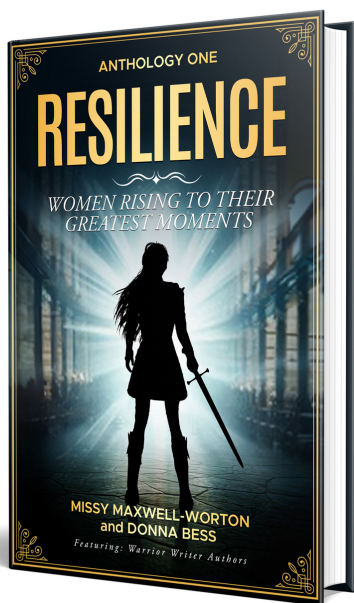




Summary-Anthology I

This collection of stories is a celebration of the human spirit from fourteen extraordinary women. Each chapter authentically stands as a testament to the power of resilience, from life altering setbacks to unexpected adversities, showing that even in the face of overwhelming odds, triumph is possible. This book will inspire you to rise up to your greatest moments.

Death Without a Casserole

Teresa's story shares how infidelity shattered her marriage and the grief that followed. She compares the death of a marriage to losing a loved one. Unlike physical death, a broken marriage doesn't bring casseroles. She journeys through the stages of grief and allows God's healing to restore what feels beyond repair.



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Meet the Author

Teresa Brunsting is a passionate author, speaker, and coach dedicated to empowering individuals facing mental health challenges. With over 40 years of personal experience living with bipolar disorder, Teresa inspires others through her writing in magazines and the Warrior Writer Anthology, while working on her own memoir.



encouragement, and a reminder that even in the darkest moments, overcoming is possible.

Coming Fall 2025

Teresa will launch her own true story this fall. Her story is about her life with bipolar and trying to find "normal."

Questions for Resilience

- How did your faith help you cope with the heartbreak of your separation, and how did prayer guide decisions for your children?
- What did you mean by "divorce is like a death without a casserole," and how did it impact your healing process?
- How did you balance mental health and marital struggles, and how did you rely on God to navigate them?
- How did you experience "First Aid from the Holy Spirit" during your darkest moments, and how did you learn to trust God with your marriage?
- What would you say to someone who feels their marriage is beyond repair, and how has faith played a role in the healing and restoration of your marriage?