

PRESS RELEASE

For immediate release



***BECAUSE YOU'RE A WOMAN IS AN UPLIFTING BOOK WRITTEN BY AN INSPIRING WOMAN WHO IS DETERMINED TO HELP OTHERS TO OVERCOME THE LASTING AFFECTS OF CHILDHOOD ABUSE***

Today Jacki Rodikis is a strong lady: a successful businesswoman, mother of three and a published author. But she has come a long way. She has overcome much and is now focussed on helping other women both through her charity, *Women For Change*, and her new book *Because You're A Woman*.

*Because You're A Woman* is borne out of Jacki Rodikis' belief that she can help others. She hopes that the very truthful, down-to-earth account of her abused childhood and the repercussions in her adult life as a result of this can aid others and help them on the emotional and difficult road to recovery. 'I have written the book to raise awareness of the issue and I really wanted to write about the long term emotional damage that is done – that stays with children way past their childhood'

Since the launch, just a month ago, of *Because You're A Woman*, women (and men) nationwide are exclaiming what a great read it is and declaring how powerful the book is. Whatever one's problems in life, this book shows you can learn to cope and eventually heal. Jacky Cook, Editor of *Warwickshire Living* writes: 'A brilliant read - I couldn't put it down. A truly inspirational and strong lady who is using her own experiences to help others.'



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 - problems stemming from years of abuse during her childhood. She was encouraged to express herself through poetry and these poems became 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.

The reported statistics on the incidence of female childhood abuse vary from 1 in 4 to 1 in 8<sup>1</sup>. The Cross Party Government Action Plan report, released in April 2007 states that the incidence is actually 1 in 5 of the female population. The cost to society is £20,000 per case with an estimated long term cost of £60,000 on healthcare for each victim of sexual abuse<sup>2</sup>. The incidence of abuse is staggeringly more common than many of us could imagine, but for Jacki these alarming figures only make her more determined to tell her story.

***Because You're A Woman*** chronicles the torment of a little girl through abuse and reveals the effects the childhood abuse has 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.



At the launch of ***Because You're A Woman***, Jacki read one of her poems and explained 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’.

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.

<sup>1</sup> Child sexual abuse: What practitioners can learn from research regarding the long-term effects by Mary Berry MA

<sup>2</sup> Research by NSPCC 2004

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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.

