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Tampa Author Speaks Out On Mental Health and Suicide Crisis with Her Debut Novel

Tampa Colorado: The rise of mental health issues around the world in light of the COVID-19 global pandemic has provoked Tampa author Lauren Dow to share her personal story of mental illness, recovery, and hope in her debut novel, *In Body I Trust*.

Based on a true story, *In Body I Trust* is a psychological fiction about a week in the mind of one woman's experience with eating disorders, depression, and loss as she discovers what it takes to save herself. While the story may be true to Lauren, it's also a familiar experience to millions of people across the world as we enter the second year since the initial lockdown.

"Once the final page was written," Lauren stated, "I discovered the profound therapy and closure I desperately needed from sharing my story. I know how hard it is to go through life thinking that you're alone and believing suicide is the only way out," said Lauren, "but I want this book to be a way of telling others who have been suffering in silence that they are so far from being alone."

10% of the royalties Lauren Dow receives on all preorders for *In Body I Trust* will be donated to Project H.E.A.L., a nonprofit organization helping to break down systemic, healthcare, and financial barriers to eating disorder treatment (theprojectheal.org).

"When I was first diagnosed [with eating disorders]," said Lauren, "I wasn't able to afford inpatient treatment even with insurance, and after losing my job, it seemed nearly impossible." But as Lauren started doing research, she realized this was something bigger than herself. "I am the poster child for eating disorders (a white female) and when I discovered the lack of research and resources available for marginalized communities, I knew I wanted to contribute somehow. I just wasn't sure what that looked like yet."

Of the 30 million Americans with eating disorders, only 20% receive treatment. BIPOC, LGBTQ+, and other marginalized communities are the least researched, misdiagnosed, and treated for every form of eating disorders. "Eating disorders do not discriminate," said Lauren, "neither should our health care."

Lauren's book will officially be published on May 25, 2021 in honor of Mental Health Awareness Month.

About Lauren Dow: Lauren Dow is the author of *In Body I Trust* and founder of the independent publishing house, New Luna Press. Her work is dedicated to reinforcing self-love and providing support for individuals and families affected by mental health. *In Body I Trust* is available to preorder starting wherever books are sold. Paperback available for \$16.99, Hardcover \$25.99, and eBook \$4.99. Other works by Lauren Dow include *Your Wild Journal: 30 Days of Journal Prompts: Change Your Perspective & Discover Your Creativity*. Visit laurendow.com to learn more.