Book Shares A Rare Glimpse Into A Police Officer’s Personal Struggle With Post-Traumatic Stress Disorder

Kimberley Z. Tent announces the release of ‘Parts of Me’

CRANBROOK, British Columbia (PRWEB) May 13, 2019 -- For Kimberley Z. Tent, life as a police officer can be lonely. Not only is it a difficult career, filled with difficult circumstances and people, but it can also be deadly. However, as she discovered, Tent was at far greater risk from her own mind and her own unrealistic self-expectations than she was from the public.

Tent had given up on life and her battle with post-traumatic stress disorder when a surprise bond with a stranger gave her the courage she needed to face her biggest adversary yet — herself. In her book titled “Parts of Me” (published by Archway Publishing), Tent shares a poetic memoir that gives readers a rare glimpse into a police officer’s personal struggle with trauma, depression, eating disorder and her own will to live or die.

“The first responder community seems to always be in the spotlight; unfortunately, it is not usually for positive reasons. I learned to keep my emotions in check as a police officer 24/7, including talking about my feelings, which prevented me from living a healthy life outside of work. It is very rare for a first responder to share our personal lives with the public, including raw emotions and those of despair and suicidal thoughts. Readers will finally be able to relate to the ‘mindset’ and stigma relating to policing and understand that under the uniform, we are human too,” Tent explains.

The publication of “Parts of Me” aims for readers to understand that PTSD is real, it is dark and it has been deadly throughout the first responder community. “I want readers to know that it does not just affect one personality type, career, gender, race, or religion. It can affect everyone, even people who are expected to be the ‘brave ones’ — those of us in uniform, with badges, guns and sirens. First responders are at far greater risk from their own minds, than they are from the public. If you are reading this and you are suffering in silence, First responder or not, you are not alone — you never were,” Tent adds. For more details about the book, please visit https://www.amazon.com/Parts-Me-Kimberley-Z-Tent/dp/1480873306.

“Parts of Me”
By Kimberley Z. Tent
Softcover | 5 x 8in | 108 pages | ISBN 9781480873308
E-Book | 108 pages | ISBN 9781480873315
Available at Amazon and Barnes & Noble

About the Author
Kimberley Z. Tent resides in British Columbia with her childhood sweetheart of 34 years. She grew up surrounded by nature and began writing at a very young age. She has three children and three grandchildren, who have been supportive to her throughout this journey. Her mission is to spread awareness of PTSD through her own experience as a first responder, and to give hope and support to fellow police officers who are still suffering in silence.

Simon & Schuster, a company with nearly ninety years of publishing experience, has teamed up with Author Solutions, LLC, the leading self-publishing company worldwide, to create Archway Publishing. With unique resources to support books of all kind, Archway Publishing offers a specialized approach to help every author

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