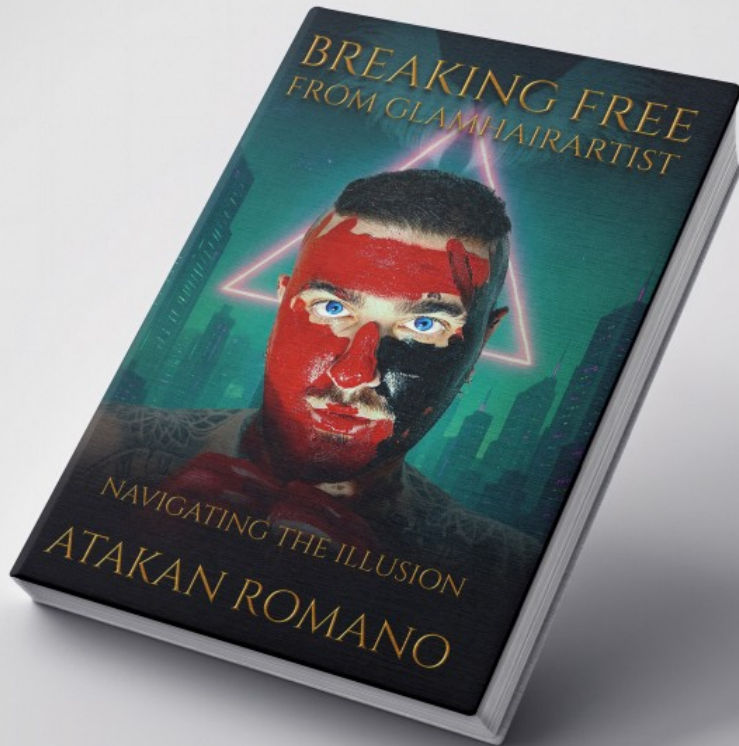


Unveiling Reality Behind Glamour: 'Breaking Free from GlamHairArtist, Navigating the Illusion' Hits Shelves Soon

"Atakan Romano on 'Breaking Free Book': The Struggle is Real"



Sydney, New South Wales May 25, 2025 ([IssueWire.com](https://www.IssueWire.com)) - "The illusion was captivating, but the truth is what set me free." Atakan states.

"Glamhairartist's Story: Unveiling Atakan Romano's Truth" is more than a memoir; it's an inspiring blueprint for anyone grappling with mental health challenges, addiction, identity crises, or the pressures of public life. It's a powerful declaration that even in the darkest shadows, there is always a path to light, growth, and authentic self-expression. Prepare to be moved, enlightened, and inspired by a story that truly breaks down walls and embraces vulnerability.

New Memoir "Breaking FREE from Glamhairartist: Navigating the illusion, By Atakan Romano" Promises Unflinching Look at Fame, Mental Health, and Resilience in the real world we live in today.

A highly anticipated memoir, "Breaking FREE from Glamhairartist: Navigating the illusion, By Atakan Romano," is set to captivate readers with its raw and honest portrayal of a life lived under the intense glare of the public eye, intertwined with profound personal battles. Penned by the enigmatic figure known as Atakan Romano, this book offers an unprecedented look behind the curtain of a celebrated career, revealing the true cost of fame and the extraordinary journey toward self-acceptance and healing.

From a dazzling "Dubai Upbringing and Bling lifestyle since 16" to the demanding world of a renowned "Glamhairartist's Story," Atakan Romano's life has been a whirlwind of professional success and personal turmoil

The memoir bravely confronts the "Personal Struggles of Romano's Life," including a candid exploration of "Struggling with Shadows: My Mental Health Battles" and the pervasive impact of "The Addictive Nature of ADHD Since Childhood.

This is not merely a recounting of events but a deep dive into the psychological landscape of someone navigating complex "Family Dynamics" and the immense "Burden of Fame."

"This book is his truth, unvarnished and unapologetic," states Atakan Romano. "It's about embracing vulnerability, sharing the 'Unwanted Experiences' that shaped him, and showing that even after hitting rock bottom in 'Rehab Reflections; Breaking Freedom from the Psych Ward,' there is a path to 'Breaking Down Walls: Embracing Discipline and Growth'."

The narrative powerfully illustrates the transformative role of "Mindfulness in Motion: How Yoga and Meditation had helped" in Romano's recovery and ongoing well-being, offering a beacon of hope for those facing similar challenges.

Beyond the struggles, the memoir celebrates Atakan Romano's unique identity, from "The Love for All Tattoos" that adorn a life of self-expression to the cherished "Travel Getaways" that offered respite and perspective.

Readers will also gain insight into the intriguing "Change of Name Story" and the complex "Identity and Computer, Phone Hack Scandal" that tested Atakan Romano's resilience to its limits.

The book also sheds light on the fascinating "Candan Sisters Relationship from Turkey," adding a rich cultural dimension to Romano's personal narrative.

"Breaking FREE from Glamhairartist: Navigating the illusion, By Atakan Romano" is poised to resonate deeply with anyone who has ever felt the weight of expectation, battled internal demons, or sought to redefine their life on their own terms.

It's a compelling testament to the power of perseverance and the courage to live authentically, culminating in a strategic "Structuring a Return to Hairdressing Career" and a renewed sense of purpose.

Book Description for Amazon

Dive into the raw, unfiltered journey of a life lived on the edge, where the glittering facade of fame and luxury often masked profound internal battles. In this groundbreaking memoir, "Breaking FREE from Glamhairartist: Navigating the illusion, By Atakan Romano" readers are invited into the tumultuous and

ultimately triumphant world of Romano, a figure whose life has been a tapestry woven with threads of extraordinary success, deep personal struggles, and an unwavering quest for authenticity. This isn't just a story about hair and glamour; it's a testament to resilience, a candid exploration of identity, and a powerful narrative of overcoming adversity.

From the sun-drenched landscapes of Australia, where Romano cultivated a unique perspective on life, to the opulent, fast-paced environment of Dubai, where a "bling lifestyle" took root from the tender age of 16, this book paints a vivid picture of a life shaped by diverse cultural influences and early exposure to the spotlight. The narrative delves deep into the intricate family dynamics that underpinned Romano's upbringing, revealing the complex relationships that both nurtured and challenged a burgeoning identity. Amidst the professional ascent as a renowned Glamhairartist, the burden of fame became increasingly apparent, casting long shadows over personal well-being and forcing a confrontation with the true cost of public adoration.

"Struggling with Shadows: My Mental Health Battles" forms a poignant core of this memoir, as Romano bravely recounts the debilitating impact of mental health challenges that often remained hidden behind a public persona.

This vulnerability extends to an honest discussion of "The Addictive Nature of ADHD Since Childhood," shedding light on how undiagnosed neurodivergence contributed to a lifelong struggle with impulsivity and addictive behaviors, profoundly impacting personal choices and relationships.

The book unflinchingly addresses "Unwanted Experiences - Embracing Vulnerability: Sharing my Truths," detailing moments of profound difficulty and betrayal, including a harrowing "Identity and Computer, Phone Hack Scandal" that threatened to dismantle Romano's sense of self and security.

The path to healing and self-discovery is meticulously charted, beginning with "Rehab Reflections; Breaking Freedom from the Psych Ward." This section offers a raw, intimate look at the arduous journey through recovery, highlighting the courage required to confront addiction and mental illness head-on within institutional settings.

A significant turning point is marked by "Mindfulness in Motion: How Yoga and Meditation had helped," illustrating the transformative power of these ancient practices in fostering inner peace, self-awareness, and emotional regulation, providing crucial tools for navigating life's complexities.

This newfound discipline is further explored in "Breaking Down Walls: Embracing Discipline and Growth," showcasing Romano's commitment to personal development and the strategic restructuring of a life once defined by chaos.

Beyond the personal struggles, the memoir celebrates Romano's passions, particularly "The Love for All Tattoos," which serve as a vibrant canvas of personal history and artistic expression, each piece telling a story of resilience and identity.

The narrative also weaves in the joy of "The Travel Getaways," offering glimpses into moments of escape and rejuvenation that provided solace amidst the storm.

A fascinating subplot unfolds with "The Candan Sisters Relationship from Turkey," revealing a unique bond and cultural connection that adds another rich layer to Romano's multifaceted life.

As Romano embarks on "Structuring a Return to Hairdressing Career," the book provides insights into

the meticulous planning and renewed passion required to reclaim a professional identity after significant personal upheaval.

This return is not merely a career move but a testament to resilience and the power of purpose.

The overarching theme of "The Management of Romano's Life" ties these threads together, demonstrating how intentional choices, professional guidance, and unwavering self-belief have been instrumental in navigating a complex public and private existence.

Quote; "Breaking free is not just about leaving something behind; it's about embracing who you are."

Follow Romano on all his social media outlets, such as Instagram (@glamhairartist) and X (@glaamhairartist).

"Peeling back the layers, to discover the authentic you."

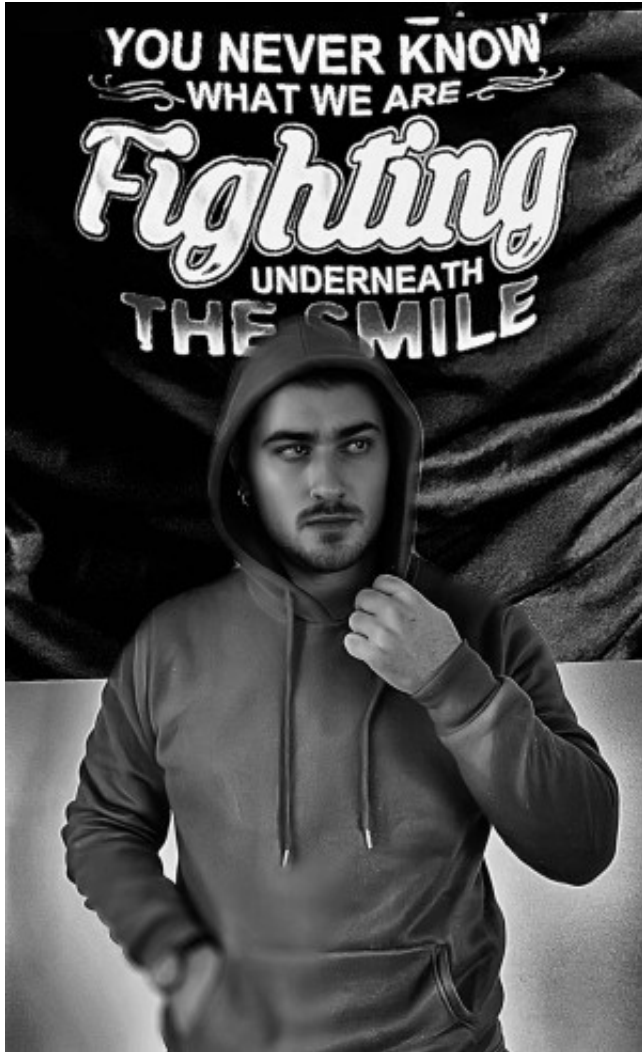
About Atakan Romano – Glamhairartist

Atakan Romano, formerly Emre Bardan, is widely recognized as Glamhairartist. He stands at the forefront of the global fashion and beauty industry as an International Celebrity Hair Stylist, Entrepreneur, Mentor, and Author. His innovative hairstyling techniques have transformed individual looks and set new standards within the industry. With a keen eye for trends and an innate ability to connect with his audience, Romano has cultivated a substantial following of over 1.7 million devoted fans on Instagram alone.

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