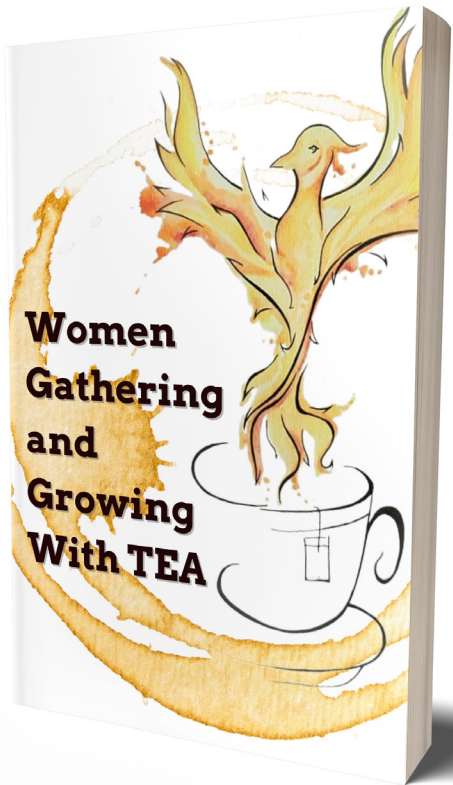


Women Gathering and Growing with TEA

A Practical Guide to Self-Empowerment by Tracy Bradshaw



“

Tracy Bradshaw is an amazing writer. She bravely tells her story of love, loss and life. And through it all, she assembles a group of women who learn and grow together while helping others and making their community a better place for all. - JODIE

Bradshaw's elegant prose encourages and inspires women to look inward to find happiness, self-love, and confidence. This book not only addresses self-awareness, but incites a powerful look at community, friendship, and the beauty of patriarchy. Through her captivating stories and her thought provoking questions and exercises, Bradshaw challenges women around the world to ponder the meaning of their lives and what more they can extract from their experiences. - LIZ

”

About the Book

There wasn't an initiation process to guide us to become wives, mothers, sisters, and daughters without losing ourselves or our souls. There wasn't a forum to discover how to meet our gifts with authenticity. Instead, we were chastised and learned to play small, be small, fit in—but it was not working. This was the reason we needed to make TEA: The Empowering Alliance.

Women Gathering and Growing with TEA documents Tracy Bradshaw's journey to create a community of women who joined together to dismantle restrictive cultural norms. Part memoir, part guide, this book includes personal stories of transformation and a proven method that you can replicate using the twelve preplanned exercises created to connect, inspire, and transform.



About the Author

TRACY BRADSHAW

Tracy Bradshaw is a veteran mission-based leader who has spent two decades developing, implementing, and evaluating programming primarily with women and teens. She is an expert in team development, group dynamics, and experiential learning. Tracy's debut book, *Women Gathering and Growing with TEA*, shares lessons learned through her own journey of self-empowerment and her career working with vulnerable populations and at-risk youth. Originally from a rural hamlet in Western New York, Tracy and her family of 8 moved to Charleston, SC in 2018, where she resides with 3 dogs and a bird named Rocko.

Listen to the Podcast

Truth tellers spill the tea about the misguided trappings of what it means to be a woman. Listen in weekly as they tackle the myths and realities of being a daughter, sister, mother, wife, and friend. [VISIT THE WEBSITE TO FIND OUT MORE](#)



Stay Connected

To order the book, learn more about Tracy + stay updated on new events, please visit

GROWINGWITHTEA.COM

For media inquiries, order questions, or to plan a TEA retreat, please email

GROWINGWITHTEA@GMAIL.COM

FOLLOW THE TEA



amazon