

Liz Long Bio

In 1968, Liz Long's life took a tragic turn when a close family member, Lynda White, went missing, pushing six-year-old Liz into a shitstorm of epic proportions. Five agonizing years later, Lynda's body was discovered. Her case stands as one of Canada's longest unsolved crimes.

At fifty-eight, Liz confronted her adult depression by checking into an inpatient treatment center for healing. With unwavering grit and a touch of humor, Liz untangled the complexities of her past, realizing that childhood coping mechanisms were never meant to be permanent.

Now, at the forefront of mental health advocacy, Liz shares her journey and introduces the world to "Victimtown" through her book, [Navigating Shitstorms: How to Find Your True Path When Life Gets Rough](#). In this poignant narrative, she creates spaces like the Guilt & Shame Café and The Denial Trails, inspiring others to confront their own storms and discover resilience within. You can connect with her at [LizLongWrites](#).