

D.K. Sanz

Contact: [dksanz@dksanz.com](mailto:dksanz@dksanz.com)



## BOOKS

*MY GRATEFUL TRIUMPH  
OVER ILLNESS AND ADDICTION*



"Sanz's bold narrative of a woman, throughout her life, passing through 'every forbidden door,' as she says of herself. A book of continual growth through experience, defeat, and triumph. The prose is swift, concise, full of irony, truth, and poise. Highly, highly recommended."

~J.T. Masters

*Do unsettling truths bring harsh judgment? They do, but the price of denial is steep.*

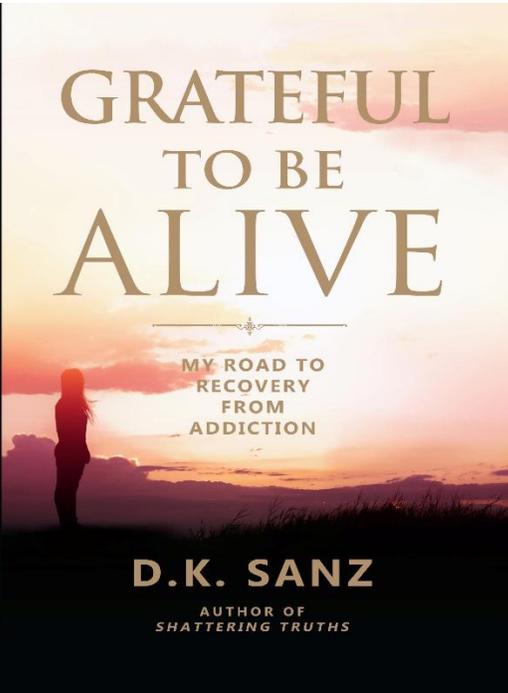
D.K. Sanz's story begins in the drug-infested New York City streets of Woodside, Queens, during the tumultuous HIV/AIDS pandemic of the Eighties and Nineties. It offers a glimpse into how a now often-overlooked pandemic impacted Sanz's nuclear family.

From her earliest days, D.K. was the easily forgotten stranger, always a little out of sync with the rest of the world—a tough but naive kid and aspiring writer. Her triumph over illness and addiction includes amusing anecdotes and nostalgic, heartwarming memories.

Deep-dive into Sanz's confessional self-sabotage, self-destruction, and the harrowing downward spiral she almost didn't survive. Her never-before-told story ranges from recklessness and impudence to empathy, forgiveness, and, ultimately, love.

GRATEFUL TO BE ALIVE

D.K. SANZ



GRATEFUL  
TO BE  
ALIVE

MY ROAD TO  
RECOVERY  
FROM  
ADDICTION

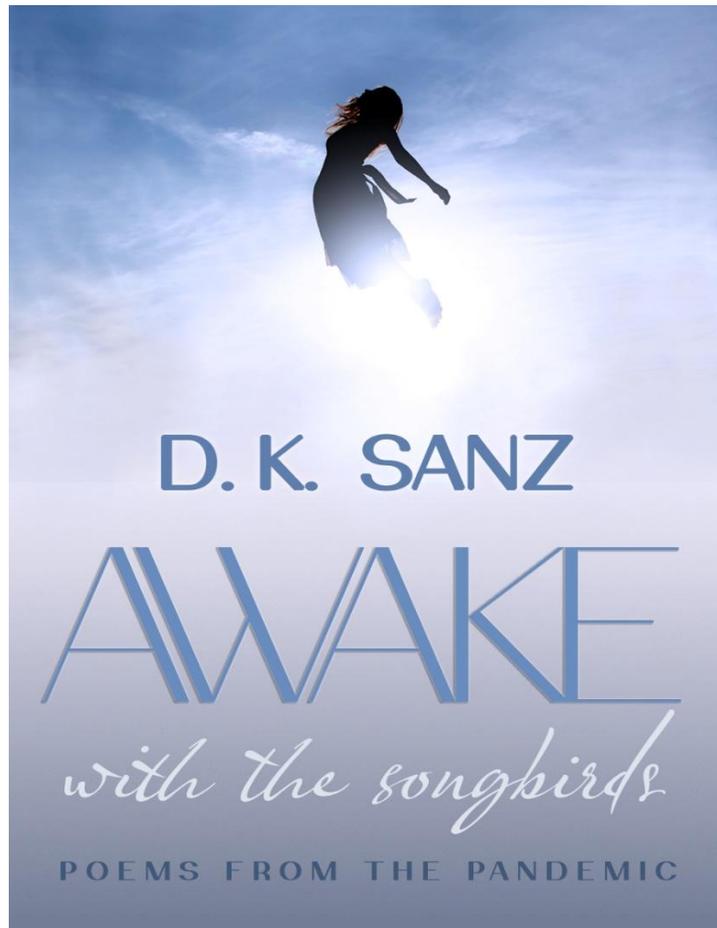
D.K. SANZ

AUTHOR OF  
SHATTERING TRUTHS



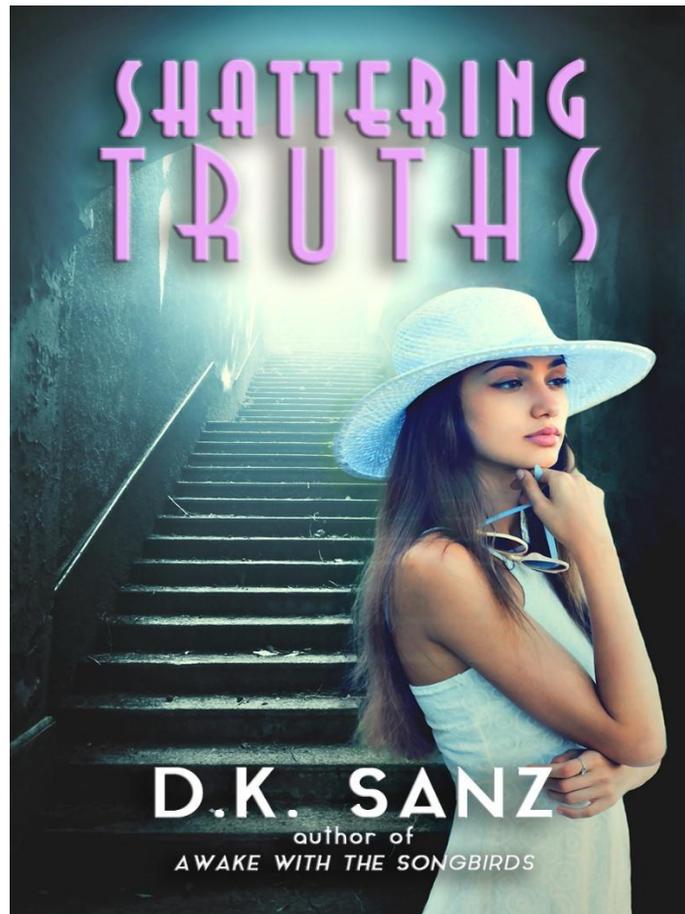
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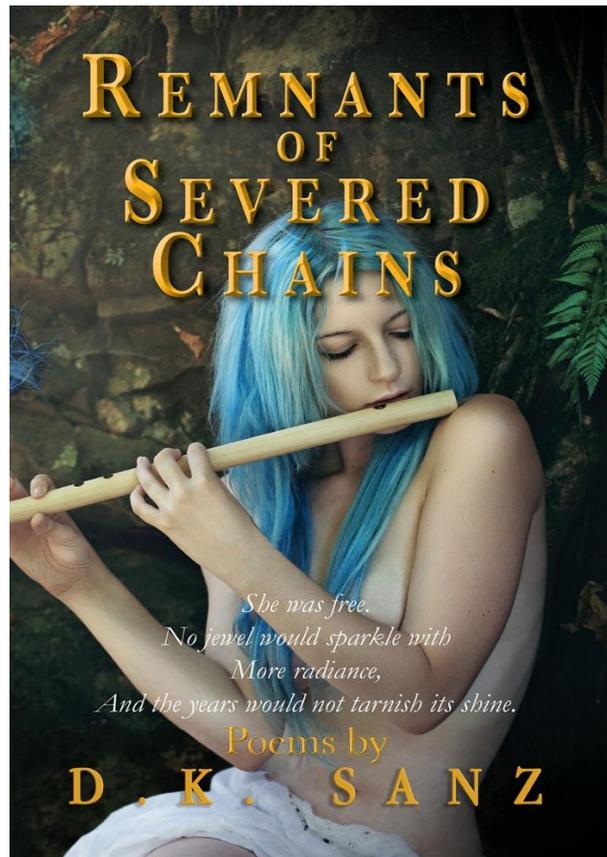
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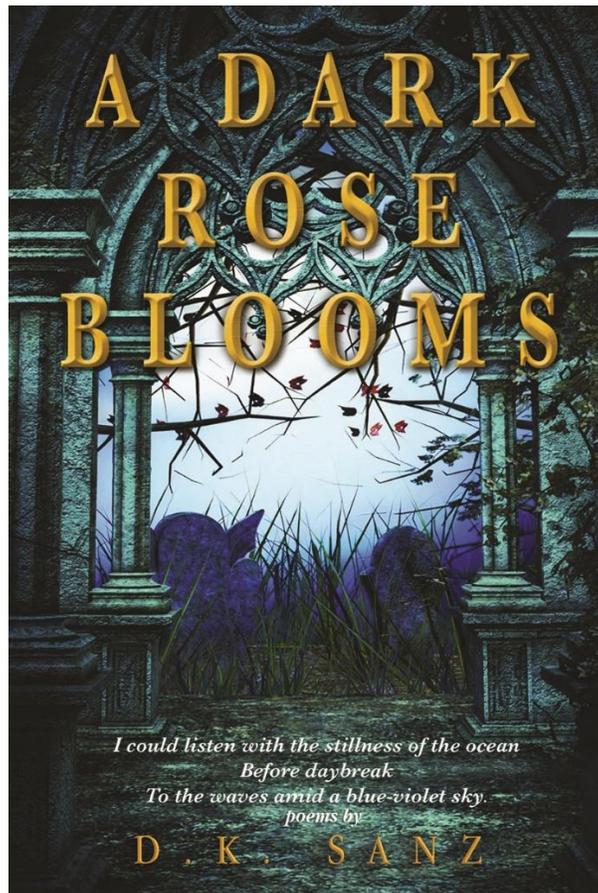
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## **AUTHOR PHOTO**



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## AUTHOR BIOS

### LENGTHY BIO

D.K. Sanz is an author of literary fiction, poetry, new adult fiction, and dark fantasy with gothic themes. Her writing often explores complex family dynamics, while at the same time offering readers an escape from the mundane. It frequently delves into the complexities of relationships and tackles difficult and taboo topics, including addressing the unique challenges of mental health and addiction.

“As a writer, I am endlessly fascinated by human behavior,” she explains, “and my work blends this fascination with the challenges of navigating life through internal conflicts, social expectations, hidden truths, and the impact of generational trauma and confronting one’s past.”

Her consistent goal as a writer is to provide a deeper understanding of the human experience. She feels writing is cathartic and is forthcoming about her many years of recovery, as well as being a trauma survivor. Throughout her journeys, she expressed her thoughts through poetry, embracing every challenge to triumph over adversity. In her conviction that learning, growing, healing, and evolving is a never-ending process, she remains as grateful for the dark days as she is for every flicker of hope and light. She considers herself a cheerleader for those trudging on against all odds in the hopes of living their dreams.

Sanz has been writing since she was eight years old, starting with short stories and fairy tales and later moving on to poetry in her adolescence. She wrote her first novel at sixteen while working as an editor for her high school newspaper, and went on to complete two more novels at the ages of nineteen and twenty-five.

She is the author of the coming-of-age novel *Shattering Truths*, as well as the poetry collections *A Dark Rose Blooms*, *Remnants of Severed Chains*, and *Awake with the Songbirds: Poems from the Pandemic*, previously published under the name Kyrian Lyndon, and the autobiographical memoir *Grateful to Be Alive: My Road to Recovery from Addiction*.

Sanz is also an avid reader of psychological thrillers and horror. She enjoys music, art, history, food, fitness, video games, and cooking.

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## MEDIUM BIO

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## MINI BIO

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