



MEDIA CONTACT: Carina Sammartino
Parallel 33 PR
carina@parallel33pr.com
858.876.2234

**NADIA DAVIS'S NEW MEMOIR, *HOME IS WITHIN YOU*, EXPLORES
THE POWERFUL PULL OF THE PAST AND THE PROMISE OF THE FUTURE.**

An Inspiring Story of One Woman's Journey from the Depths of Darkness to Recovery and Redemption

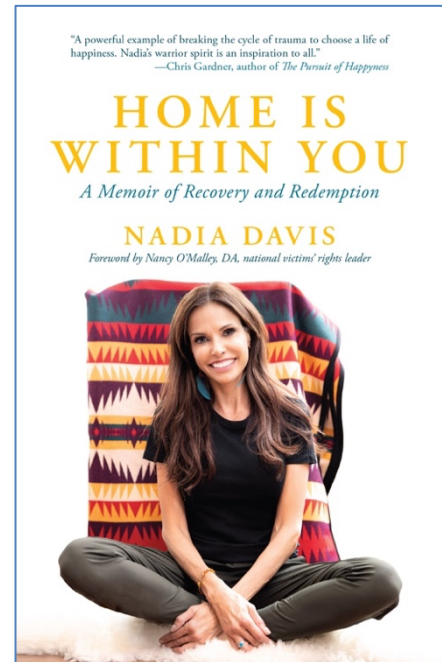
March 1, 2023 (Los Angeles, CA)—In her compelling new memoir, ***Home Is Within You: A Memoir of Recovery and Redemption***, Nadia Davis shares her journey through trauma, addiction, and public scrutiny toward finding a special reservoir of strength and resilience that lives within all of us. A beautiful, generational story of family, it welcomes the reader to share in both her pain and her joy and provides a compassionate voice for anyone who has walked on a similar path and is looking to find peace.

Davis often refers to herself in her book as “a little brown girl,” based on her experience growing up as the youngest of seven children with a mixed-race heritage including Native American, Mexican, and German. Her father fought against all odds to become a prominent lawyer, which inspired her own trajectory as a lawyer and passionate advocate for justice. However, circumstances encompassing tragedy and trauma left her fighting for her life, both physically and mentally.

Brutally honest and generous, she tells her story from the beginning, stitching together the pieces of her past into a compelling tapestry of love, loss, and redemption. The chapters begin with “Dear Son . . .” and contain letters to her three sons. These letters include lessons, encouragement, advice, and questions about heritage and justice. Her story is incredibly engaging and relatable, filled with twists and turns and the highs and lows of life.

Ultimately, to break a cycle governed by shame, loneliness, resentment, and fear, she turned inward and found a “home within.” This place, she explains, resides in each of our hearts and offers refuge, serenity, and clarity when we need it most. “It is a space to connect to anytime, anywhere, and under any circumstances.” By showing her personal evolution and practices, she guides the reader to break down barriers and discover their inner strength.

Her courage to tell this story is both inspiring and enlightening. *Home Is Within You* gives a voice to those looking to transform their pain into hope, their shame into trust, and their weaknesses into strengths. But beyond that, it provides insight into how we find courage and perseverance within



ourselves. With open arms, Davis invites the reader to join her on her journey. This memoir is “for all those seeking to heal and grow—for anyone wanting and needing a place free of judgment, where all forms of shame are banned, and internal sources of strength and freedom are nurtured.”

ABOUT THE AUTHOR

Nadia Davis is a mom, attorney, victims’ rights advocate, kundalini yoga instructor, and author of ***Home Is Within You: A Memoir of Recovery and Redemption***. She is a survivor of trauma and abuse, of a near fatal car accident, of addiction, and of public shaming. Nadia has a lifetime record of passionate work and of dedication to improving the lives of others, and she has received numerous awards. She is most well known as the attorney who fought tirelessly to free Arthur Carmona, an innocent victim wrongfully accused and jailed for a crime he didn’t commit. She is developing a nonprofit to support mothers in the justice system and to end the public shaming and stigma they face for struggling with addiction and mental health. Nadia has a BA from UCLA and a JD from Loyola Law School. Find her at www.nadia-davis.com.

HOME IS WITHIN YOU: A Memoir of Recovery and Redemption

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About Girl Friday Books

Girl Friday Books is the publishing branch of the renowned independent publishing services agency Girl Friday Productions. Founded in 2020, GFB publishes a curated list of new voices and entrepreneurial authors.



Suggested Interview Questions

NADIA DAVIS

Author of Home is Within You

1. You have an incredible story of survival that includes childhood trauma, a near fatal car accident, addiction, physical and emotional abuse, and worst of all, intense public shaming by the media. Can you give us a brief overview of how you got to where you are today?
2. You grew up as the youngest of seven in a racially diverse household in Los Angeles. Can you tell us how that shaped who you are today?
3. Let's talk a little about your family now. You have three sons who you co-parent with their father, your ex-husband who was a very public figure when you met him, and much older than you, correct? Tell us a bit about how you met him and how that relationship has evolved.
4. Can you talk about the kind of work you've had to do together to become successful co-parents? Are there ups and downs still? Are there any triggers you guys have to be really cautious of with each other?
5. As hard as this may be, tell us about your darkest hours and how you got through. What were the most important tools you learned to heal?
6. Many people might not be able to recover from the public shaming you endured. Why tell your story and go back in the public eye?
7. You've talked about your own childhood and what you did and didn't get in terms of coping mechanisms. What are you doing differently with your own children? How are you, as you say, ending generational trauma?
8. Can you tell us your daily routine? What practices do you do every day?
9. You've said that asking for help makes you a hero. What do you mean by that and do you still have to ask for help?
10. If you could impart one thing on to someone struggling with mental health and addiction issues, what would it be?