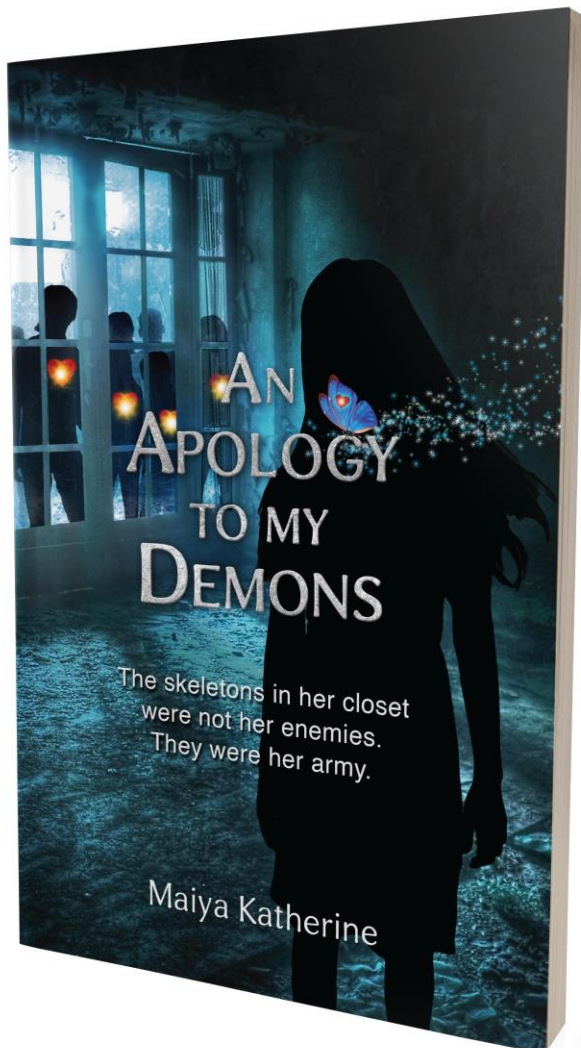


Transformational Book Offers Pathway to Facing Inner Demons and Achieving Emotional Healing

"I write for anyone whose emotional wounds have not healed and for those, like me, who have to make a conscious decision every day to act from a place of love and not from a place of hurt and pain. My journey shows that healing, and even joy and peace, are possible after hardships." – Maiya Katherine

September 16, 2021

FOR IMMEDIATE RELEASE



How do you overcome the disabling emotional wounds, trauma and heartache from the past that today are holding you back, pulling you down, creating self-destructive behaviors and making you miserable?

In her powerful new book, *An Apology to My Demons: The skeletons in her closet were not her enemies. They were her army.* (Blue Dragonfly Life, September 16, 2021; 114 pages; Paperback ISBN: 978-1-7344497-1-6; e-book ISBN: 978-1-7372886-3-3), author **Maiya Katherine** addresses millions with her harrowing and ultimately triumphant story of overcoming many issues such as abandonment, loss and betrayal, which all led to emotional and mental health issues. The book is available at [Amazon](#), [Barnes & Noble](#) and better booksellers worldwide.

An auto accident proves to be one young woman's catalyst for healing her unaddressed emotional wounds.

From a hospital bed she realizes that her unhealthy coping mechanisms, or as she called it, her "demons," were only created to keep her safe, concluding that the solution was not to try and simply eliminate them, but instead to heal them with self-love and forgiveness. After facing each demon and identifying how it had adversely affected her life, she was able to find wisdom and lessons in each negative experience she had, and was able to come back to her inner joy and inner light.

"An Apology from My Demons is about taking back control of one's heart by breaking the shackles put on it by old emotional wounds," explains Maiya Katherine." This book follows my journey from previously looking at life through the lens on my past hurts, to making a conscious decision to start looking at life from a place of love, forgiveness and self-confidence."

Self-destructive issues manifesting often from experiences during youth, are all too common, affecting millions of people in the United States and around the world. The Covid-19 pandemic has made this phenomenon even worse, causing significantly more people to suffer daily depression and emotional or behavioral issues. We are at a time where people are looking for a lifeline – for the inner light that they hope resides within. This book is written to give voice to the pain and provide a path to emotional healing.

Adds Maiya Katherine, "One of my dreams for the book is that young and old women (and men) alike, come to me and say, 'Your book helped me see that I don't have to be prisoner of my past hurts and also helped me see that I have, inside me, all I need to summon the courage, the help and the support I need to heal my heart and let my inner light shine'... That is how I want my readers to feel. That is why I write."

Blue Dragonfly Life, an imprint created by Maya Katherine and managed by Highpoint Executive Publishing, focuses on emotional healing books, e-books and other positive publications for women (and men) in need. Its mission is to foster and support the pursuit of inner peace and inner joy by producing material that promote self-empowerment and unconditional self-love.

About the Author



Maiya Katherine always knew she had a calling. She was always able to discern when people around her were in emotional turmoil. It would take years of hardships, mistakes, self-love and self-discovery for her to start healing her own emotional wounds and begin living life on her terms. As people around her continuously praised her wisdom and healing messages, she started thinking about sharing those gifts with the world. Her intention in life is to let the Universe use her to help others achieve emotional healing and come back to the joy and light within themselves.

Endorsements for An Apology to My Demons

"This book is very relatable, especially among those who have been victim of childhood trauma. The words used are very touching. Maiya Katherine's story offers guidance to a journey of healthy healing." – **Manouchka Tulia Joseph M.D.**

"I've learned that a great many people are burdened by the skeletons in their closets. This book can inspire them all to heal their old emotional wounds." – **Monique Smith Andrews, Founder and CEO of Mo'Hair Foundation, community leader, business owner, philanthropist**

Maiya Katherine Q&A

Q: What is your book about?

A: It's about opening the vault of old emotional wounds and healing them once and for all.

Q: Who is your audience for this book?

A: Anyone who's had a profound emotional negative experience that left scars in their hearts.

Q: What issues do you cover in your book?

A: There are quite a few, including the burden of old emotional wounds, childhood trauma, and many specific emotional issues such as abandonment, negative body image, betrayal, guilt, violation of innocence, sexual identity, fear, mistrust, addictions, and more.

Q: What motivated you to write your book?

A: Being tired of struggling, wisdom from other books, inspiration from authors' stories – all showed me I could heal my emotional wounds, I felt I should share my story to pay it forward. Also, I think that our wisdom is not to be kept inside of us, it is meant to be shared with others.

Q: How much of this book is based on your own life?

A: Much of the demon list is based on first-hand experience, but I had to change some settings, locations, etc... for privacy purposes.

Q: What are your wishes for this book? What do you hope it will accomplish?

A: I hope it helps people see that they do not have to be prisoners of their hardships or mistakes and that inner peace and joy are possible even after feeling emotionally broken.

Q: What is the story behind the new imprint, Blue Dragonfly Life, that you created for this book?

A: I have always been fascinated with dragonflies and butterflies. My emotional transformation is not unlike that of a caterpillar metamorphosing into a butterfly or the transformation experienced by dragonflies. Their metamorphosis is a death and a rebirth. While death can be scary, one must have trust that every ending is a new beginning. I had to have trust that healing my demons would help me transform by releasing the inner Goddess within me. During Covid I spent a lot of time in the country and saw butterflies all the time. One day, I saw a blue dragonfly for the first time. It came to the house every day for a period of time. I am into spirituality and spirit animals, so I looked up the spiritual meaning of a blue dragonfly sighting. Blue is the color of the throat chakra, which deals with speaking, communication, expression. And dragonflies are symbols of self-actualization, transformation, spiritual pursuit. The blue dragonfly represented all that my soul was about and all that my journey had been, as well.

Q: What do you hope readers will get out of your book?

A: That hardships and emotional trauma do not kill inner joy, inner peace, and inner light. Pain and suffering can sometimes smother those empowering energies but emotional healing can help reverse that. No one should be bound to the pain of their emotional wounds forever and everyone deserves to feel their light shine and their hearts, smile. As I say, I want everyone to be able to live life, deliciously.



