

BIO

Anita Swanson's writing and speaking life began only after she concluded her thirty-one year career as a hospital registered nurse. Seeking an alternative to the high pressure areas of the Emergency Rooms and Intensive Care Units she had grown to love, she found exactly what she looking when she enrolled in the UCLA Writer's Program.

When faced with a blank piece of paper every writer hopes that she can find her own voice and breathe life into the words that have captured her imagination. Anita was able to do that by using her rich background as a clinical nurse and re-examining her own family history. Her book, *Slow Hope The Long Journey Home*, was awarded four-and-half stars by Amazon as well as the Writer's Digest. She also capture first place in the Taproot Literary Review. It is with her unflinching honesty and surprising dash of humor that she brings hope, help and encouragement to those who had suffered through a personal trauma of abuse, loss or despair.

In addition to her writing life she also added acting. After studying for four years at the Lee Strasberg Institute in Hollywood, she went on to do numerous plays, became a member of the prestigious West Coast Ensemble and successfully acted in several TV commercials. Anita is living proof that a wounded heart can be renewed, a shattered faith can be restored and that forgiveness is for everyone.

She currently resides in Northern California with her husband and where she writes and tries to stay fit enough to keep up her with six grandchildren, all boys, all under the age of six.