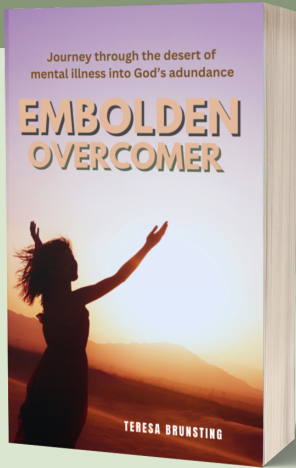


Meet the Author



Book Summary

Teresa's Book, ***Embalden Overcomer***, takes you on a journey through her life in stories of mana and snakes, ups and downs. It highlights how the triune God helps her with her bipolar illness throughout her life. Her journey of over 40 years is like traveling through the desert to the promised land as she relies so many times on God and his promises to survive and eventually to thrive.

Teresa's Mission

Teresa's mission is to tell her story in order to help others going through struggles in life. She has walked through many fires and is a survivor and overcomer. Teresa wants to be an encouragement to those who are going through their own desert.



Teresa Brunsting

About Me

Teresa Brunsting is an author, speaker, and encouraging coach. As an author, she writes about her journey over 40 years with bipolar. She encourages those with mental illness to never give up and to rely on first aid from holy spirit, God and Jesus. Teresa is an embalden overcomer who hopes to encourage others to be the same. She especially has a heart for those with limitations and broken spirits.

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