

... Almost Della: ***From Sexual Abuse to Survivor***

by Della Barbato

... *Almost Della* chronicles the true story of grooming, molestation and rape over a three-year period from the eyes of a fifteen-year-old girl, and how it affects her life for the next three decades. She tells no one about her abuse until she is 45. Her toxic shame molded her adult life by creating a recurring pattern of choosing abusive and unavailable men. Her emotional pain is manifested in severe anxiety attacks, depression, hives and suicidal thoughts. She learns to cope by abusing alcohol and drugs. Only through years of recovery and therapy is she able to release her inner child from her dungeon of condemnation and begin to cultivate a love for herself. Della's hope is that her book encourages rape and incest victims to release their shame and become survivors. As a society, we must start talking about rape and incest. Almost half of girls are sexually abused at some point in their lives. There are pedophiles everywhere, and we must arm girls worldwide with the knowledge and awareness to say no and tell someone!

AUDIENCE

- Rape, incest, and physical abuse survivors
- Those suffering from addiction of any kind, anxiety, depression, or thoughts of suicide
- Those who feel they are not good enough
- Family members who want to protect their young loved ones from sexual abuse

KEY SELLING POINTS

- Chapter two is told through the eyes of a fifteen-year-old girl.
- Is a solution to a widespread problem. Fifty percent of women have been raped or molested at some point in their lives.
- Deals with issues of alcoholism, and recovery through sobriety and therapy.
- Offers hope to survivors of parental abandonment, sexual abuse, incest, self-blame and shame, depression, and addiction.

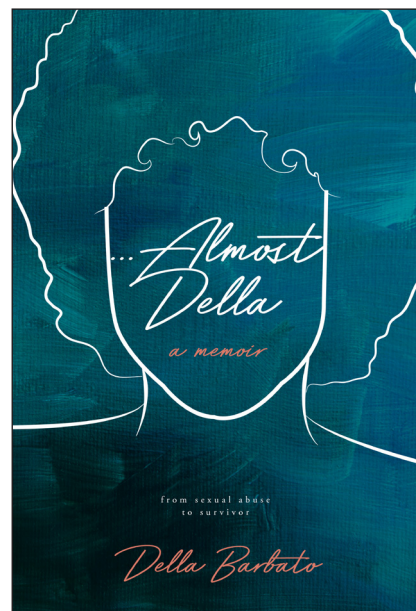
MARKETING AND PR:

- The author will promote the book utilizing facebook, email marketing, LinkedIn, Instagram, YouTube, Goodreads, and Pinterest.
- The author will use her contacts at a listener-sponsored community radio station in the Greater Houston area to get interviewed.
- Planning book tours and signings, largely targeting the recovery community in Houston. She plans on speaking at recovery facilities and clubs and at the Unity Church of Houston.
- The author plans on hosting, participating in, and creating podcasts, webinars, speaking engagements and workbooks. She will also talk about the specific problems that she has faced stemming from sexual abuse and how she has overcome them.

AUTHOR BIO



Della Barbato has over 15 years of experience in education and professional communication; including middle school science teacher, education training and professional workshops. She started her own environmental education company called Earth Voice in 2011, which delivers tailored, interactive Earth Programs to youth and adult audiences. In 2014, Della was awarded a travel grant to Cambodia where she co-facilitated zero waste and recycling workshops to youth and adults in a community-based ecotourism village called Chi Phat. A Forbes online article was written about her and the work she did there. Della has traveled to 26 countries, most recently to Africa to go on safari and visit an elephant orphanage. She has a Bachelors and Masters of Science from Texas A&M University.



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BISAC CATEGORY:

SELF-HELP: Abuse

SELF-HELP: Addictions

SELF-HELP: Recovery

SELF-HELP: Personal Growth

WEBSITE:

www.DellaBarbatoAuthor.com

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