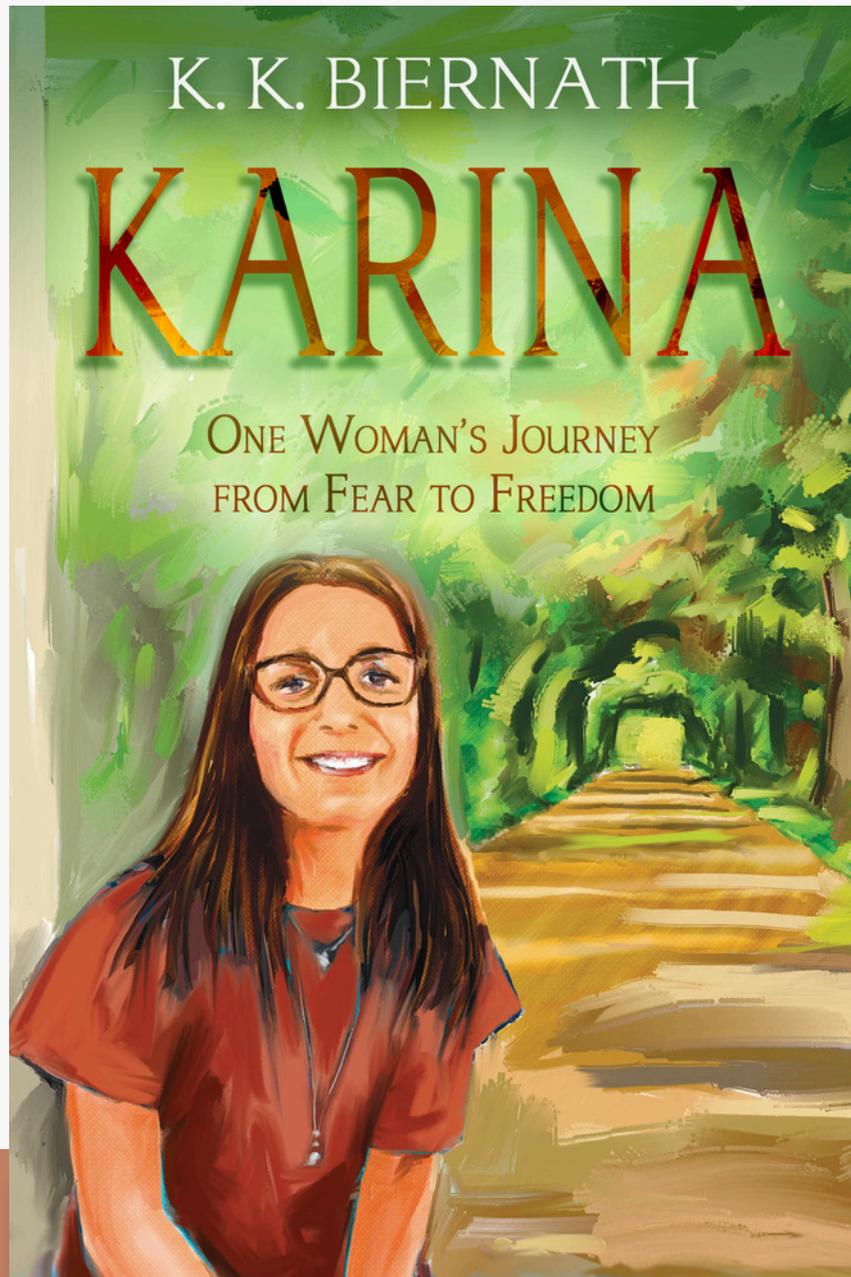


MEDIA KIT



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LONG BIO

Originally from Poland, Karina, writing under a pen name as, K. K. Biernath moved to the United States in 1999 to learn English, experience life in a new culture, and find happiness. As her language skills grew, so did her career. In 2021, she held a role as an executive assistant to the CEO and EVP of a nonprofit organization. She thrived there—personally and professionally—and felt truly seen and valued. That experience reawakened the courageous and confident person hiding in her.

Her twins were born with rare genetic condition and one of them needed daily support. That led her to stop away from the corporate career and become a full-time, stay-at-home mom.

Once she left the working world, a quiet idea began forming in her busy mind: "Maybe I should tell my story?"

This creative journey has transformed her. Her writing began as a form of healing and self-discovery and has since become her life's passion. What started as a personal letter to her children turned into a powerful story filled with hope, courage, and transformation.

K. K. Biernath loves reading, yoga, walks, good food, music, and all forms of art. She values friendship and makes time to nurture the people she cares about.

SHORT BIO

K. K. Biernath is a Polish-born author, poet, and speaker whose work focuses on vulnerability, courage, and the inner landscapes of women's lives. Now living in Pennsylvania, she draws inspiration from her personal journey—including motherhood and raising children with special needs.



THE WHY

I wrote this book with my children in mind. I wanted to tell them, and others, through the book and my words, that anything is possible in life.

**You can be whoever you want to be.
Do whatever you want to do.
Live however and wherever you want to.**

I lived a life I thought I was supposed to. Career, marriage, family, and success—but inside, I was lost. My body began to break down, and that was the wake-up call I couldn't ignore.

I came to realize that the very own thoughts were making me sick. And if my thoughts could make me ill, then maybe my thoughts could also help me heal. That shift changed everything. The transformation began.

I want others—who feel unhappy, unfulfilled, and live in fear—to know they are not alone. You don't have to keep neglecting yourself to make others happy. You are allowed to have your own needs and desires, to pursue your dreams and passions, to be yourself, and to create a life that it's truly yours.

And you can create it...with Love and Kindness!

BOOK SYNOPSIS

A poignant story that illustrates it is possible to rediscover yourself and become the person you were always meant to be.

Born and raised in Poland, Karina accomplished her goals – traveling and learning languages, moving to the United States, climbing the corporate ladder, marrying, and building a family – but she never truly felt happy. In an effort to please the people around her, Karina denied her needs and squashed her own identity.

Twenty years of building the life she thought she longed for in the United States, her body began to rebel: developing irritable bowel syndrome, pneumonia, a pericardial cyst, and Lyme disease.

After a decade in the care of physicians and psychotherapists, Karina was ready to go in a new direction. Working with a holistic doctor, she came to a transformational belief: if her thoughts could make her sick, her thoughts could make her well. Karina realized she could be the creator of her life. And that was catalyst that saved her family, marriage, and her well-being.

EARLY REVIEWS

“shows the power of determination, resilience, and never giving up in life”

—Readers’ Favorite Review

“a story that reminds us how extraordinary change can happen to ordinary people just like ourselves.”

—Readers’ Favorite Review



QUOTES FROM THE BOOK

“

“I learned a valuable lesson here: to never hold back or keep any secrets. From now on I would follow my gut and do what feels right to me.”

“

“No more asking for blessings, but communicating my wants and decisions.”

“

“The healing proved I was powerful, that I had the power within me to do anything, as long as I put my mind to it.”

“

“All the doubts and confusion I dealt with in the last not weeks but years... it had nothing to do with my marriage after all. It was all about me!”

SPEAKING

Karina brings warmth, honesty, and hard-won wisdom to every stage and conversation. Through her journey of chasing success, losing herself, and ultimately finding healing, she offers audiences a powerful reminder: it's never too late to reclaim your voice and create a life aligned with your truth.



SPEAKING TOPICS INCLUDE:

- Embracing Vulnerability to find strength.
- The path of “unbecoming”.
- Writing your way to healing.
- Boundaries: The language of freedom.
- Silencing the inner critic.
- The breakthrough: Finding purpose through your pain.
- The creative act of building a new life.
- Reframing uncertainty.
- Healing after emotional or spiritual trauma.
- The courage to share your truth publicly.

Karina is available as a guest speaker for both in-person and virtual events.

Invite Karina as your next:

Guest Speaker
Podcast Guest
Book Club Featured Author

INTERVIEW QUESTIONS

- What inspired you to turn such a deeply personal and vulnerable journey into a public story?
- Was there a distinct moment when you decided that the narrative of your life should shift from being defined by fear to actively pursuing freedom?
- The memoir details your journey from fear to freedom. What did you learn was the most important first step away from fear?
- How Karina’s journey mirrors the experiences of many modern women?
- For readers who may be on a similar path, what is one piece of advice you would offer, based on your own experience?
- Is freedom a destination or a continuous process? And how does your memoir speak to that?
- Writing about the past can sometimes unearth old emotions. Were there any parts of your story that were especially difficult to revisit, and how did you push through?

HEADSHOTS



[CLICK HERE FOR
DOWNLOADABLE PHOTOS](#)

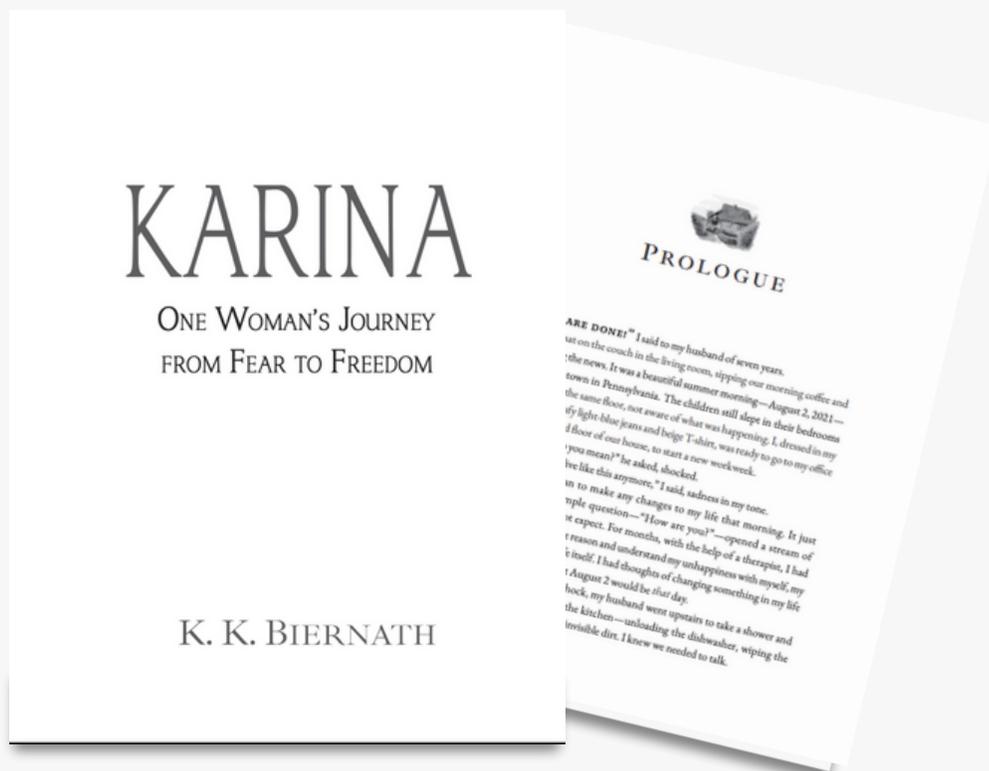
BOOK IMAGES



[CLICK HERE FOR
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FREE FIRST CHAPTER

Discover the raw and emotional beginning of K. K. Biernath's memoir, *KARINA: One Woman's Journey from Fear to Freedom*, with a downloadable free chapter. It will offer you a glimpse of a story where fear meets courage, guilt befriends acceptance and freedom opens a door to a new life.



[DOWNLOAD A FREE CHAPTER](#)

BOOK CLUBS

PERFECT FOR MEANINGFUL CONVERSATIONS:

This book opens the door to:

- Honest discussions about the complexity of being a woman and a mother
- Sharing personal stories, fears, and triumphs
- Reflecting on the moments that change us

Whether your club is deeply reflective or just beginning to explore personal reads, Karina will gently guide your conversation.

Karina is happy to join your group in person—whenever a face-to-face gathering feels more meaningful than a screen.



FOR BOOK CLUBS, KARINA OFFERS:

- A free downloadable reading guide with questions and reflections
- A virtual Q&A session (upon request)
- A beautiful excerpt to share with your members before you start
- A chance to connect, soul to soul

And if your club meets in person, Karina would be honored to be there with you—to read, listen, and share the space.





GET IN TOUCH

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Let's collaborate and create something extraordinary together!