



YOU ARE NOT ALONE

Stories from the front lines
of womanhood

~ an autobiography in 10 voices ~

ABOUT THE BOOK

Almost every woman knows the experience of feeling unsafe, whether it's on the street, in her office, or even in her home. In the summer of 2014, 10 women from around the world came together to tell stories of womanhood - both about harassment and assault, but also about their hopes and vision for a healthier future. This book is their treatise to the world: ***We are women, and we matter.***

This book speaks to both genders. For women, the stories demonstrate that no matter what you've experienced, ***you are not alone.*** The stories will help men to understand what the women in their lives are experiencing and how they can participate in ***ending gender violence.*** It is a reminder of the importance of ***practicing respect*** in all our encounters.

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Amazon and CreateSpace

Video book trailers:

YouTube.com/IAMLeahCarey

Full press kit:

www.LeahCarey.com

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MARKETING PLAN

- Blogs, targeted social media, and video marketing - Find @IAMLeahCarey on YouTube, Facebook, Twitter, Pinterest
- Traditional media - Television, radio, newspaper
- College and university women's studies classes
- Readings at libraries, bookstores, spas, fitness centers, etc.

REVIEWS

"The stories are powerful and moving, even if it's somewhat astonishing that they still need to be told today." **The Mindful Reader**, Concord Monitor

"This is the kind of book that, for me, justifies the indie publishing scene ... raw, personal honesty." **Arthur Chu**, The Daily Beast

"...not just an inspirational read, but powerful enough to start a movement..." **Amazon reviewer**

"This book is truly all-encompassing and not discriminatory in the least. Forward-thinking men could glean a great deal of insight from it too - it's not just for the ladies." **GoodReads reviewer**

ABOUT THE CREATOR & EDITOR

Transformational speaker and author LEAH CAREY has been in the trenches. She spent over two decades struggling with **chronic depression**, believing that no matter how hard she worked or how much she accomplished, she was never good enough and no one could ever understand. She now shares with audiences and readers the answer that saved her life: **sharing our stories** helps us to release **shame**, build **community**, and increase **effectiveness** and **resilience**. Leah facilitates workshops - like the one that resulted in this book - that help people to share their stories in a safe and supportive atmosphere. She is also the author of *Transforming Your Body Image*.

