclical, and there may not be some exact stages that you have to achieve to find joy again.
- All about the intimate engagement of love and melancholy - and how to use this in your journey of self-discovery.
- How grief can cause damage to one's sense of self and tips on how to not fall into bad habits.
- Practical advice for managing mental health issues- with stories from her mother and siblings nine years past their first day of grieving.
- How to help the grieving and ways to be there for the bereaved without bombarding or crowding their physical or mental spaces.

We are all faced with significant loss, in our post-pandemic world where death riddled the globe, we all need time to grieve. *Why I Had To Lose* offers research, tips, and personal stories plucked from her diaries. In this eloquent tribute to her father, Isaac offers a unique guide through an experience we all must face and compassion for those who don't understand how to help the bereaved.

# WHY I HAD TO LOSE

**TITLE** – WHY I HAD TO LOSE

**SUBTITLE** – A Journey on Living with Loss and Honoring Your Grief

**TAGLINE** – An Encouraging Support to the Bereaved on Their Journey of Self-Discovery

**LAUNCH DATE** – 11/11/20

**AUTHOR NAME | PEN NAME** – Teeanna Isaac

**PUBLISHER** – Teeanna Isaac

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Nonfiction > Family & Relationships > Death, Grief, Bereavement

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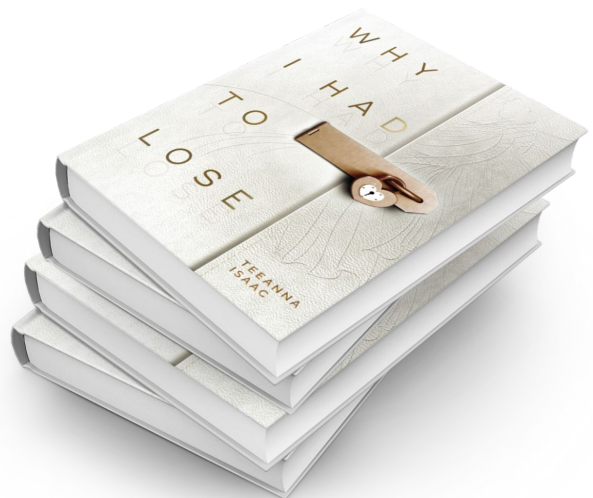
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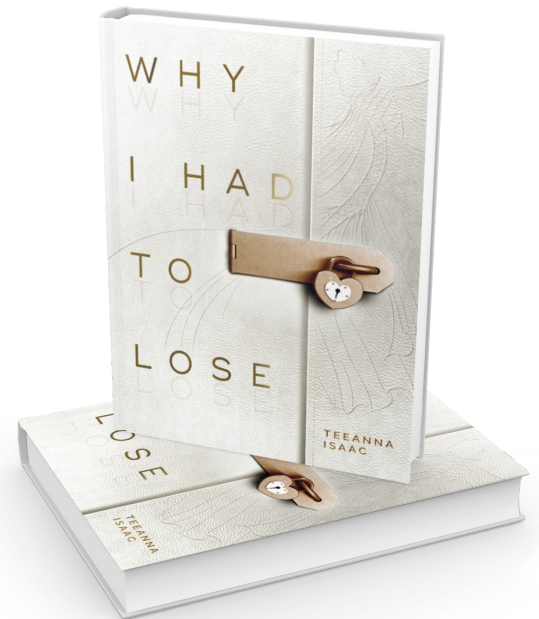
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