



ELLEN ELIZABETH

Author, Coach, & Recovery

Advocate

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Ellen is available for comment and story development on the following topics. She is also available to provide extensive real life success stories in all of these areas.

Addiction & Sobriety

Infertility

Motherhood

Twins

Parenting



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simple wisdom for complex lives.



Recovery Today
ADDICTION. RECOVERY AND SOBRIETY



Ellen Elizabeth is an author, coach, & recovery advocate who represents people struggling with feelings of shame and inadequacy. Through radical honesty and recovery principles, Ellen inspires clients to define who they want to be and transform their demons into dreams.

Ellen's memoir, *Split Ends*, was an immediate bestseller when it was published. It received 10 categories as a #1 Bestseller as well as 10 categories as a # Hot New Release.

Ellen has been featured in publications such as *Tiny Buddha*, *Authority Magazine*, and *Recovery Today Magazine*, as well as several podcasts. To keep herself centered, she makes her home with her family in Colorado Springs, CO.

Join Ellen's growing list of followers on Instagram & Facebook at @itsellenelizabeth. To find out more, visit Ellen's website at www.itsellenelizabeth.com.