



@therapyforwomen  
425k

# AMANDA E. WHITE

LICENSED PROFESSIONAL COUNSELOR | AUTHOR | RETIRED PARTY GIRL

[www.amandaewhite.com](http://www.amandaewhite.com)



## About Amanda E. White

Amanda E. White is a licensed therapist and the creator of the popular Instagram account @therapyforwomen. She is the founder and director of the group therapy practice, Therapy for Women Center, based in Philadelphia, where she serves clients across the country. People are drawn to Amanda's unique expertise, accessible approach to healing and mental health, and her expertise has been featured in notable publications such as Forbes, Washington Post, Shape, Women's Health Magazine, and more. Out on January 4, 2022, Amanda's debut book, NOT DRINKING TONIGHT: A GUIDE TO CREATING A SOBER LIFE YOU LOVE, is an honest discussion of mental health where Amanda explores our reasons for drinking alcohol and the benefits of taking a break. For more information, please visit [www.amandaewhite.com](http://www.amandaewhite.com).

## Why Amanda E. White?

- Amanda struggled with high expectations of herself and the shame that would follow when she did not meet those expectations. As a result, the intense shame would cause her to act out through drinking, an eating disorder, unhealthy relationships, and more. Through her recovery journey, Amanda learned that many people struggle with what she went to, and she's dedicated her life to helping people recognize addictive behavior and break the cycle of shame.
- Amanda is a licensed therapist and the founder and director of the group therapy practice, Therapy for Women Center, where she serves clients across the country.
- Amanda is in recovery from her eating disorder and alcohol abuse, and through her recovery, she realized she also needed to recover from people-pleasing, perfectionism, and codependency. She created her Instagram account, @therapyforwomen, for those who were also struggling with boundaries and self-compassion. Today, her community has grown to over 300,000 people.
- Amanda has gained national recognition from top-tier media for her expert advice, including Shape, The Washington Post, Forbes, Women's Health, Well + Good, and more.

Media contacts: Olivia Parven / Allie Ellers  
[Olivia@choicemediacommunications.com](mailto:Olivia@choicemediacommunications.com) /  
[Allie@choicemediacommunications.com](mailto:Allie@choicemediacommunications.com)  
202-375-8921 / 864-650-6166



**SHAPE** The Washington Post  
**Forbes Women's Health BuzzFeed**

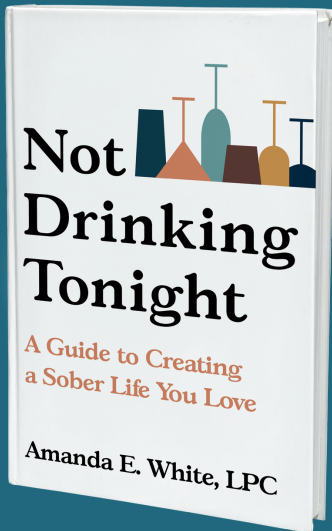


@therapyforwomen  
425k

# AMANDA E. WHITE

LICENSED PROFESSIONAL COUNSELOR | AUTHOR | RETIRED PARTY GIRL

[www.amandaewhite.com](http://www.amandaewhite.com)



## About NOT DRINKING TONIGHT

NOT DRINKING TONIGHT: A GUIDE TO CREATING A SOBER LIFE YOU LOVE releases Jan. 4, 2022, and is an honest discussion of mental health, where Amanda E. White explores addictive behaviors, our reasons for drinking alcohol, and the benefits of taking a break. Judgment-free and relatable, this is the first book that helps us address the root issues that cause us to reach for a drink and help you unpack your relationship with addictive behaviors to create a life you love. Amanda helps you focus on your relationship with alcohol by showing you how to find out why you drink, heal your relationship with alcohol, and build the sober life you love.

## Why NOT DRINKING TONIGHT?

- Judgment-free and relatable, Amanda helps you unpack your relationship with alcohol by showing you how to: find out why you drink, heal your relationship with alcohol, and build the sober life you love.
- Choosing not to drink can be daunting. It's everywhere in our culture, our socializing and our de-stressing, and our society. NOT DRINKING TONIGHT is a knowledgeable and supportive guide for anyone wanting to change their relationship with alcohol.
- NOT DRINKING TONIGHT isn't a program to stop drinking; it's the first book to help you address the root issues that cause you to reach for a drink and how to ultimately create a life you love.
- NOT DRINKING TONIGHT is for anyone questioning their relationship with alcohol or other addictive behaviors. Amanda provides examples, tools, and practices that help you practice self-awareness and compassion while examining these addictive behaviors.

Media contacts: Olivia Parven / Allie Ellers  
[Olivia@choicemediacommunications.com](mailto:Olivia@choicemediacommunications.com) /  
[Allie@choicemediacommunications.com](mailto:Allie@choicemediacommunications.com)  
202-375-8921 / 864-650-6166



**SHAPE** The Washington Post  
Forbes Women's Health BuzzFeed

# Suggested Interview Questions

- How can you set healthy boundaries with alcohol if you don't want to be sober?
- Where do addictive behaviors stem from, and how can we recognize them from the beginning?
- How do you know when you should stop drinking?
- What are tips for breaking the cycle of self-sabotage?
- What inspired you to write this book?
- What is Disordered Drinking, and why do you think this term needs to be introduced?
- What are tips for being mindful while drinking?
- How can you best navigate dating while sober?
- What is the overlap between diet culture and alcohol culture?
- How can you use curiosity when processing your emotions?
- What signs that you need to heal your relationship with food or exercise?



# Suggested Interview Topics

- How alcohol affects your mental health
- The alcohol education you didn't get in school
- The cycle of self-sabotage and how to break it
- How to support someone struggling with a substance use disorder
- The connection between shame and trauma
- Questions to consider as you reevaluate your relationship with alcohol
- How to identify yourself as an alcoholic if you don't "fit the mold"
- Addictive behavior patterns through the lens of a therapist
- How to create a life you don't need to escape from
- Disordered drinking: what is it and why should we be using this term
- The tie between loneliness and alcoholism
- How to take the steps to health your relationship with your body image
- How to tell people you aren't drinking
- Why sober socializing is challenging
- Navigating being sober when your partner drinks



Media contacts: Olivia Parven / Allie Ellers  
Olivia@ChoiceMediaCommunications.com /  
Allie@ChoiceMediaCommunications.com  
202-375-8921 / 864-650-6166



**SHAPE** The Washington Post  
Forbes Women's Health BuzzFeed