

Author Biography

Yvonne Tomlinson



About the Author

Yvonne Tomlinson is an award-winning trainer, business executive, author, and a loving mum and grandma.

After dropping out of school at the age of 15, she turned her uncertainty about the future into success. This is her first book.

Book Synopsis

Open up this memory box to reveal one woman's memoir of forced adoption, loss and self-loathing.

Locked away for years, these memories have now found their voice as Yvonne Tomlinson bravely shares Memory Boxes with the world.

Through raw honesty and unwavering courage, Yvonne invites readers to explore the contents of her memory boxes, revealing the resilience and strength that have carried her through the darkest of times.

Join Yvonne on her healing journey as she explores the power of forgiveness and the unbreakable human spirit.



PRESS RELEASE – for immediate release

Memory Boxes Reveal a Hidden Voice

Business Executive and Award-Winning Trainer Yvonne Tomlinson Unveils Her Deeply Personal Memoir, *Memory Boxes*, Highlighting Forced Adoption, Loss, and the Path to Forgiveness



[United Kingdom, 20th August 2024] Business executive, award-winning trainer and advocate Yvonne Tomlinson is set to release her most intimate and powerful work yet, *Memory Boxes: Illuminating a Path to Happiness*. This poignant memoir unveils the locked-away memories of a past marked by pain and hidden trauma, now courageously brought to light.

In 1983, at the tender age of 15, Yvonne experienced a life-changing moment when she discovered she was over 30 weeks' pregnant. Her newborn son was later swiftly taken from her. Yvonne never saw him, never held him. Others had made the decision for her: her son was to be adopted.

About 185,000 women in England and Wales were coerced into giving up their babies in the 1960s, 1970s and 1980s. The government has acknowledged that this was “wrong and should not have happened”, according to a BBC report in January 2024.

Yvonne Tomlinson – who is from Castleford, Yorkshire and now lives in York – kept these memories sealed away for years, but now, with unparalleled honesty and vulnerability, she opens her memory boxes to the world.

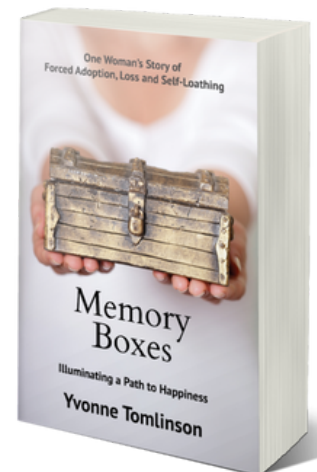
Yvonne shares her experiences of different types of loss: how her son was lost and found; the loss and break-up of her marriage; the unexpected, tragic, public loss of her brother, who was one of the three men killed in the 2000 Canary Wharf crane tragedy; and how life can change after the loss of a parent.

Through her narrative, Yvonne shares her journey through the harrowing experience of forced adoption, the profound grief of loss, and the deep self-loathing that followed. Yet, it is not merely a story of suffering – it's a testament to the resilience and strength that have carried her through life's darkest moments.

In *Memory Boxes*, Yvonne invites readers to delve into the intimate details of her life, encouraging them to confront their own buried truths and find solace in shared experiences. Her memoir is not just a recollection of the past but a beacon of hope, illustrating the transformative power of forgiveness and the enduring strength of the human spirit.

Yvonne's story is a reminder that even in the face of unimaginable hardship, healing is possible. Her journey is an inspiring testament to the unbreakable human spirit, making *Memory Boxes* a must-read for anyone seeking to understand the depths of loss, the complexities of forgiveness, and the true meaning of resilience.

Yvonne says, “*My life has been filled with twists and turns, good days and bad days, but putting pen to paper has been a journey of recollection and reflection, embedding the person I am today.*”





About the Author

Yvonne Tomlinson is a business executive, award-winning trainer, speaker, and advocate with a passion for helping others overcome personal challenges and unlock their full potential. With years of experience in the field, Yvonne has become a trusted voice in personal development and healing, using her platform to inspire and empower individuals around the world. She lives in Yorkshire.

Praise for Memory Boxes

"Yvonne shares a tumultuous personal journey in a compelling, relatable, authentic way.

A rare, humorous and inspirational page turner."

Kate Osborne

Mindfulness Trainer and Results Trained Coach

"... a handbook for life, and I love the snippets of wisdom at the end of each chapter."

Colin Tansley

Author of *Mastering the Wolf* and *The Little Book of Wolfie Wisdom*

"A searingly honest account of an ordinary woman's life, who through sheer hard work and determination has turned her life around and become a successful businesswoman..."

Tracey

Retired Police Officer

"The author has laid her soul bare, giving total transparency of her life. It is a journey from a happy childhood to traumatic teenage years through to the responsibilities of adult and parenthood A truly inspirational read."

Christine Ivel

An avid reader and friend

"Yvonne has not been afraid to tackle subjects that are uncomfortable to deal with, and she does not shy away from the after-effects of what she had to deal with."

Janet Shreeve

Mother, Grandmother, Business Owner and Director

"Memory Boxes is utterly heartbreaking yet uplifting, and will linger in your mind long after you have read it."

Olivia Eisinger

Freelance Editor and Proofreader

Notes

- *Memory Boxes: Illuminating a Path to Happiness* by Yvonne Tomlinson, published by Book Brilliance Publishing, 27th August 2024, RRP £13.99, ISBN 978-1-913770-86-0.
- For media inquiries, interviews, review copies and high-res images, please contact: admin@bookbrilliancepublishing.com

