

COURAGE *IN* CANNABIS

FOR IMMEDIATE RELEASE:

Courage in Cannabis, Volume 2: The Triumphant Stories Book Release

Buffalo-Based Advocate Nikki Lawley Contributes to New Anthology Celebrating Heroes Who Found Purpose in Cannabis

BUFFALO, N.Y. (Aug. 16, 2023) — Cannabis advocate Nikki Lawley is proud to announce her contribution to the highly anticipated follow-up to the best-selling *Courage in Cannabis* anthology. The new Volume 2, by Dr. Bridget Cole Williams, M.D., is a compilation of inspiring stories celebrating everyday heroes who found purpose through their relationship with cannabis.

Lawley, a cannabis advocate and founder of Nikki and the Plant, authored a chapter titled, “The Difference Between Life and Death: Surviving TBI,” chronicling her journey with cannabis after sustaining a traumatic brain injury while working as a pediatric nurse. “Cannabis connects my dots. My story is about turning tragedy into triumph, from an unlikely source – plant medicine,” says Lawley.

After suffering from TBI-related cognitive deficiencies, anxiety, and pain, Lawley turned to cannabis when traditional medications with ghastly side effects failed her. She found that cannabis helped to alleviate her pain and anxiety, reducing symptoms from unbearable levels to more manageable ones, empowering her to live her life again.

“Through my chapter in *Courage in Cannabis, Volume 2*, I want to empower patients to talk to their doctors and health care providers about exploring alternative and holistic therapies rather than pharmaceutical drugs to manage their invisible symptoms. I credit cannabis for saving my life. It gave me a second chance, and if one person can get hope from my story then the journey is all worth it,” says Lawley.

Following the success of the first edition, which won several awards, including Best New Release and International Bestseller on Amazon, *Courage in Cannabis, Volume 2: The Triumphant Stories* is a compelling read that challenges the stigma associated with cannabis and showcases the incredible healing potential of this plant.

Bridget Cole Williams, M.D., is a renowned board-certified family physician, seasoned author, advocate and consultant in the cannabis industry. Working tirelessly to elevate the voices of marginalized communities in the cannabis debate, Dr. Williams compiled the stories in *Courage in Cannabis, Volume 2: The Triumphant Stories* with a keen focus on the many facets of cannabis use among people of all walks of life.

She asserts that the book's goal is to share inspiring stories in the evolving times of cannabis acceptance. "The Courage in Cannabis book series is an inspiring and educational time capsule of the progression out of prohibition and an evolution in health care," says Dr. Williams.

The book features contributions from doctors, lawyers, patients, caregivers, participants in the legacy market, entrepreneurs and advocates who candidly offer their personal experiences and the lessons learned from their journeys. "I wanted to be on the right side of history and document the people and stories that made change happen. I'm thrilled to share these diverse experiences and stories with readers — stories that illuminate the courage and strength of so many who have found strength in cannabis," says Dr. Williams.

Proceeds from the sale of *Courage in Cannabis, Volume 2: The Triumphant Stories* will benefit the nonprofit GHH Community Foundation in its mission to educate, inspire and end the stigma surrounding cannabis.

[*Courage in Cannabis, Volume 2: The Triumphant Stories*](#) by Dr. Bridget Cole Williams, M.D., is available for purchase online and in bookstores. The book is also available for purchase on [Amazon](#).

About Nikki Lawley – Nikki and the Plant:

Nikki Lawley is a patient advocate, speaker, and founder of Nikki and the Plant. She travels the globe sharing her story of discovering cannabis as a medicine after suffering a life-changing injury. Nikki and the Plant is a pillar of medical cannabis advocacy, bringing awareness to invisible disabilities especially for brain injury survivors. Nikki is a champion for sharing patient stories to educate and empower others to take charge of their own health through plant medicine. Nikki Lawley serves on the Patient Advisory Board for New York State Americans for Safe Access and is a member of the Cannabis BPO Advisory Board. She has been a guest on multiple podcasts and shows, including "Lets Be Blunt with Montel Williams." To learn more about Nikki and the Plant, visit: <https://www.nikkiandtheplant.org>.

About Dr. Bridget Cole Williams:

Bridget Cole Williams, M.D., is an established board-certified family physician, author and the CEO of Green Harvest Health, medical cannabis, CBD and integrative clinics located in Ohio, and also Embody, a premium CBD lifestyle brand. With nearly 20 years of experience in family medicine from the Cleveland Clinic, Dr. Williams combines her medical background with certifications in life and cannabis coaching to her practice. Dr. Williams is honored as a Top

Female Business and Top Minority Business with the Ohio MBE Awards 2021 and a Women in Medicine Top Doctor for 2021. To learn more about Courage in Cannabis, Volume 2: The Triumphant Stories by Dr. Bridget Cole Williams, visit: <https://www.courageincannabis.com>.

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