



TERESA BRUNSTING

teresabrunsting.com

Meet the Author

With over 40 years of personal experience living with bipolar disorder, Teresa inspires others through her writing in her new book, *Finding Normal in Bipolar*.

She also writes in magazines and the Warrior Writer Anthologies.

In addition to sharing about overcoming bipolar, author, life coach, and speaker

Teresa Brunsting shares hopeful messages about international adoption, restoring marriage after infidelity, and more. Teresa, who loves a good game of golf or bunco, is enjoying empty-nester life with her husband, Doug, and their dog, Gracie. She also loves travel and visiting her adult children.



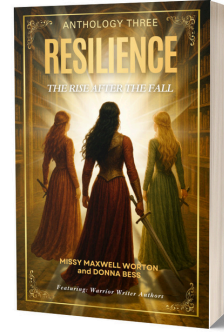
Questions for Interviews

1. Can you share the heart behind *Hope Found in a Baby Girl* and what this adoption journey taught you about waiting, surrender, and trust in God?
2. What were some of the biggest emotional challenges you faced during infertility and adoption, and how did your faith sustain you through those moments?
3. You also have a book, *Finding Normal in Bipolar*, you talk about redefining “normal.” How does faith play a role in finding stability and purpose while living with bipolar disorder?
4. How have you learned to rely on God during seasons of emotional highs and lows, especially when life feels unpredictable?
5. What message of hope would you share with listeners who feel discouraged—whether they are facing mental illness, delayed dreams, or long seasons of waiting?

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Connect with Teresa at teresabrunsting@gmail.com



Summary-Anthology 3

One anthology—twenty-two battles—from twenty-two authors. Each with one breathtaking rise. From betrayal, illness, widowhood, abuse, addiction, financial collapse, anxiety and silence that nearly crushed them, these stories reveal a fierce truth—resilience isn’t loud—it’s a quiet decision to stand again. Raw and real, each journey shows that God meets us in the impossible and turns ashes into hope and pain into purpose. If you’ve ever wondered if beauty can come from brokenness—these women shout YES—and their rise just may ignite yours.

Hope Found in a Baby Girl

Hope Found in a Baby Girl is a heartfelt story of resilience through infertility and seasons of waiting. Teresa Brunsting shares how faith and perseverance led her family to international adoption and the joyful arrival of their daughter—offering hope to those facing delayed dreams, emotional struggle, and unanswered prayers.



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