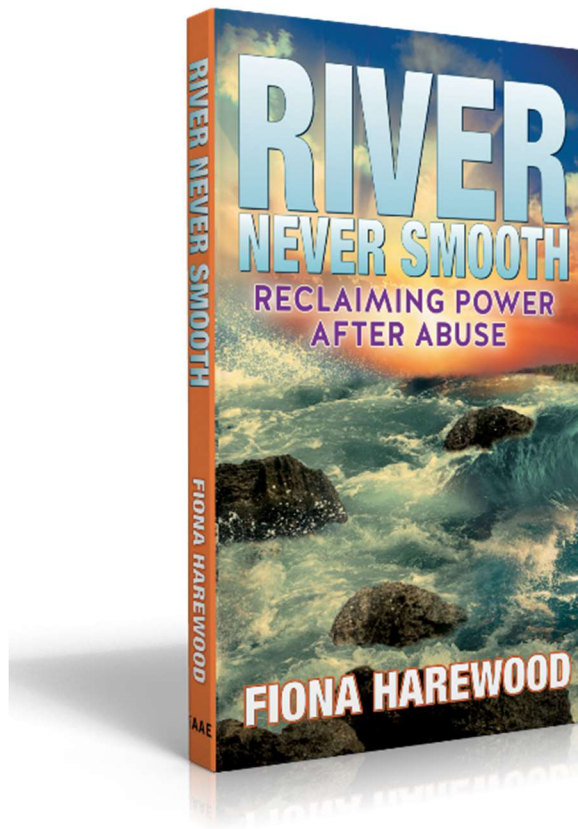


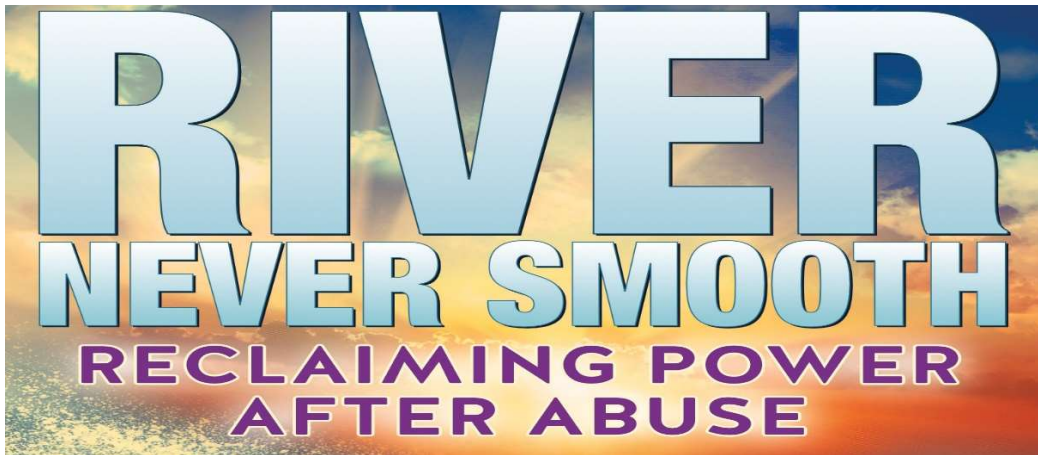
RIVER NEVER SMOOTH

RECLAIMING POWER AFTER ABUSE



MEDIA KIT

What you need to know
to sound like you've read the book



Preparation always helps. I know you are busy, and since the book is not out as yet, I am sending you my media kit to make your job easier.

I am here to serve, and I know if I do my job well, your audience will feel valued and they will cherish what will be taught through our conversation.

If you need anything else, please email me. I can't wait for our chat.

Fiona Harewood

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“River Never Smooth: Reclaiming Power After Abuse is a compelling, insightful look into the world of relationship failure and eventual revival and survival. The author’s writing compels you to continue reading just to reveal the next turn and sequence of each character. This book is a must read for those in need of abusive relationship realizations as well as those who might be in a position to assist others that are experiencing the perils of relationship troubles. I encourage all to take this ride along with Angelique as she takes you through every step, and thought, leading up to her final landing place of power and perfection. This is a must read for all audiences!!!”

—Reverend Francis S. Cole

SUMMARY

RIVER NEVER SMOOTH RECLAIMING POWER AFTER ABUSE

Despite being abused, Angelique kept going back because she mistook abuse for love.

Abusive relationships have not been relegated to the past. They are still prevalent today among the rich and poor, male and female, old and young, black and white . . . as Angelique is well aware.

Angelique Castor falls for a dashing singer, which becomes her first mistake. He has good looks but no backbone. She then realizes he is no knight in shining armor, and this forces her to make tough choices. One bad choice eventually leads to another. How does Angelique deal with her mistakes? How will her story end?

In *River Never Smooth: Reclaiming Power After Abuse*, author, speaker, and life coach, Fiona Harewood, uses the persona, Angelique, to recap her riveting life's journey, showing how she overcame abuse and reclaimed her power. Angelique's story concludes with an exclusive model for finding healing. She teaches from experience, research, education, and faith.

After reading *River Never Smooth*, you will:

- Identify abuse and know how to deal with it
- Know when to move on
- Live a life free of regrets
- Rise above your circumstances, and emerge an overcomer

EMBRACE YOUR PAST, THEN TOSS IT!

FACT:

Fiona lived her story and with God's help she is a survivor. She shares her experience because she has seen women's lives changed as a result and believes that her voice will help many others find the faith and courage to rise above their circumstances.

WATCH THE TRAILER



https://fionaharewood.com/wp-content/uploads/RNS_Trailer.mp4

Or here:

<https://www.youtube.com/watch?v=IC73pjLttSE>

About Author



Other Books by Fiona Harewood

I Did It . . . You Can, Too!

Fiona Harewood is an author, speaker and life coach, empowering women who have been abused, people who are struggling with their faith, and students who are demotivated to overcome, so they can rise above their circumstances and live the life God intended.

Having experienced abuse physically, mentally, sexually, emotionally, and financially, with God's help, she overcame and has developed a passion for supporting those experiencing abuse. She also equips family members to help loved ones overcome, and challenges those who know not abuse to steer clear.

Experiencing God in many miraculous ways in her life, she encourages those struggling with their faith to trust God in spite of their circumstances.

Being a high school failure and having returned to school at age 44, she dares dropouts to become dream makers and inspires current students to complete their education.

Fiona lives in Philadelphia, PA with her husband and has three adult children.

Why Is Fiona's Message Important?

NEARLY 1.5 MILLION HIGH SCHOOL STUDENTS NATIONWIDE EXPERIENCE PHYSICAL ABUSE FROM A DATING PARTNER IN A SINGLE YEAR.

Abusive relationships have not been relegated to the past. They are still prevalent in societies today. Male or female, rich and poor, old and young, black and white – it mysteriously creeps into our homes, churches and organizations. Many are in denial of the abuse in their relationships, either sweeping it under the carpet, or walking that journey alone.

One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence. ⁱOne in 10 high school students has been purposefully hit, slapped, or physically hurt by a boyfriend or girlfriend.

MORE THAN 12 MILLION MEN, WOMEN, AND CHILDREN ARE AFFECTED BY VARYING FORMS OF ABUSE IN A YEAR.

According to the ⁱⁱDomestic Violence Statistics, on average, 24 people per minute are victims of rape, physical violence, or stalking by an intimate partner in the United States – more than 12 million women and men over the course of a year.

It has been said, “One who feels it knows it.” Psychologists are able to help people improve their mental health because of their studies and training. A doctor's knowledge of medicine assists in patients' healing, but no one can truly understand and empathize with the suffering of someone unless that person has a personal experience.

Fiona Harewood knows what it is to be abused - physically, mentally, sexually, financially, and emotionally. Having triumphed over abuse, she finds it fulfilling and rewarding, coaching groups and individuals, helping them to rise above their circumstances, find healing, and live life as God intended.

Interview Topics/Structure

In the interview we can talk about the structure of the book.

Introduction:

River Never Smooth has an Introduction. Readers are encouraged to read. Among other situations, it tells the readers the story of how the author came to write the book and how she started on her way to healing; the problem of abuse, how it is viewed in our society, the fact that some people don't know how to recognize it, the depth of this problem in our societies, and how realization of this problem can make a difference.

Narration:

The protagonist narrates the story in a riveting way.

River Never Smooth: Reclaiming Power After Abuse is a captivating, compelling, powerful, riveting account of the experiences of one woman navigating the impact of abuse. Undeniably, it is an eye-opener. It is a must read for those who experience abuse and those who provide support for the abused.

—Karen McKinnie, Educator, Human Rights Advocate

Book Excerpt:

(Page xxv)

Anniversary gifts come wrapped in many packages from the miniature box, containing a precious diamond necklace; to the medium-sized package, enclosing a sexy negligee. Or, it may come in the form of a husband, placing his hands over his wife's eyes, leading her to their front lawn, then, tadaaaaa! There, draped in broad, red ribbons with the largest gift bow ever, may be a brand-new, black Lexus or a BMW convertible.

But if anyone would've said my third wedding anniversary present would be wrapped in the finest beating ever, delivered with a 2x4 plank, by the man around whom my entire world revolved, I would've said it was a lie from the pit of hell.

. . . “Miserable, I’ll be back in a while.”

I didn’t answer. And yes, I was angry. It was our wedding anniversary. Not only did he not get me anything, but he had also forgotten our important date. Then, he refused to go to church with me—the only thing I asked of him that day.

William pulled at my toes yet again and gave me a playful slap on my butt. I glared at him.

“If you know what’s best for you, you will leave me alone,” I said through clenched teeth.

He then poked me with his fingers, sending a sharp pain through my side. Suddenly, I sprang from the bed like a leopard with one last chance at catching its prey, charging after him. He dashed out of the bedroom with me in pursuit. Reaching the living room, he struggled to unlock the front door. Realizing he would be through it before I got to him, I instinctively picked up the first thing I saw—a crystal vase, a wedding present from my employer. I hurled it at him. The vase struck the door a fraction of a second after he ducked. *Oh, shoot! I could have hurt him seriously had the vase hit him. Hell! I told him to stop provoking me.* The flowers fell to the vinyl floor, and some sand got into William’s soft black hair, but most of it fell to the floor. Miraculously, the vase didn’t break. . .

Pull Quotes:

The author also uses pull quotes to reiterate points the reader/victim must note.

Book Excerpt: (Page 105)

“What’re you talking about?” he asked, dropping his mouth open, knitting his brows. His question and pretended gesture triggered something within me. I grabbed a chair and threw it at him. It fell with a heavy thud halfway on the tabletop, then slid the rest of the way to the floor, carrying the basket of artificial fruits and table mats with it. I rushed from the dining to the sitting room. Everything I could get my hands on, I hurled at him—a vase which I heard shatter to pieces as it hit the refrigerator and fell to the floor,

“. . . Wasn’t it enough you having her, whoever she is? Why did you have to bring her in our home and on our bed?”

There is no greater disrespect of a marriage than a spouse defiling the marriage bed.

Even if the victim leaves the marriage, forgiveness is necessary, despite it being hard. Get help.

<https://www.fionaharewood.com/resources>

ornaments galore—some did hit him. I then threw a barstool at him, before he charged across the room and held me firmly, while I kicked and screamed.

“How could you do this to me, William? How could you? My family live right upstairs, how could you?”

All this time he said nothing. When I calmed down, he let me go. I slumped to the floor sobbing. Finally, there were no more tears. I got up and faced him. He sat motionless on the sofa.

“I’ve had enough of your womanizing. Wasn’t it enough you having her, whoever she is? Why did you have to bring her in our home and on our bed? Consider this marriage over. And furthermore, this is my parents’ apartment. I want you out by the time I return from camp meeting—that’s nine days away.” I stormed into the bedroom; struggled to pull the mattress and its bedding off the bed, then dragged it through the house and threw it into the yard.

 **TAKES YOU THROUGH FOUR STAGES**

RIVER

NEVER SMOOTH

RECLAIMING POWER AFTER ABUSE

BAD CHOICES > STARTING OVER > REPEATING MISTAKES > GETTING IT RIGHT

You can also interview on the stages of the book:

Part I

1. Bad Choices

The book opens with a violent scene of the protagonist receiving a beating for her 3rd anniversary gift. In following chapters, she looks back and thought that had she

listened to her parents' advice and not married her husband, life could have been much better. Bad choices led to several instances of abuse as well as adultery, neglecting her and the children of the marriage, financial responsibilities, etc.

Part II

2. Starting Over

Angelique, the protagonist, is now in another country. She vowed not to have another relationship; however Ricardo came along. Angelique, not being in love with him, realized that he loved her. He then begged her to marry him. She leveled with him of her feelings but they both reasoned that love grows and she will soon get to love Ricardo. Angelique found out after marriage that she was tied to a sexual predator and a child molester. It was time to move on.

Part III

3. Repeating Mistakes

Angelique just chose the wrong men. George, a married man, came along, promising her the world, stating that he and his wife were separated but he still shared the home due to his children. Soon Angelique realized George was about me, myself and I, caring nothing about her. The relationship came to an end when George made up with his wife. But after shooting her, he waltzed right back into Angelique's arms. Then when all was well with him again, he left her used and abused.

Part IV

4. The decision and getting it right

Suffering a broken heart over George, Angelique realized she was straying from the God she grew up loving. She felt as if she couldn't make it without George. But one day she stumbled on a radio program where a psychologist was talking about relationships. From a tender age she had lived for the men in her life and had given them her all. It was time to do things differently and with God's help, she did.

Sample Interview Questions

1. What is *River Never Smooth: Reclaiming Power After Abuse* about?
2. What inspired the name of your book?
3. Who is your intended audience?
4. What made you consider writing this book?
5. You said with this book and your coaching plan, victims will be able to find healing. Talk about two other benefits to be derived from this book and your coaching plan.
6. There are a lot of material and help out there. What makes your book and your coaching program different?
7. What is the one thing a person can do to get started when they decide they need to find healing?
8. This book is about your life's journey through abusive relationships, right? When you finally realized that you were heading down the wrong path and needed to take steps to change, share one of your regrets at that moment and the thing you wished you could do differently.

NEXT STEPS FOR YOUR AUDIENCE

Some of your listeners may want to learn more about *River Never Smooth* and its exclusive model for finding healing. This unique program helps them to craft their healing plan. List the benefits derived from this program's coaching sessions, and let listeners know what's the next step.

ⁱDating Abuse Statistics. <https://www.loveisrespect.org/resources/dating-violence-statistics/>, Accessed October 13, 2019.

ⁱⁱ National Domestic Violence Hotline. Get the Facts & Figures. (<https://www.thehotline.org/resources/statistics/>), Accessed October 13, 2019.