

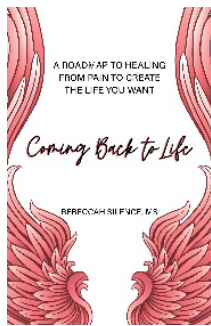
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FOR IMMEDIATE RELEASE:

Survivor's Compelling True Story Provides a Roadmap Toward Trauma Recovery

Boulder, CO, October 11, 2022 — Millions of Americans are self-medicating, suffering from mental health diagnoses, and are not getting the support that they need to function, heal and lead healthy lives, says author and certified emotional healing and relationship coach Rebeccah Silence.



Silence understands the struggles of emotional pain well. A survivor of cancer while pregnant, childhood sexual abuse and domestic abuse, she has known enormous suffering, but she learned to defeat her emotional pain to live free and happy.

Silence has taught clients worldwide on topics such as how to understand that past pain impacts the present, how to liberate yourself from those wounds, and how to connect to your own inner healer to create a life where you not only survive, but also thrive.

Now in her new book, *Coming Back to Life: A Roadmap to Healing from Pain to Create the Life You Want*, Silence helps readers create an opening to possibility. She provides tools, strategies and support that will allow readers to get to the root of their pain patterns while also receiving hope, encouragement and access to the light at the end of the dark tunnel they may find themselves in.

“What the world desperately needs now more than ever before is a way to navigate trauma and difficult emotions,” said Silence. “How you feel is 100 percent based on how healed your past is. There really is life on the other side of whatever darkness people are facing, and this book offers hope, healing, and a roadmap that is guaranteed to empower and encourage readers to take their lives back from an emotionally clear, neutral and grounded space. You’ll never have to feel powerless again, and that is a promise,” Silence added.

Readers will learn how to:

- Emotionally heal and process through anxiety, depression and past trauma, and re-commit to living a fulfilling life.
- Break free from generational pain patterns to become the most authentic and happy versions of themselves.
- Be the source of their own encouragement, take control over their lives and never feel powerless again.

“*Coming Back to Life* is the book that the world needs in this moment. It will illuminate what has been invisibly holding you back and give you a clear path to feeling good and getting what you want,” said Stephen Lovegrove, America’s Life Coach.

About the Author



Rebecca Silence is a global advocate and leading coach in emotional healing and relationships. As a survivor of childhood trauma and abuse, and being diagnosed with Stage 3 cancer while she was pregnant, she has helped countless individuals, couples and families process even the most intense traumatic experiences — and heal!

An accomplished TV and radio personality with over two decades of experience speaking to millions about doing the inner work, Silence is a groundbreaking voice in the space of healing and self-development. Her life’s mission is about supporting people in moving through their healing so they can allow themselves to truly thrive.

Silence is the author of *Coming Back to Life*, host of the Healing IS Possible Experience and the Tougher Together Breakthrough podcast, and the creator of the on-demand [The Emotional Survival Kit](#) course. Through her coaching, seminars, books and online courses, Silence teaches audiences how to become their own healers, how to love and trust themselves, and how to be their best for others and the world. She currently lives in Boulder, Colorado, with her husband, two daughters and two dogs. Visit her website: rebeccahsilence.com.

Coming Back to Life: A Roadmap to Healing from Pain to Create the Life You Want

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Media Questions for *Coming Back to Life*

1. You are a survivor of Domestic Abuse, Childhood Abuse, and Cancer. Can you tell us more about how these experiences have helped you liberate trauma victims?
2. You are a 20-Year Emotional Healing Coach. Can you tell us more about how you provide a roadmap to trauma recovery?
3. You recently wrote a book, *Coming Back to Life*. Can you tell us more about the book?
4. Why did you write *Coming Back to Life*?
5. What is the book's message?
6. Your book offers a roadmap to healing from pain to create the life you want. Can you tell us some of the healing strategies you feature in the book, and how they can help readers?
7. Why is the need for trauma-informed care and a better understanding of trauma necessary, especially now?
8. Do you have any advice for anyone trying to overcome trauma?