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PRESS RELEASE

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Unapologetically Favored - A Woman. A Leader. A Testimony.

A Bold Testimony of Resilience, Leadership & Authentic Living from a 25-Year Navy Veteran

CHESAPEAKE, VA – *Unapologetically Favored* is more than a memoir; it's a movement. In her deeply inspiring and empowering debut, Courtney A. Kittrell, a 25-year retired Master Chief in the U.S. Navy, shares her personal journey of rising through adversity, confronting identity, and leading with purpose in a world that tried to silence her voice.

As a Black female leader in a male-dominated military culture, Courtney's path was anything but easy. From enduring the shadows of "Don't Ask, Don't Tell" to facing depression and breaking barriers, she pushed through systemic challenges, internal battles, and emotional trauma. **Her story is one of transforming obstacles into opportunities and pain into purpose.**



Released by Gatekeeper Press (ISBN: 978-1-64237-774-3), *Unapologetically Favored* takes readers behind the uniform, revealing a raw and powerful story of self-discovery, mental health struggles, and a relentless fight to be seen, heard, and respected.

*"For years, I lived trying to make others comfortable. But I was drowning in silence," Courtney shares. "This book is my declaration that no matter your background, identity, or battle, **you have the right to show up fully, lead boldly, and live unapologetically.**"*

A dynamic leader, author, speaker, and mental health advocate, Kittrell has earned national recognition for her groundbreaking work in personal development, resilience, and representation. Her life and leadership have been featured in 2023 Marquis Who's Who in America, Connected Women Magazine, Voyage Baltimore Magazine, Canvas Rebel, P.O.W.E.R. Women of Excellence, and in academic listings such as Books of Interest to Women Scholars and Books of Interest to African-American Scholars.

Courtney's message is clear: Your struggles don't disqualify you, they prepare you. Your scars are proof that you're still here. You were not made to shrink. You were born to lead.

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