

## **Maine Authors**

# **Kevin Mannix and Linda Rota**

**Wednesday, August 2nd**

**6pm-8pm**

**At the Belgrade Public Library**

Join weatherman Kevin Mannix and social worker wife Linda Rota, as they talk about their individual experiences with shame and stigma throughout their childhood and adult lives. They share their life experiences, lessons, struggles and feelings of shame and the stigma that results from growing up exposed to alcoholism, severe depression and suicide. In their book, *Weathering Shame*, the authors' goal is for readers to benefit from their struggles, raise awareness and to be inspired and encouraged by their personal stories to embark on their own journey of self discovery, recovery or awareness. Kevin and Linda's mission is to lead society farther down a path of reducing shame and stigma

Books will be available for sale and light refreshments will be served. For more information, call (207) 495-3508.



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