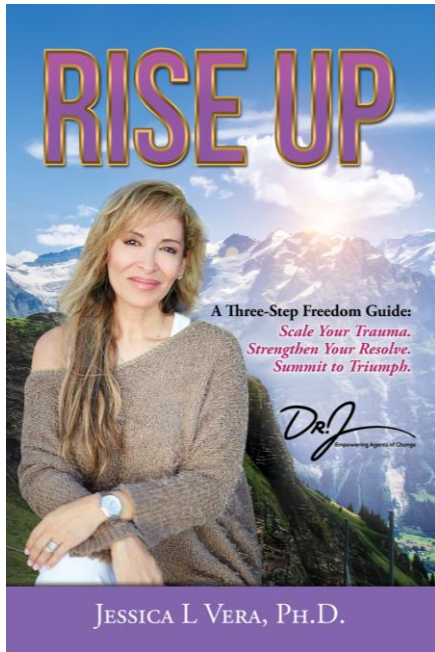


**FOR IMMEDIATE RELEASE**

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# *Rise Up*

## A Three-Step Freedom Guide



**Pompano Beach, FL:** In her new book, *Rise Up*, **Dr. Jessica Vera** provides a three-stop freedom guide for those who have suffered trauma.

In this book, “Dr. J” guides the reader along a path that she once took herself, the path from trauma to healing.

By her mid-twenties, Dr. Jessica Vera had founded three multi-million dollar corporations, was named Latin Female Entrepreneur of the Year, had spoken on international platforms, and served on numerous prestigious boards. But underlying that massive success was an equally massive battle from within, one deeply rooted in childhood trauma.

Her journey from trauma to outward success to inner healing to real, sustainable success serves as a real-life platform for the work she does today. A renowned forensic expert in human sciences, Dr. J has invested the last three decades to positively influencing the lives of tens of thousands of individuals, families, prominent organizations, and

communities.

From trauma to triumph, her new book, *Rise Up*, not only tells her story of finding freedom from trauma, it outlines her “3R Freedom Process” to help others find freedom as well. It will guide the reader through their “inner mind field” to renewal and transformation.

*Rise Up* provides a three step freedom guide for the reader to:

- Scale their trauma
- Strengthen their resolve
- Summit to triumph

*Rise Up* will give those who have suffered trauma a pattern for true success.

Product Details: Paperback: 200 pages. Publisher: Author Academy Elite (July 2016) ISBN-978-1-943526-24-6 Price: \$14.99.

### **About the Author:**

By her mid-twenties, **Dr. Jessica Vera** had founded three multi-million dollar corporations, was named Latin Female Entrepreneur of the Year, had spoken on international platforms, and served on numerous prestigious boards.

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Her journey from trauma to outward success to inner healing to real, sustainable success serves as a real-life platform for the work she does today. A renowned forensic expert in human sciences “Dr. J” has invested the last three decades to positively influencing the lives of tens of thousands of individuals, families, prominent organizations, and communities by promoting their transformation.

From trauma to triumph, her new book *Rise Up* not only tells her story of finding freedom from trauma, it outlines her “3R Freedom Process” to help others find freedom as well. It will guide the reader through their “inner mind field” to renewal and transformation.

A Latin American-raised mother of two beautiful daughters, happily married for over 20 years, Jessica is a recognized international business entrepreneur. She earned her Doctoral Degree of Philosophy with a specialization in Trauma Rehabilitation, Clinical Counseling, and Leadership in South Florida. She holds certifications and licensures in various areas of professional interest, and is the recipient of numerous awards of distinction. Dr. Vera is an adjunct professor at Barry University, is actively involved in her community, and serves on various advisory boards.

## **Highlights from *Rise Up*:**

*Rise Up* is a call to action...

“Gain understanding that victims are made, not born, even when choice was eliminated.”

“You were majestically and perfectly woven in the womb with a divine purpose; nothing that has happened to you can ever change that, unless you choose to believe the lie that you are a victim.”

“Rather than dwelling on the pain, I prefer to focus on the solutions to life’s challenges. Towards accomplishing this objective, we will have to dredge through our past, if only to gain insight for our future. But once the needed wisdom is attained, we will let the past go, to have it remain as it should - just history, not defining.”

“Assuming the responsibility for the choices we make is no easy task, and the truth is, we can author our own trauma.”

“Words are powerful; they can imprint and perpetuate beliefs in one’s self and others.”

“Language provides a window into our beliefs.”

“I am certain that God, who began this good work within you, will continue His work until the day of its completion.” (adapted from Phil. 1:6) “We are God’s masterpiece in progress.”

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“In all types of training in life, detoxification is necessary, if healthy potential is to be achieved...”

“Courage is not the absence of fear, it is the will to change despite fear.”

“Reclaim your power position in all areas of your life.”

“Change your mind. Change your life.”

## **Suggested Interview Questions for Dr. Jessica Vera (“Dr. J”):**

1. Tell us a bit about yourself. What inspired you to write this book?
2. Questions about the content of the book.
  - (a) The content of the book is not solely autobiographical. Why integrate human science and spiritualism?
  - (b) In the book, you note very specific beliefs about the power of the inner mind field. What are those beliefs, and why is this knowledge important to human performance?
  - (c) You wrote that “language is a window into one’s beliefs”. Can you explain what you mean by this?
  - (d) At first read, it appears that you had tremendous business success as a young adult. Most would consider that valuable in and of itself. But you wrote that it was an empty experience, can you tell us why?
  - (e) Why do you think that the 3-R process guide to freedom is the key to transformative change?
3. What are some success stories you can share?
4. We understand the proceeds of your book are being donated to a very important cause. Would you like to share more information about that?
5. Where can people purchase the book or get more information?

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