

Used To Be Superwoman: The Journey of a Woman Who Left Everything Behind to Find Herself



I Used to Be a Superwoman by Gloria Velásquez

★★★★★ 5 out of 5

Language : English

File size : 5198 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Lending : Enabled

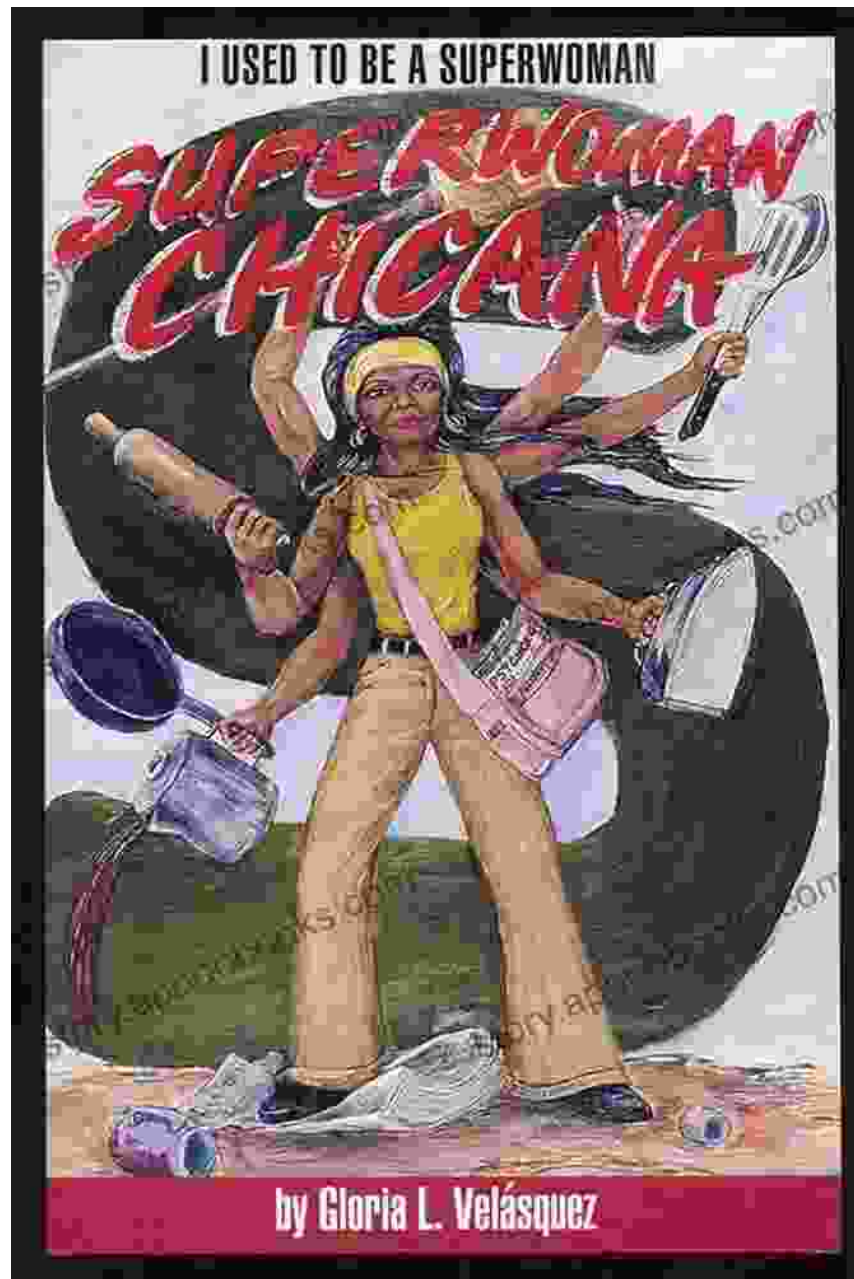
Screen Reader : Supported

Print length : 128 pages

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Kimanzi Constable was a superwoman. She had a successful career, a beautiful family, and a seemingly perfect life. But inside, she was struggling. She was dealing with anxiety, depression, and addiction. She was also grieving the loss of her mother. One day, she decided she couldn't take it anymore. She left everything behind and embarked on a journey of self-discovery.

Constable's journey took her to all corners of the world. She met new people, learned new things, and faced her demons head-on. She also discovered her strength and resilience. Through her travels, she learned to let go of the past and forgive herself. She also found a new purpose in life.

Used To Be Superwoman is a memoir about the power of self-discovery. It is a story of hope, healing, and transformation. It is a story that will inspire you to live a more authentic and fulfilling life.

In her book, Constable writes about:

- Her struggles with mental health
- Her addiction to alcohol
- The loss of her mother
- Her journey of self-discovery
- The power of forgiveness
- The importance of living an authentic life

Used To Be Superwoman is a must-read for anyone who is struggling with mental health issues, addiction, or grief. It is also a must-read for anyone who is looking to live a more fulfilling life.

Praise for Used To Be Superwoman

"Used To Be Superwoman is a powerful and moving memoir. Kimanzi Constable's journey is an inspiration to us all. She shows us that it is possible to overcome adversity and find our true selves." - Oprah Winfrey

"Used To Be Superwoman is a must-read for anyone who has ever struggled with mental health issues. Kimanzi Constable's story is raw and honest, and it will give you hope that you can overcome your own struggles." - Glenn Close

"Used To Be Superwoman is a beautifully written and deeply personal memoir. Kimanzi Constable's journey is one of courage, resilience, and self-discovery. She is an inspiration to us all." - Elizabeth Gilbert

About the Author

Kimanzi Constable is a writer, speaker, and advocate for mental health awareness. She is the author of the memoir *Used To Be Superwoman*. Constable has been featured in numerous media outlets, including *The New York Times*, *The Washington Post*, and *The Oprah Winfrey Show*. She has also spoken at TEDx events and other conferences around the world.



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