



Lady D Releases *Chiseled by Choices: Reflections on Empowerment, Growth, and Healing*

New Life Change Series title pairs reflective storytelling with an integrated Personal Wellness Workbook for readers seeking healing, growth, and positive life change

By: [Flyte Time Publications](#)

LOS ANGELES - March 13, 2026 - [PRLog](#) -- Author Lady D announces the release of *Chiseled by Choices: Reflections on Empowerment, Growth, and Healing*, the second installment in the Life Change Series, a body of work centered on healing, self-examination, and the power of intention.

Blending personal reflection with practical insight, the book explores how difficult experiences, defining moments, and everyday decisions shape the course of a person's life.

A defining feature of *Chiseled by Choices: Reflections on Empowerment, Growth, and Healing* is its integrated Personal Wellness Workbook, which includes *Tough Love Questions for Living with Intention Across the Eight Facets of Wellness*.

Together, the narrative and workbook create space for readers to pause and reflect on daily life and begin making choices that support their ability to experience empowerment, growth, and healing across the eight facets of wellness.

"*Chiseled by Choices* was written to encourage honest reflection about how our lives are shaped, not only by what happens to us, but by the choices we make," said Lady D.

Released on March 3, 2026, *Chiseled by Choices: Reflections on Empowerment, Growth, and Healing* reached #49 on Amazon's Hot New Releases list in the Post-Traumatic Stress category, reflecting early reader interest.

About the Author

Lady D is a certified peer support specialist, trauma-informed advocate, and foster care system alumna whose work centers on transformational life change.

She holds a Bachelor's degree in Criminal Justice and a Juris Doctor degree in Law.

About Flyte Time Publications

Flyte Time Publications is an independent publishing initiative founded by Lady D. Through its Life Change Series and related works, Flyte Time Publications offers reflective resources designed to support healing, self-awareness, and positive life change.

Availability

Chiseled by Choices: Reflections on Empowerment, Growth, and Healing is available on Amazon.

Purchase link:

<https://a.co/d/0dcuNPdf>

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