

FOR IMMEDIATE RELEASE

October 3, 2020

Contact: Crystal Waltman

Phone: 480-206-6136

Email: cwaltman05@gmail.com

Scottsdale Mom Nominated for Global Author Award for Book “Quitting to Win”

Crystal Waltman Shares Her Triumph Over Tragedy Story at Book Launch Event on Oct. 17

(PHOENIX) – Arizona native [Crystal Waltman](#) has been nominated for a 2020 Author Academy Elite Award for her book “Quitting to Win” as one of the top ten health books of the year. It was also No. 1 on Amazon’s new release list for five weeks. “Quitting to Win” is about her tragedy to triumph story through sports, spine surgery, addiction and sobriety.

Waltman is a fourth generation Arizonan who grew up in Glendale and started playing softball at age 4 and training competitively at age 10. She became an all-around collegiate athlete who gave her body and soul to softball. Like many athletes, she had the play hard, party hard mentality, and at the age of 14, Waltman began abusing alcohol. When she was 18 years old, she started having back pain and turned to painkillers and other substances. The combination of factors – back pain, alcoholism and prescription painkillers – was a recipe for disaster.

She was an alcohol abuser for 20 years and couldn’t imagine living past the age of 40. Now, Waltman is 42 years old and sober. Making it to this milestone that she never thought would happen, she felt a calling to share her story in the book, “Quitting to Win”, which has become a bestseller and is nominated for global awards.

“I never imagined myself living past the age of 40,” said Crystal Waltman. “But after overcoming alcohol abuse and losing my best friend to mental illness, I recognized that there’s so many people suffering in silence and have been impacted by similar situations. This book is my message of hope to those struggling.”

Waltman is hosting an in-person and virtual book launch on Saturday, October 17 from 2 to 4 p.m. at [ESenEM Yoga Scottsdale](#). The event will benefit [The Sold Out Foundation](#), which challenges students and youth to live a life of alcohol and drug abstinence. Additionally, the book launch will feature special guests including [Roman Gabriel III](#), president of The Sold Out Foundation, producer and best known for his Faith, Family and Football Celebration and FSPN Awards Live event, an expert from [Scottsdale Recovery Center](#), author [Aleta Norris](#) and more! It’ll be streamed live on Facebook and guests can purchase tickets [HERE](#).

“This event is all about community awareness and education. I want to create a safe space to share my story and open the conversation about physical and emotional trauma, substance abuse, mental health and overcoming them. The attendees will hear from a variety of guest speakers as well as my proven plan on letting go of bad habits and how to find and keep emotional sobriety,” said Waltman.

For more information and to stay up to date with the book launch details, visit the [event page](#) or [crystalwaltman.com](#). To get tickets to the event, click [HERE](#). To vote for “Quitting to Win,” click [HERE](#).

About Crystal Waltman

Crystal Waltman is a fourth generation Arizonian that shares her raw stories of triumph over tragedy including sports, sobriety and spine surgery. Waltman has been public speaking for more than five years sharing her experiences. She’s achieved a collegiate national championship in softball, has continued to coach nutrition and fitness for over 20 years and has found her calling in spiritual fitness.

###

Crystal Clear LLC
8422 E Shea Suite #101
Scottsdale, AZ 85260