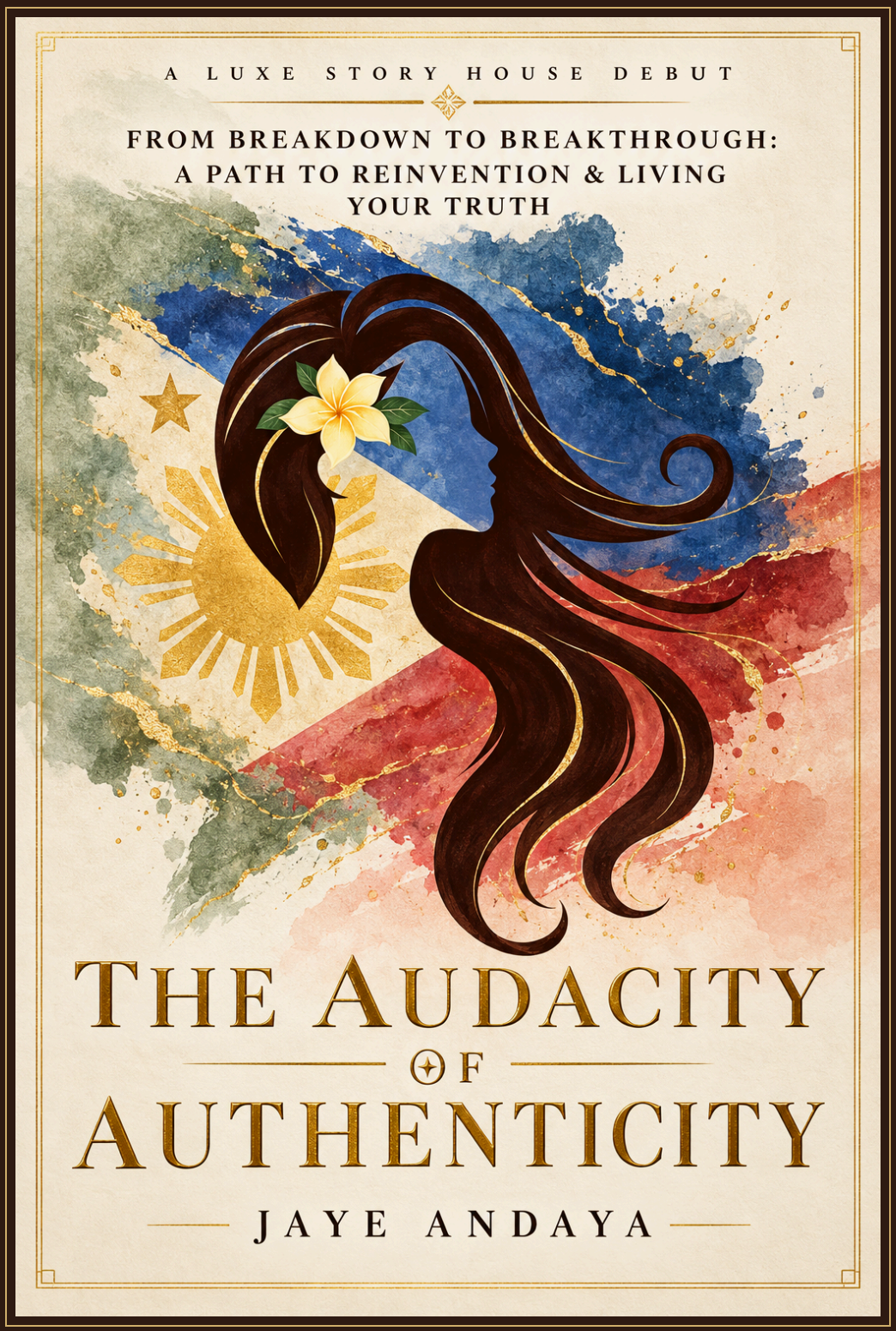

EXCLUSIVE EXCERPTS

A COMPLIMENTARY READER'S EDITION · THE JCA GLOBAL LEGACY LIBRARY

A LUXE STORY HOUSE DEBUT PUBLICATION

THE AUDACITY OF AUTHENTICITY

From Breakdown to Breakthrough: A Path to Reinvention & Living Your Truth

✦

EXCLUSIVE EXCERPTS

Curated selections from the debut memoir

JAYE ANDAYA

IN THIS EDITION

A Note from the Author
Chapter 2 · Silent Storms
Chapter 12 · Owning Your Voice
Reflections
Continue the Story

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A NOTE FROM THE AUTHOR

INTRODUCTION

Welcome to The Audacity of Authenticity.

This is more than a story — it's an awakening. Within these pages, I share excerpts of the journey from breakdown to breakthrough, from silence to selfhood, and from survival to a life rebuilt with purpose.

My hope is that something in these words reminds you of your own strength, your own resilience, and the truth that even after the fall — you rise, radiant and real.

With gratitude and grace,

JAYE CAMPOSANTO ANDAYA

Author, The Audacity of Authenticity

EXCERPT · CHAPTER 2

SILENT STORMS

I remember wondering how the hell I got there. How the woman who could do everything—who could juggle patients and deadlines and diapers and dumbbells—could suddenly not want to live. The psychiatrist in the hospital had theorized that I likely was suffering from post-partum depression, but had been masking the symptoms with my rigorous exercise routine and schedule. Once that intensity reduced, the depressive symptoms began to materialize.

From that point on, I played Russian Roulette with my brain. Trial after trial of different antidepressant and mood stabilizing medications. Weekly therapy. Journals full of half-written entries and raw pain. I wanted to be better. I needed to be better—for my husband, for our girls, for myself. But healing isn't linear, and mental illness doesn't punch a time clock.

"Healing isn't linear, and mental illness doesn't punch a time clock."

Over the next seven years, I would experience two more major depressive episodes. But no one outside my home ever knew. Only my husband saw the full picture 24/7. Only he witnessed the nights I didn't sleep, the mornings I didn't want to get out of bed, the moments I held my breath just trying to get through the day, the hour-long anxiety and panic attacks.

My family never fully understood what I had been going through, and I was typically met with snarky remarks, rather than support and empathy. Some didn't even believe you could take a medical leave for a mental illness. "You look fine." "You're just tired." "Maybe you need to pray more."

So I learned how to speak in code. I'd share filtered glimpses on social media—just enough advocacy to feel seen, just enough honesty to keep myself tethered to truth. But never too much. Never enough to make people uncomfortable. Because even in my most vulnerable moments, I felt this aching pressure to appear okay. I had two daughters watching me. I had patients depending on me. I had a world that expected me to keep shining. And I didn't know how to say: *I'm breaking.*

"I had a world that expected me to keep shining."

EXCERPT · CHAPTER 12

OWNING YOUR VOICE





Looking back now, I see that those early writing attempts weren't just therapeutic; they were sacred conversations between my past and present selves. Each time I gave myself permission to write without judgment, I was honoring Little Jaye—the version of me who wasn't allowed to feel too much or speak too loudly. She was never trying to write for the world. She was just trying to feel safe. And now, with the strength and clarity I've earned through years of healing and heartbreak, I finally get to share her voice with intention, with power, and with full ownership.

This book is not just a memoir. It is a reclamation. A bridge between the woman I've become and the girl who always had something important to say. It's proof that your voice never truly disappears—it just waits for you to come back home to it.

"Your voice never truly disappears — it just waits for you to come back home to it."

A PAUSE FOR THE READER

REFLECTIONS

Take a breath before you turn the page. Sit with whichever question finds you first.

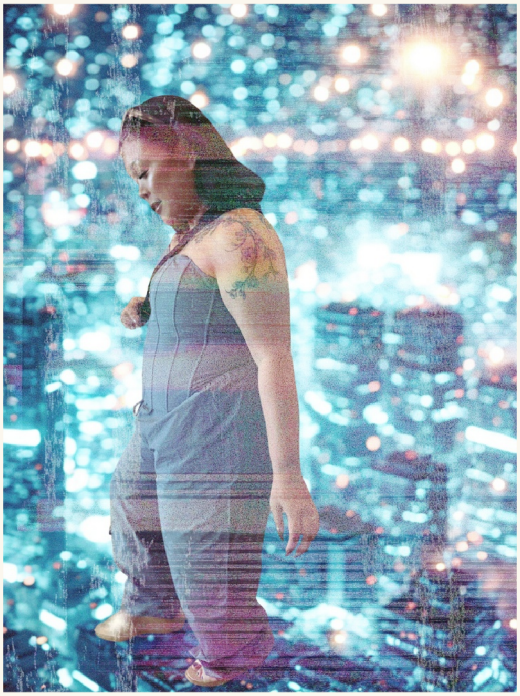
I *Where in your life are you "speaking in code" — sharing just enough to be seen, but not enough to be known?*

II *Who sees your full picture? What would it take to let one more person in?*

III *What did the younger version of you most need to hear — and can you say it to yourself today?*

IV *What is your voice waiting for you to come back home to?*

If these pages stir something heavy, you do not have to carry it alone. In the U.S., call or text 988 to reach the Suicide & Crisis Lifeline, any hour.



WITH LOVE

Thank you for taking the time to read this glimpse into *The Audacity of Authenticity*. My hope is that these words remind you that your story still holds power — even in the pages you haven't written yet.

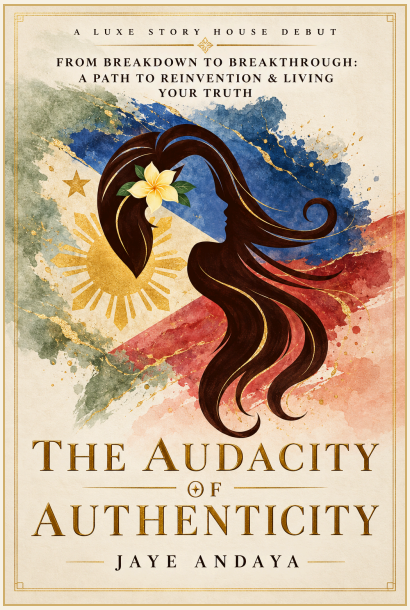
Because when one chooses authenticity, they give others permission to do the same.

JAYE CAMPOSANTO ANDAYA

Founder, Luxe Story House + Luxe Vibe Curators

CONTINUE THE STORY

READ THE FULL MEMOIR



These pages are only a glimpse. The complete journey — from breakdown to breakthrough, and the reinvention that followed — is waiting for you in the full publication.

GET THE BOOK ON AMAZON

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