

Author Media Kit

Meet the Author

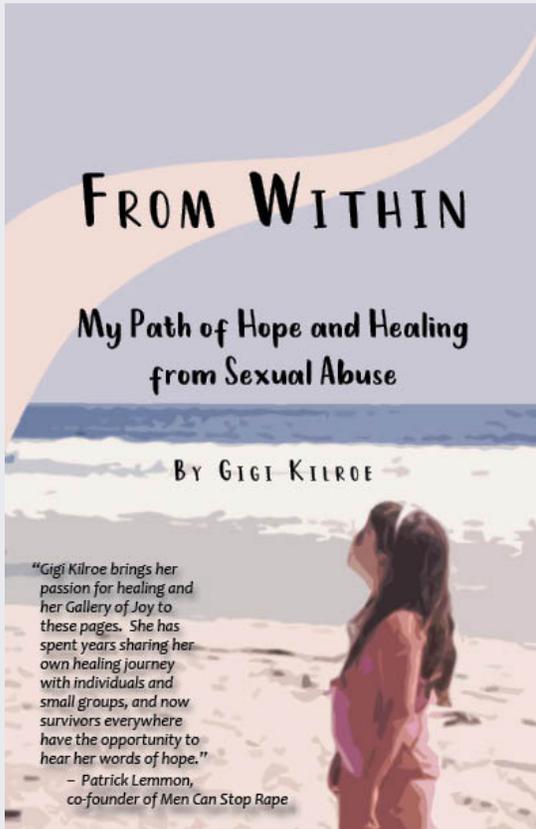


**Gigi
Kilroe**

www.gigikilroe.com

FROM WITHIN

My Path of Hope and Healing from Sexual Abuse



From Within is a riveting biographical work of one woman's journey as a sexual abuse survivor, who transitioned from the physical and emotional pain and betrayal to a newly found passion to help others going through similar circumstances.

- Learn to recognize that as survivors we are all valuable and worth the journey to healing.
- Discover inspiration to approach any abusive ghosts from the past.
- Access a plethora of self-care examples and a wide array of resources to help survivors.

"I have been many women in my lifetime. I have been the protector and provider. I have been the lover and the fighter, but the woman within I value the most, will always be the survivor."

– S.L. Heaton

Title: From Within
My Path of Hope and Healing
from Sexual Abuse

Author: Gigi Kilroe

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Biography



Gigi Kilroe earned her BS in Early Childhood Education, MS in Exceptional Persons and Special Education Supervisory Certification from Bloomsburg University. She retired after a career of 32 years in the field of special education; she worked nine years as a special education teacher and then 23 years as a special education supervisor. Working with students with special needs was her passion.

Once a victim, who has since emerged a strong survivor, Gigi's passion is now to share her journey of healing and, more importantly, her message of hope to survivors of all ages.

Gigi is now a speaker for Resilient Voices out of the Office of Victim Advocate in Harrisburg, PA, a member of The Crime Victim Alliance of PA, and a member of the Speakers Bureau for RAINN (Rape, Abuse & Incest National Network). She is committed to sharing her journey as an example to those who need to know; no matter what you have endured, you deserve to heal and take your power back.

"Gigi Kilroe brings her passion for healing and her Gallery of Joy to these pages. She has spent years sharing her own healing journey with individuals and small groups, and now survivors everywhere have the opportunity to hear her words of hope." — Patrick Lemmon, co-founder of Men Can Stop Rape

"Kilroe takes readers on a journey through waves of trust, betrayal, love and abuse. Through this rollercoaster of emotions, she reveals a path to resounding, inspirational resilience and self-love." — Kim Olver, author of the Secrets of Happy Couples and Choosing Me Now

CONTACT INFORMATION



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Excerpt

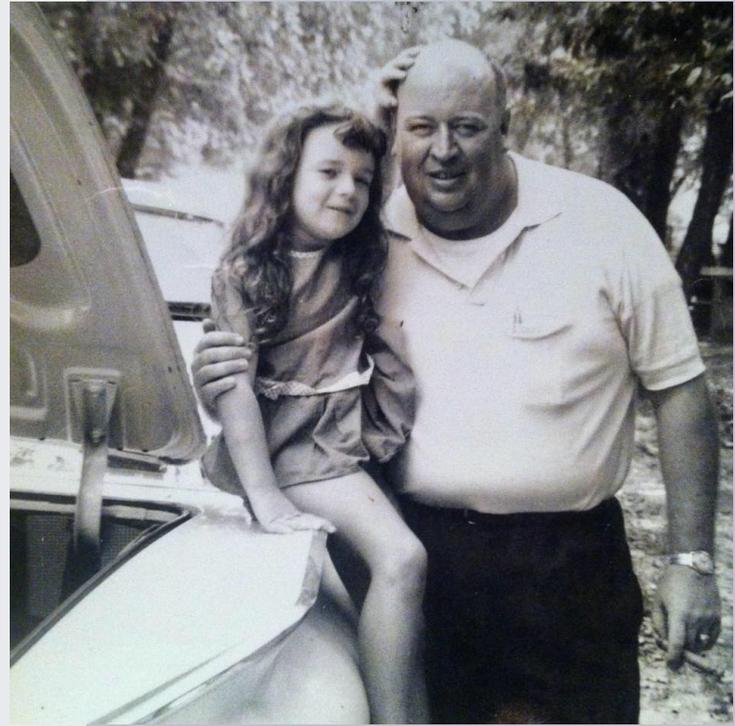
The year I turned 38 was a tough one for me. Her life ended at that age, but I have had so many more years than she was robbed of. Many rough life lessons lay ahead for me, and I had to learn, grow, and heal them without her in my life. I can't even begin to imagine what her emotions were, knowing she was leaving her 5-year-old daughter behind.

My mother had a brother that I had never met. I've only seen one photo of him. He was incredibly handsome, but it wasn't a kind face. Something about his eyes pierced right through me. I had an uncomfortable feeling each time I saw his photo in the old, brown, musty smelling, photo album. I couldn't have been more than 4 years old when a phone call came in that was terribly frightening, and it has never left my memory.

I was sitting on the floor playing with my dolls in the doorway of my parent's room. My mom was resting in bed when the phone rang. She picked it up and within just a few seconds, suddenly burst into tears. My dad flew past me and went storming in. He took the phone from her; I never saw him so furious. I was so frightened, not understanding what's happening.

My dad was shouting into the phone then slammed it down. I saw him clench his right hand into a fist and pound it into his left palm. At that moment those gentle Irish eyes were enraged. That right hand of his was mimicking punching into his palm... and hard. He grabbed his coat and hat and headed for the door. My mom was crying and begging, "John, don't!"

The call came from my mom's brother. I knew, even at that tender age, something was horribly wrong. Years later, I asked my dad about that night, but he only gave me small bits of information. I could tell it was painful for him to talk about. There had to have been some kind of abuse. My gut told me it had been either physical or sexual. It would be years later, while revisiting that memory on a hot July afternoon, when repressed trauma within me surfaced.



Albra (Wheeler) Heineman, Women's Resource Center Coordinator

'Gigi's story is one of resilience, perseverance, and a commitment to share her story to help those going through similar struggles. It is an honor when someone invites us in and I'm humbled by Gigi's love and drive despite the pain she has endured.'

Michele Minor Wolf, Executive Director, Victims' Intervention Program

"An honest book of trauma, pain, healing and hope will inspire you to change the world, just as Gigi is doing, one person at a time."

Interview Questions/Discussion Topics

- What is the significance of the book's title? Did you find it meaningful, why or why not?
- What were the main themes of the book? How were those themes brought to life?
- What did you think of the writing style and content structure of the book?
- Were there any quotes (or passages) that stood out to you? Why?
- How did the book make you feel? What emotions did it evoke?
- What did you like most about the book? What did you like least?
- What do you think the author's goal was in writing this book? What ideas was she trying to illustrate? What message was she trying to send?
- What did you learn from this book?
- Did your opinion of this book change as you read it?
- Would you recommend the book to a friend? How would you summarize the story if you were to recommend it?
- Was the book satisfying to read? Why or why not?
- If you could talk to the author, what burning question would you want to ask?

