

# Creating A Life Of Freedom

★★★★★

“If you’re questioning your relationship with alcohol, read this book. And She Came Tumbling Down has everything: raw storytelling, honesty, vulnerability, aha moments, and redemption. Karla challenges the status quo around acceptable drinking in our boozy culture.”

MICHELLE SMITH

★★★★★

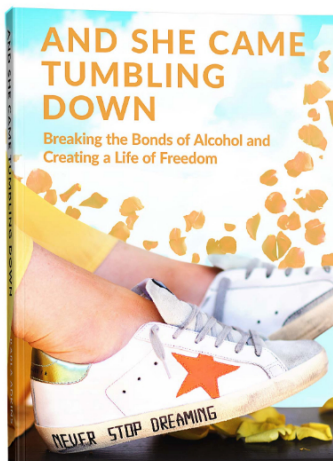
“Few people are strong enough to be as candid about the most vulnerable parts of their story as Karla Adkins is. The world is a much better place thanks to her honesty and compassion and the unforgettable truths she shares. And She Came Tumbling Down will save people’s lives.”

MARAH STETS

★★★★★

“Filled with hopeful messages, gut wrenching truths, and a brave and resilient spirit, Karla’s journey into the darkness and back again is captivating and life changing.”

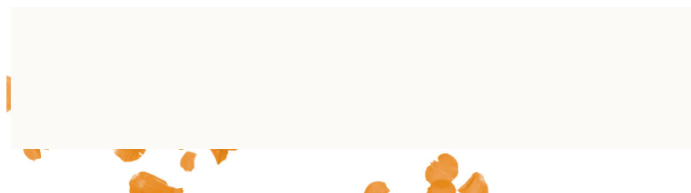
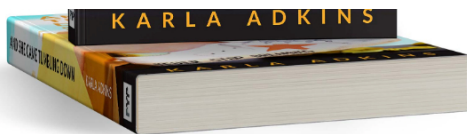
ANNIE GRACE



## Pre-Sale Is Live!

Are you ready to take back control of your life? If you're here, alcohol is likely carrying more power in your life than you want it to, and maybe even more than what you want to admit. Friend, this book, which is my personal story, is for you. Pre-order today and you'll receive a signed copy!

PURCHASE



AUTHOR, COACH, WIFE, MOM

## About Karla

Karla is on a mission to normalize not drinking and to help people make the shift from feeling shame to being courageous. After a life-altering event, her perspective on life changed, and through that experience, she created a safe, judgment-free zone where people can talk about their alcohol fears without being labeled.

Drawing from her own experience as well as her certificate as a Certified Senior Coach through This Naked Mind, Karla helps put people back in control of their lives by empowering them with the tools and knowledge they need to remove their desire to drink.

In her free time, Karla spends time with her family including her husband, daughter, and dog on the East Coast of South Carolina.

Follow Karla

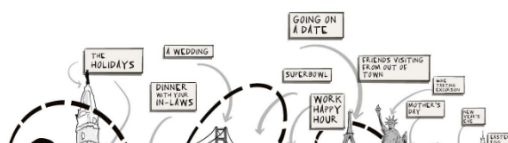


## And She Came Tumbling Down

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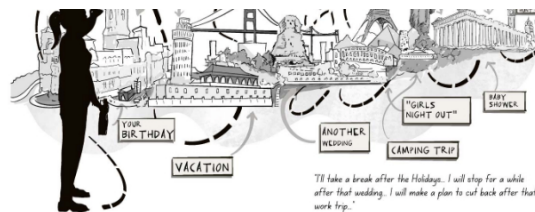
Stopping drinking may seem like an impossibility right now. Are you waiting to

There was always an excuse.



hit rock bottom? What if rock bottom is actually right now? Waiting it out for the ultimate low to be a clear sign that it's time to take control is a risk you don't want to take. Trust me, I've done it. This book is the hope for someone that for a long time, I didn't have. This is my gift to you. It's the encouragement you need to break down the walls of defensiveness and have an open mind to the beauty that's on the other side of not drinking. There is so much power in hope but you have to get out of the shame cycle first. Shame can be the ultimate silencer and a huge block that stops us from saying something and moving forward.

If you have a fire in your gut to make a change because alcohol is no longer serving you, this story is for you. You're not powerless, you're powerful. Dream it.



#### SOCIAL MEDIA



#### NEWS & UPDATES

SIGN UP

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