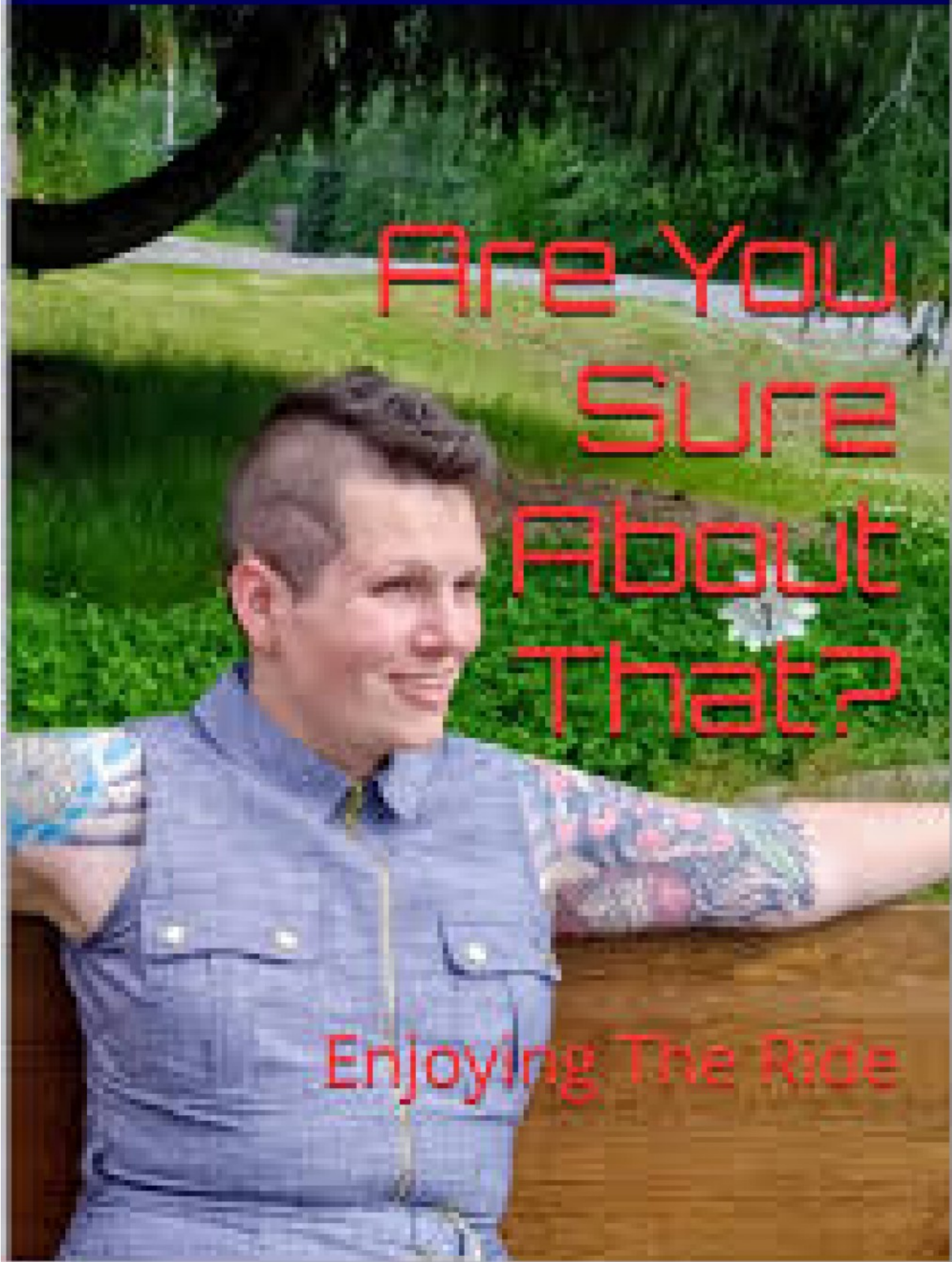


We're excited to announce The release of the captivating ending of the Paralysis Trilogy by Addison D'Marko

Addison O'Marko

Are You
Sure
About
That?

Enjoying The Ride



Victoria, British Columbia Jan 7, 2026 ([IssueWire.com](https://www.IssueWire.com)) - “Are You Sure About That?” by Addison D’Marko Challenges Everything Readers Think They Know About Certainty, Identity, and the Stories That Shape Our Lives

A bold new book inviting readers to question assumptions, embrace curiosity, and enjoy the ride—launching January 21, 2026

In a world driven by hot takes, rigid opinions, and the pressure to always be right, acclaimed author Addison D’Marko releases a timely and provocative new book, *Are You Sure About That?*, an invitation to slow down, question certainty, and rediscover the power of curiosity in relation to how we exist in the world in relation to ourselves and our peers with disabilities.

With wit, depth, and disarming honesty, *Are You Sure About That?* explores how unquestioned beliefs—about success, healing, identity, relationships, and personal truth—quietly shape our lives. Rather than offering prescriptive answers, D’Marko guides readers toward a more expansive way of thinking: one where self-trust replaces certainty, and growth begins with a single courageous question.

“Certainty can feel safe—but it often keeps us stuck,” says D’Marko. “This book isn’t about being right. It’s about being awake, present, and willing to enjoy the ride, even when the road challenges everything we thought we knew.”

Blending reflective storytelling with sharp insight, *Are You Sure About That?* speaks directly to readers who feel successful on the surface yet quietly constrained by inherited narratives, societal expectations, or internalized rules that no longer fit. The book encourages readers to loosen their grip on absolutes and step into a more fluid, self-defined experience of life.

Why This Book Matters Now

As burnout, polarization, and identity fatigue reach historic highs, *Are You Sure About That?* offers a refreshing alternative: not another self-help formula, but a permission slip to rethink, reframe, and re-engage with life from a place of curiosity rather than control.

Ideal for Readers Who:

Feel boxed in by expectations—personal, cultural, or professional

Are questioning long-held beliefs about success, healing, or happiness

Appreciate reflective, thought-provoking writing that challenges without preaching

Are ready to trade certainty for freedom—and resistance for curiosity

Book Details

Title: *Are You Sure About That?*

Author: Addison D'Marko and Reese Sabatini-Blake

Release Date: January 21, 2026

Formats: Print and digital editions

Genre: Personal growth / reflective nonfiction

About the Author

Addison D'Marko is known for thought-provoking work that challenges conventional narratives around identity, growth, and what it truly means to live well. With a voice that is both grounded and expansive, D'Marko invites readers into deeper self-inquiry—without shame, rigidity, or easy answers.

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Source : Sabatini-Blake Wellness Group inc.

[See on IssueWire](#)

