TRICIA GRAY, MBA, MHA, FACHE, CPHQ

Author • Speaker • CEO • Domestic Violence Prevention Advocate

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OFFICIAL PRESS RELEASE

FOR IMMEDIATE RELEASE

PALMETTO PUBLISHING RELEASES TRICIA GRAY'S DEBUT MEMOIR: *A LOTUS LEGACY: AN INSPIRING MEMOIR OF A GIRL WHO SURVIVED HER MOTHER'S TRAGEDY, TO BECOME HER LIVING LEGACY*

#1 AMAZON HOT NEW RELEASE SHOWCASES A POWERFUL OUTPOURING OF RADICAL HOPE, EMPOWERMENT, AND DOMESTIC VIOLENCE PREVENTION ADVOCACY.

August 2026 — Author, speaker, and CEO Tricia Gray announces the official release of her highly anticipated memoir, *A Lotus Legacy: An Inspiring Memoir Of A Girl Who Survived Her Mother's Tragedy, To Become Her Living Legacy* (Palmetto Publishing, $15.99). Capturing a raw, deeply moving account of navigating poverty, domestic violence, and profound loss, the book has quickly struck a chord with readers, ascending to the **#1 spot on Amazon's Hot New Releases** list.

As a product of domestic violence and the oldest daughter who witnessed her mother's suffering firsthand before standing over her lifeless body at nineteen, Gray writes not just as a survivor, but as a fierce **Domestic Violence Prevention Advocate** for vulnerable women and children. *A Lotus Legacy* serves as a vital blueprint proving that immense pain can be transmuted into an unshakeable source of enduring strength.

Emphasizing that transformation requires intentional action, Gray expanded her release into **The A Lotus Legacy Collection**, featuring *My B.L.O.O.M. Journal* ($9.99) and the 8-week sisterhood program, **The B.L.O.O.M. Experience**. The full collection and book bundles ($22.99) are available for global purchase via **Amazon** and her official website.

AUTHOR BIOGRAPHIES

Short Biography (Media & Event Introductions)

Tricia Gray, MBA, MHA, FACHE, CPHQ, is an author, speaker, healthcare executive, and dedicated **Domestic Violence Prevention Advocate**. As a product of domestic violence and the daughter of a victim, she stands as a powerful voice for women and children. Through her #1 Amazon Hot New Release memoir, *A Lotus Legacy*, and her structured frameworks like *The B.L.O.O.M. Experience*, Tricia inspires and motivates others to rise above their circumstances, turn pain into purpose, and intentionally design their own legacy of wellness. Learn more at www.triciangray.com.

Long Biography (Comprehensive Profile)

Tricia Gray is an author, speaker, CEO, and healthcare executive dedicated to **domestic violence prevention advocacy** and empowering vulnerable communities. Drawing from her background surviving domestic abuse, poverty, and severe hardship in a small Louisiana town, she created **The A Lotus Legacy Collection** alongside her best-selling debut memoir, *A Lotus Legacy: An Inspiring Memoir Of A Girl Who Survived Her Mother's Tragedy, To Become Her Living Legacy*, to prove that individuals have a profound capacity to rise above their pasts.

Witnessing her mother's suffering firsthand and facing profound loss at the age of nineteen, Tricia chose not to let grief define her life. Instead, she committed herself to breaking the cycle, building a highly successful career, and raising four children. Her children, she notes, became her greatest teachers—helping her unlearn the disappointment of her upbringing and grow into a platform of unconditional love and advocacy.

As a survivor, executive, and board president, Tricia frames her healing journey not merely as a personal victory, but as an educational blueprint for others. Her advocacy highlights the intersection of raw, honest storytelling and daily, intentional action. Through her books, journals, and the community-driven *B.L.O.O.M. Experience*, Gray provides actionable frameworks to build deep emotional resilience, dismantle trauma, and cultivate a lasting, generation-spanning legacy of true personal wellness.

DIGITAL MEDIA ASSETS REGISTRY

The following high-resolution files are available for download directly on the Media Page at www.triciangray.com or upon inquiry:

Asset Description	File Context / Description	Format/Res
Author Professional Headshot	Tricia Gray podcast session image wearing denim blazer.	JPG / 300 DPI
A Lotus Legacy Front Cover	Front layout showing childhood photo with golden lotus line art.	PNG / 300 DPI
The Ultimate Toolkit Bundle	Side-by-side promotional rendering of the memoir and companion journal.	PNG / 300 DPI

BOOK METADATA & DISTRIBUTION SPECS

Title:	A Lotus Legacy: An Inspiring Memoir Of A Girl Who Survived Her Mother's Tragedy, To Become Her Living Legacy	**Retail Price:**	$15.99 (Paperback)
Author:	Tricia Gray	**B.L.O.O.M. Journal:**	$9.99 (Guided Roadmap)
Publisher:	Palmetto Publishing (August 2026)	**The Ultimate Bundle:**	$22.99 (Memoir + Journal)
Availability:	**Available on Amazon** & www.triciangray.com	**Core Formats:**	Print, Digital, Collection Suite

SUGGESTED INTERVIEW QUESTIONS

Perfect for podcast hosts, radio producers, television segments, and journalists.

1. **The Origin Story:** What inspired you to share your experiences growing up in a small Louisiana town navigating poverty, domestic violence, and loss in *A Lotus Legacy*?
2. **The 'Lotus' Symbolism:** You write that 'like a Lotus Flower rising from the mud, you possess the resilience to rise.' How does this concept shape your broader mission?
3. **The Role of an Advocate:** How does your platform as a **Domestic Violence Prevention Advocate** shape the work you do with families and communities today?
4. **Moving Past Survival:** How does your corporate executive background combine with your personal story to guide readers from survival mode into building a wellness legacy?
5. **The Role of Action:** Why did you choose to pair your raw memoir with a practical, structured tool like *My B.L.O.O.M. Journal*?
6. **The B.L.O.O.M. Experience:** What role does sisterhood and community play in breaking these deep, generational traumas?
7. **Advocacy Work:** What systemic changes are closest to your heart right now when it comes to protecting vulnerable women and children?
8. **Unlearning the Past:** You've mentioned that your four children have been some of your greatest teachers. How did they help you unlearn the anger and disappointment of your upbringing?
9. **The Power of #1:** How has the readership responded to your book hitting the very top of Amazon's Hot New Releases chart?
10. **The Ultimate Goal:** You stated you wrote this book 'for everyone carrying a weight that was never theirs to hold.' What is the first step a reader should take today to drop that weight?