



*Sylvia Coleman*  
**Media Kit**

**1 out of every 4 women and 1 out of every 6 men have been sexually abused before the age of 18.**

**With the effects ranging from overeating, promiscuity to suicide, many sexual abuse survivors struggle throughout their adulthood to find some sense of “normalcy.”**

**Award-winning writer and sexual abuse survivor Sylvia Coleman is speaking out about this taboo subject in her book, “Creating a New Normal: Cleaning Up a Dysfunctional Life.”**

***“Being the victim felt normal to me. I didn’t know any other way to live.”***  
**—Sylvia Coleman**

## **BIOGRAPHY:**

Sylvia Coleman was born and raised in Boston, Massachusetts (November 4, 1975) by a single-mother.

During her childhood, Sylvia was molested by two male relatives: her older brother and older cousin. As a result, Sylvia externalized a lot of her anger, and frequently got into altercations with her peers. The effects of the sexual abuse also led to: overeating, perfectionism, clinical depression, homelessness and unhealthy relationships.

While still battling her demons, Sylvia managed to secure enough funds to attend college and obtain a degree in journalism from Temple University in Philadelphia, Pennsylvania. From newspaper staff writer to health columnist and editor, Sylvia won six journalism awards for chronicling the chaotic lives of others in her articles. However, her own personal life was quickly falling apart.

During a tumultuous relationship in her early twenties with an alcoholic, Sylvia hit rock bottom. She began experiencing flashbacks of the sexual abuse and finally decided to seek help. After several years of support groups and intense therapy (both traditional and non-traditional), Sylvia finally emerged a new woman.

Eager to help others just like her, Sylvia began volunteering with the Temple University PASCEP program to teach sexual abuse survivors how to heal.

In 2007, Sylvia received a grant from the prestigious Leeway Foundation to create [www.blacksurvivors.org](http://www.blacksurvivors.org), a national, online support group and resource center for African-American sexual abuse survivors.

In 2008, the award-winning health journalist, released "Creating a New Normal: Cleaning Up a Dysfunctional Life," a book that chronicles in extraordinary detail her recovery from sexual abuse, homelessness and clinical depression.

Since that time, Sylvia has appeared on: NPR, the Philadelphia Daily News, the Philadelphia Inquirer, "Wake Up Live" in Boston, Praise 103.9 and 107.9 WRNB discussing sexual abuse.

Sylvia currently specializes in public speaking, and coaching other sexual abuse authors, speakers and professionals how to successfully market their products and services to sexual abuse survivors.

## THE BOOK

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"Sylvia is a quick-witted, down-to-earth, yet compelling individual whose words, experiences, and emotions will leave all who read it inspired and in awe"

— Andrea Baptiste, NBC's "The Biggest Loser" (Season 1), motivational speaker/health & wellness advocate

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# CREATING A NEW NORMAL

CLEANING UP A DYSFUNCTIONAL LIFE

S Y L V I A C O L E M A N

Coleman takes a bold, daring and honest look at the series of tumultuous experiences that shaped an unhealthy perspective of her life. Sylvia delves deep into vulnerable and ultra-personal moments of back story, extracting and examining flaws, tragic paths, wrong turns, epiphanies, enlightenments and roads to recovery, all while trying to establish herself as a successful writer.

In this book, Sylvia identifies her outstanding courage and willingness to survive dysfunctional situations including sexual abuse, homelessness, severe clinical depression, overeating, and enabling chemical dependence.

In "Creating A New Normal," Sylvia approaches the concept of repair and recovery with a clever, detailed and often humorous self-introspection that has enormous ability to inspire us all to change and engage in a reflective self-cleaning.

Remarkably, Sylvia has extraordinarily managed to sculpt a new paradigm of self, while recreating her own new normalcy in a world filled with chaos and confusion. By simply positioning the magnifying glass on herself, Sylvia shares the potential of life transformation with everyone.

# As Seen On



# Suggested Interview Questions

1. You're a sexual abuse survivor, what happened to you as a child? (ANSWER TIME: 1 Minute)
2. Did you tell anyone what happened to you? Why or why not? (ANSWER TIME: 90 seconds)
3. How did you deal with what happened to you, being sexually abused? (ANSWER TIME: 1 minute)
4. How did you become homeless? (ANSWER TIME: 30 seconds)
5. When did you get help? (ANSWER TIME: 30 seconds)
6. You used non-traditional therapy. What do you mean by non-traditional therapy? (ANSWER TIME: 20 seconds)
7. What were the results? (ANSWER TIME: 30 seconds)
8. How could you attribute all this to healing from sexual abuse? (ANSWER TIME: 2 minutes)
9. You used both traditional & non-traditional therapies. What's the difference between the two? (ANSWER TIME: 1 minute)

For more information, or to book or interview Sylvia, contact:

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