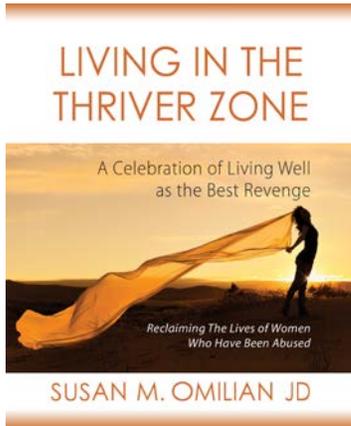


PRESS RELEASE

For Immediate Release, October 17, 2020

“Living in the Thriver Zone” Completes Self-Help Trilogy of Books for Victims of Abuse



Susan M. Omilian JD



Maggie (1980-1999)

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When Susan Omilian heard the news of the death in October 1999 of her nineteen-year-old niece Maggie, killed by her ex-boyfriend on a college campus in Michigan, she vowed to help other women move on after abuse as Maggie could not. This October, Susan launch her new book, the last in The Thriver Zone Series as a fulfillment of that promise to help women who had experienced domestic violence, sexual assault and child abuse take the journey from victim to survivor to thriver!

Living in the Thriver Zone: A Celebration of Living Well as the Best Revenge, tells the story not only of Susan’s quest following Maggie’s death, but also of seven women who tell the story of their own journey to thriving after attending one of Susan’s *My Avenging Angel Workshops™* based on the idea that living well is the best revenge.

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The third book in her Thriver Zone Series, *Living in the Thriver Zone* continues Susan's effort to chronicle the journey beyond abuse that she has been articulating for women through her workshops and books since Maggie's death.

"This journey from victim to survivor to thriver is a critical one for woman to take who have been abused," Susan explains. "Those who reclaim their lives in this way are less likely to return to an abusive relationship or suffer the long-term physical and psychological consequences of the violence and trauma they have experienced."

With easy-to-use worksheets, invigorating writing exercises and inspirational thriver success stories, *Staying in the Thriver Zone* contains the motivational guidance that Susan has successfully used with hundreds of women here in Connecticut in her award-winning *My Avenging Angel Workshops™* since 2001. Based for the idea that "living well is the best revenge," these workshops have been called "life-changing" by participants and as providing "a component for women recovering from abuse that has, until now, been virtually overlooked."

Susan published her first non-fiction book, *Entering the Thriver Zone: A Seven-Step Guide to Thriving After Abuse* in 2016. The following year, she published a novel, *Awaken: An Awakening of the Human Spirit on a Healing Journey*, inspired by the true events surrounding her niece's death. Omilian has advocated for forty years to end violence against women as an attorney, author and motivational speaker and is nationally recognized as an expert helping women move beyond abuse.

For more info about this event or Omilian's work, visit www.thriverzone.com.

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