

PRESS RELEASE

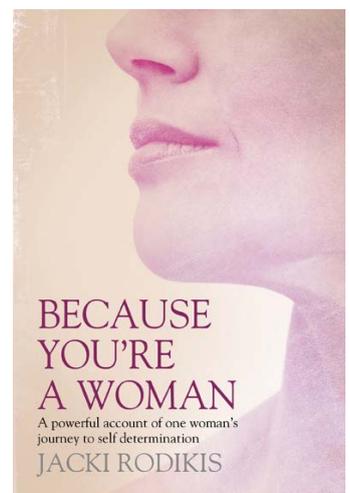
For immediate release



SCRIBBLING DOWN A POEM TO EXPRESS HER FEELINGS ULTIMATELY LEADS JACKI RODIKIS TO THE PUBLISHING OF *BECAUSE YOU'RE A WOMAN*, AN AUTOBIOGRAPHY THAT TAKES THE READER ON AN EMOTIONAL JOURNEY THROUGH JACKI'S TRAUMATIC CHILDHOOD TO HER ULTIMATE TRIUMPH AND FREEDOM FROM THE DEVASTATING AFFECTS OF ABUSE

In January 1995 Jacki Rodikis was taken into a clinic and finally began to get the help she needed for problems she thought could be suppressed, that only she could know about and that, unaddressed, might eventually go away. It was in this clinic she was encouraged to write poetry to express the emotions and feelings she was experiencing. These poems have become the building blocks of her recovery and she has used them in *Because You're A Woman* to brilliantly encapsulate her moods, her thoughts and desires and to present the reader with an inspiring account of how, with sheer determination, you can gain back control of your life.

'My initial poem was encouraged as a way of letting out all the built-up angst, hurt and pain I was feeling,' says Jacki, 'and over time I have added others to my collection. I suppose you might say it's been a cathartic experience'. She goes on to explain though that the time is now right to combine her poetry with the story of her life in a bid to help others rather than just helping herself: 'I'm in a good place in my life now. I have three wonderful children and four grandchildren. Through counselling, life adventures and a search for faith, I now feel fully armed and able to be strong and tell my story. I believe that the bad things that have happened to me can be changed into a powerful force for good and help other women who have had similar experiences'.



Because You're A Woman chronicles the torment of a little girl who is made to believe that in order to be loved she has to submit to anything that is asked. Her father tells her that what they share is something special. His control over her life, through sexual abuse, bullying and belittling comments leaves her with deeply embedded feelings of guilt and shame. The book deals with the effects of this abuse on her relationships as she matures – with the men in her life, her family and friends – and on her personality. It also highlights how the birth of her daughter was the catalyst that propelled her into a series of different therapies and healing paths and we get to know the people who support her on her journey. We watch as Jacki finally breaks free of the burden of guilt she's been holding for so long and develops into the confident woman she is today.

Through the combination of engaging prose and compelling poetry, ***Because You're A Woman*** achieves what Jacki set out to do – it leaves the reader feeling more determined to face life full on, to address whatever her problems may be and to actually LIVE! It truly is a beautifully written, inspiring story which you really won't want to put down.

Because You're A Woman is published by Austin & Macauley in paperback (rrp. £9.99) and is available from the publishers, Waterstones, WHSmith and Amazon.

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About the author: Born in Gillingham, Kent, Jacki Rodikis was educated at Chatham Grammar School for Girls. She trained as a computer programmer, and then developed a successful business. She is passionate about raising public awareness of the long term effects of childhood sexual abuse and has recently established 'Women for Change', a charity to help women survivors. She has three children and four grandchildren and now lives in South Warwickshire.