

Media Release



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About Linda Furiate

Author of 101 Simple Suggestions and Quotations to Express Compassion and Empathy

The daughter of a retired Army veteran, Linda Furiate was born in Frankfurt, Germany. Six years later, Furiate's father moved the family back to his hometown of Massillon, Ohio, but Furiate had already developed a taste for life overseas. At the age of seventeen, she entered the United States Air Force.

As an airman serving as a communication technician, she worked on sensitive assignments in the crypto logic field and was stationed in Misawa, Japan. Recognized for her superior performance, Furiate was transferred to the Washington, D.C. area, where she studied engineering at the University of Maryland, and attended various USAF communications technology and management schools. During her tenure with the Air Force, she rose to the rank of sergeant and served as a consultant to the White House and U.S. State Department.

In 1986, Furiate was honorably discharged from the Air Force and began a new career in business. She honed her sales and marketing skills in several industries while working with a consulting company. However, her career abruptly halted in 1995 when Furiate experienced a life-altering car accident. The accident left her afflicted with a rare, incurable neurological movement disorder called cervical dystonia (CD), which is characterized by severe, involuntary neck and shoulder muscle contractions.

Since then, Furiate has developed a physical therapy regime called S.T.E.P. (Spasmodic Torticollis Exercise Program™) that has helped her eliminate most of her symptoms. Though she has faced two severe relapses, she is thankful that the experience has given her the expertise to help others become less symptomatic. In 2001, with her symptoms under control, she became director of marketing and administration for the Columbia Addictions Center, an outpatient substance abuse center.

Furiate now works as a freelance business consultant specializing in personal development coaching. Leveraging her military experience, Furiate also serves as a mentor and peer counselor to wounded veterans, individuals with physical disabilities and people who have suffered through adversity. She founded a company called Portraits in Determination, and hosts a local cable access show of the same name to share inspirational stories and provide resources for others facing adversity. Furiate recently collaborated with the Wounded Warrior Project to raise money for soldiers recuperating at the Walter Reed Medical Center in Washington, D.C. Additionally, she serves as the spokesperson for Care 4 Dystonia, Inc.

Single with one grown child, Furiate has resided in Columbia, Maryland, since 1995. For more information about Linda Furiate and *101 Simple Suggestions and Quotations to Express Compassion and Empathy*, visit www.portraitsindetermination.com or www.care4dystonia.org.

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To schedule an interview with Linda Furiate, or to request a review copy of 101 Simple Suggestions and Quotations to Express Compassion and Empathy, please contact Linda Furiate at (410) 964-1303 or lmfuriate@comcast.net.