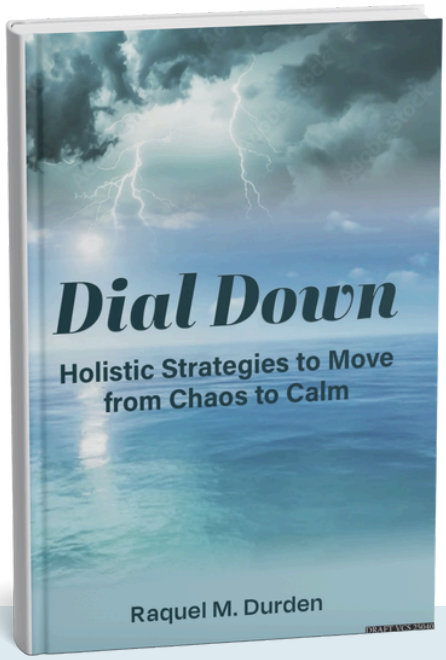
RAQUEL DURDEN

Author & Speaker

ABOUT *DIAL DOWN*

In Dial Down: Holistic Strategies to Move from Chaos to Calm, combat veteran,nonprofit founder, and holistic wellness leader Raquel Durden weaves together stories from veterans, first responders, and healthcare professionals with practical strategies that guide readers toward balance and resilience. Blending research, real-life experience, and accessible wellness practices, *Dial Down* offers an empowering framework for moving from stress and overload into grounded calm and balance.



FOLLOW RAQUEL'S JOURNEY ON

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BOOK RAQUEL FOR AN INTERVIEW TODAY!

HUMBLE WARRIOR NONPROFIT

YouTube: Humble Warrior Wellness and Yoga
Online: www.HumbleWarrior.org

About me

RAQUEL DURDEN

Raquel Durden is a combat veteran, cancer thriver, and holistic wellness leader who helps others cultivate calm, reclaim balance, and enhance well-being with practical tools. With a heart for encouragement and a gift for connection, she empowers individuals to navigate life's challenges with grounding and grace. Through her speaking, writing, nonprofit, and community work, Raquel invites us all to become Wellness Weavers—intentionally creating lives woven together with connection, resilience, and intention.

FAST FACTS

Book Title: *Dial Down: Holistic Strategies to Move from Chaos to Calm*
Author: Raquel Durden
Publisher: Fresh Water Press
Cover: Vagabond Creative Studio
Genre: Self-Help, Stress Management, and Motivational
Key Words: Holistic Health & Wellness, Health & Fitness, Stress Management, Personal Development, PTSD & Mental Health, Yoga, and US Military Veteran
Release Date: September 2, 2025
Format: Paperback & eBook
Page Count: 150 (146 pages numbered)
ISBN: 979-8-9912318-5-5
Library of Congress Number: 2025936618
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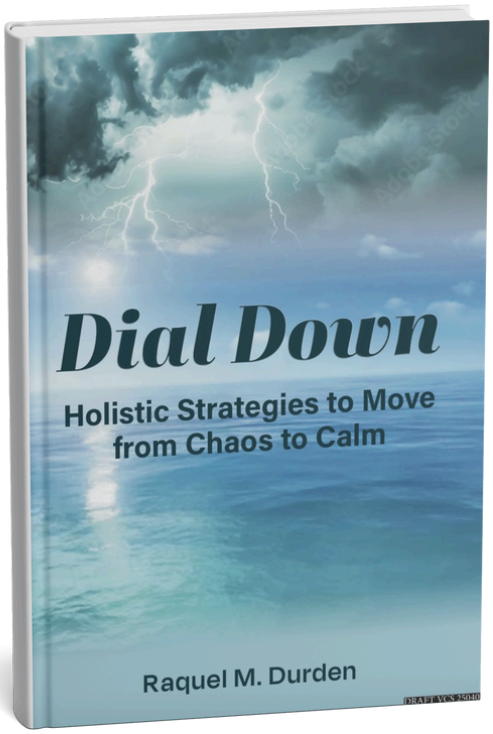

WHAT PEOPLE ARE SAYING ABOUT *DIAL DOWN*

"Thought-provoking tools to help navigate the many challenges life can present." ~ Major Oprah Odugbela, U.S. Air Force & Family Nurse Practitioner

"Where were these tools when I was a young firefighter? I feel that first responders and military members will benefit from learning these methods of releasing from the chaos of our jobs both in the short and long term." ~ Michael Hook, Fire Captain (ret.) and U.S. Navy Veteran

"Encouraging and inspiring, this book offers practical tips and authentic insights on finding peace and balance amidst chaos. A must-read for anyone seeking calmness and grounding in their lives." ~ Rachel Draxler, Principal Fraud Investigator

INSIDE THE BOOK

Dial Down introduces connection and wellness practices as two key pillars for enhancing overall well-being. These holistic strategies are supported by evidence-based research and lived experience.

Each chapter integrates:

- **Real Stories:** Voices of veterans, first responders, and healthcare providers.
- **Practical Tools**: Simple strategies readers can apply immediately.
- **Holistic Integration:** Approaches that weave together mind, body, and spirit.

INTERVIEW TIP SHEET

DIAL DOWN BY RAQUEL DURDEN

About the Book

- How did you come up with the title *Dial Down* and why include the subtitle *Holistic Strategies to Move from Chaos to Calm?*
- You interviewed combat veterans, law enforcement, firefighters, and a nurse. How did you select these voices, and what do they add to the book?
- With so many wellness approaches available, how did you narrow your focus to these six strategies?
- You describe the book as both experiential and researched. Can you explain what you mean and why that balance matters?
- What do you hope readers will feel or take away after reading *Dial Down*?

About the Writing Process

- How long did it take you to write *Dial Down*, and what surprised you about the process?
- Where did you write your book, and how did the setting shape your writing?
- What inspired you most to put these ideas into book form?
- As an author, what was the biggest challenge of writing *Dial Down*?
- What was the greatest reward for writing *Dial Down*?
- If you could describe the book-writing journey in one word, what would it be and why?

About Holistic Strategies & Your Work

- What first put you on the holistic wellness path?
- Are the strategies in *Dial Down* accessible to anyone, even beginners or busy professionals?
- You use the phrase “Be a Wellness Weaver.” What does this mean, and how can someone become one in their own life?
- As a combat veteran and cancer thriver, how have your own experiences shaped your approach to holistic health?
- Why do you believe resilience is not just about bouncing back, but about weaving practices into daily life?
- What message would you like to give to veterans, first responders, or anyone under high stress who feels they don’t have time for wellness?

This media kit and tip sheet is designed for interviewers, hosts, and journalists to spark meaningful conversation and help audiences connect with the heart of Raquel Durden’s work to amplify the important message of connection and wellness!