

VALECIA A. BALDWIN-JOHNSON

Author of *By His Grace My Journey Was Revealed: Affirmations of a Soul in Recovery*

Valecia A. Baldwin-Johnson was born in the mid sixties in Brooklyn, New York. She is a Registered Nurse with more than fifteen years experience and a Nationally Certified Massage Therapist. She has a private health and wellness practice in Fort Washington, Maryland.

Like many children, Valecia's childhood was filled with a mixture of good times and bad times. It was especially tough living in an environment that was filled with alcoholism, substance abuse, and physically abusive episodes. Growing up in those conditions created turmoil that caused Valecia to develop a lack of caring and kindness toward others. It was not until her adulthood, did Valecia realize she was living a dysfunctional life.

During her search for happiness, a term she calls her "journey," Valecia came to understand it was no longer healthy to internalize pain from the dysfunctional behaviors that shaped her life. She slowly learned to release the feelings that were suffocating her. This is where Valecia's true "**RECOVERY**" began.

Valecia is married with two children – Brandi (21 years old) and Juliya (3 years old). Her children have taught her to laugh out loud every day and to exhibit love with gentleness.

Valecia would like for individuals who are "suffering in silence" to know that they are **NOT** alone! She has written her first book entitled: **By His Grace My Journey Was Revealed: Affirmations of a Soul in Recovery**. This book is a collection of affirmations that examines the journey one experiences through good and bad encounters with life.

To share your thoughts and comments with the author, please feel free to contact her at: iamonmyjourney@aol.com or call (866) 250-7780. You can log on to www.tranquiljourneyspa.com/byhisgrace.html for more information or a list of upcoming events.

