



Blind Passenger

Dr. Melissa Tate

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We've all been there. EVERYONE knows someone who has had their share of binge drinking, mood swings, or addiction that has stretched a relationship to its limits. Dr. Melissa Tate is a popular psychology consultant and licensed professional counselor who takes you on a personal journey of self-disclosure and transparency. Often described as an easy going, juggling-it-all, classy and professional single mom, you would be remiss to assume she has always had it all. Vicariously stuck on the emotional roller coaster of her loved ones' mental instability and self-medicating, addictive behaviors, she has had to literally and figuratively pick herself up from some raw and shocking situations. Through two failed marriages and a shattered sibling bond, she gives you a front row seat to her internal struggle as a blind passenger. A memoir-esque snapshot of these three relationships is used as a platform for broader, often under-discussed, therapeutic conversations about domestic violence and addiction in the family system. And she gets it. She knows how you feel and where you've been—not merely because she has read about it or counseled people through it—because she has lived it. In being transparent about her intimate experiences with broken relationships, Dr. Tate is able to provide a personal and professional insight for regaining your peace of mind amidst a wild ride.

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