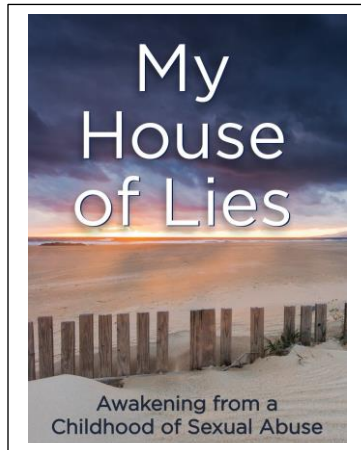


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**NEW BOOK REVEALS the
GRIPPING, GRITTY, and
COMPELLING REVELATION
of HOW ONE WOMAN TURNED
HER NIGHTMARE into a
MEANINGFUL LIFE**

San Diego, CA. October 17, 2019. On the outside, she had a perfect childhood. A perfect family. A perfect upbringing. What Lori really had was a perfect house of lies. To the outside ... and within the confines of the walls. The sexual abuse that started at the age of five became a wall of silent screams. Screams that were hidden from herself and from the world for decades. Until she could do and did the tell. For Little Lori Golden, her nightly terror was real. And so were the words: *Shhhh ... this is our secret ... don't tell anyone.*

When life deals someone a traumatic blow, that person can either become a victim or a survivor. Lori Golden chose to first survive, and then thrive following a childhood of sexual abuse. For years she managed to keep the abuse pushed out of her conscious memory. It led to her struggles with drug addiction, that resulted in her dropping out of college. Eventually, she completed a Master's degree in Social Work, worked at a mental health center for three years, then in 1982 opened her private practice in New York City.

Her book, *My House of Lies* reveals a gripping account of coming to terms with the reality she was sexually molested in her own home from ages five to sixteen.

"My father was the 'ape' in my nightmares, hidden under the stairwell, lurking in the hallway, shadowing me as darkness came in the night."

Today, Lori Golden is an expert in childhood sexual abuse and therapist, she adds, "When sexual abuse occurs, you are alone with your abuser, creating a unique kind of "aloneness." One that is dark and sinister. You feel hopeless in

the belief that you could get better, or the pain could end. Your aloneness becomes so profound that it makes you want to self-destruct, even feel suicidal.”

In her gritty and horrific story, she reveals in *My House of Lies* that:

- Telling is the first step in healing. If you don't, you continue to live in silence, alone, with your abuser.
- Getting help is essential. You cannot do this alone.
- Recovery is painful and hard, but without it, you live in its effects, symptoms that are not your DNA, as she once thought, but the person in hiding.
- Sexual abuse has long tentacles. Know that it is not in the past but alive in the present, permeating all aspects of your life.
- You should embrace your story and let your inner abused child speak out. Learn how to love your child within and dedicate yourself to achieving your own personal freedom from its bondage. You lived through the worst of it as a child and survived. You can live freely once again.

Lori Golden learned that life is possible after a decade of sexual abuse. Her story ... her recovery ... and now her work as a therapist and speaker has opened doors for thousands.

My House of Lies (978-0-9600267-0-8) is a memoir of sexual abuse and self-help supported by a team of professionals that led to Lori Golden's recovery and her unique ability to assist and work with others who have experienced similar trauma. Released in June of 2019, it is available on Amazon.

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Interview and feature Lori Golden - available in Southern California

For additional information on Lori Golden, visit her website – <https://LoriGoldenAuthor.com>

To schedule an interview or have Lori speak to your group, contact her publicist:
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