

FOURTH BOOK IN #EMERGING PROUD SERIES ADDRESSES TRAUMA AND ABUSE

#Emerging Proud Through Trauma and Abuse, the fourth book of the 'KindaProud Pocketbooks of Hope and Transformation' series will be released on Thursday 10th October 2019, which is World Mental Health Day.

This new book will provide shockingly honest accounts of trauma and abuse, told by those who have endured difficult and painful experiences who now see them as being a catalyst for embarking on a period of healing and transformation. Talking openly about such experiences is becoming an increasingly popular method to help others feel less alone and encourage open discussion further.

The 'KindaProud Pocketbooks of Hope and Transformation' series aims to eradicate the stigma that continues to cloud discussions about mental health. Mental health issues are on the rise but encouraging others to share their stories provides a message of hope and solidarity.

Included is Ty Faruki's story about his experience of racial abuse and the effects of being exposed to humanitarian conflict. He is currently working on a project that attempts to address the issue of Islamophobia in the UK and worldwide. Another story is Ash; he tells the story of his abuse, the effect it had on his childhood through to adulthood and how he overcame the years of mental health issues. All the stories within the book demonstrate the strength and courage it takes to talk, but that with the help of people around you, it is possible to see the light at the end of the tunnel.

Mandy Horne is the book representative for *#Emerging Proud Through Trauma and Abuse*, which also features some of her inspirational poetry. Recognising that it was OK to be vulnerable, express emotion and seek support was a major step in Mandy's healing process, eventually allowing her to become stronger.

'KindaProud Pocketbooks of Hope and Transformation' series is a partnership between independent publisher *That Guy's House* and founder of the *#Emerging Proud* campaign, Katie Mottram.

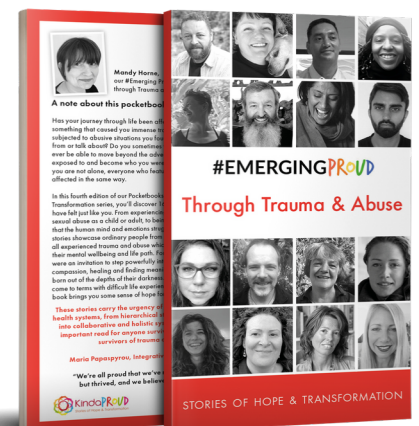
Other books in the series include *#Emerging Proud through NOTES*, *#Emerging Proud through Disordered Eating, Body Image and Low-Self-Esteem* and *#Emerging Proud through Suicide*.



Mandy Horne
Book Representative
for #Emerging Proud
Through Trauma and
Abuse

"These stories showcase ordinary people from across the globe who all experienced trauma and abuse which led to struggles with their mental wellbeing and life path

For many, their experiences were an invitation to step powerfully into a life of a greater self-compassion, healing and finding meaning and purpose, which was born out of the depths of their darkness."



For further information, comments, or for interviews please contact
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