



Media: Toni Lontis is available for interviews. To arrange an interview or for a review copy, contact Toni on 0499096671 tonilontisauthor@gmail.com Media Kit Available at www.tonilontis.com

MEDIA RELEASE

FOR IMMEDIATE RELEASE

Gold Coast author launches page-turning debut memoir

In her debut memoir *Resilience*, Toni details her journey from a broken little girl to the discovery of a woman of strength and beauty. This ex-nurse and company owner writes in a way that has readers unable to put the book down.

From her early childhood battle with a **congenital facial defect**, through debilitating battles in school to her traumatic entry into the adult world. It details her struggle with anxiety and **depression**, low self-esteem and a longing for love and happiness.

Being released into the slipstream of **the #MeToo movement** this gripping memoir details Toni's own traumatic incidences of assault and openly questions the time in her life when consent and respectful relationships were not talked about.

The book chronicles her battle to **get justice** for her family in the wake of her daughter's abuse disclosure and her personal battle to help, heal and free her daughter from the impacts of that abuse.

She also writes about the **devastating flooding** she and her family suffered in the aftermath of **cyclone Debbie, in 2017**. Spending the night on the dining room table with her daughter and grandbaby, surrounded by rising floodwaters and discovering the next day that they had lost almost everything they owned and the whole property was devastated.

Toni's writing displays a vulnerability and truthfulness that is as courageous as it is inspirational. It's a powerful testament of her strength and resilience, showing all of us that peace and happiness is obtainable, no matter how our lives unfold.

When she's not writing you can find her talking to her beloved goats, laughing with her husband or enjoying time with her wee grandson. An avid gardener and small farm hobbyist, her next book will be on the joys of owning goats and small-scale hobby farm self-sustainability.

A writer by day and an avid Facebook scanner by night, she is loath to discuss herself in the third person but can be persuaded to do so from time to time.

Praise for Resilience

"How can one person go through so much and still come out the other side?"

"Wow! What a roller-coaster of a book! Congratulations! I loved your honesty and 'real' approach to your story. No excuses, just thoughts as to why things may have happened"



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“Your book is so well written – it held my attention right to the end!”

“Seriously it is definitely a book that needed to be written and read by so many – the stuff that people put up with behind closed doors is not right”

“Thank you so much for sharing your journey.”

“I could not put it down!!!”

“This book is raw in its honesty. Toni truly demonstrates her resilience by overcoming time and again that with a lot of work and self-reflection you can come out the other side. It is well written and whilst the subject matter is difficult it is easy to read. It is well researched and referenced directing readers to sites for more help.

I can highly recommend this read but be prepared for a subject matter that at times is difficult to comprehend how one person can suffer so much at the hands of others and can rise above to go on and thrive.”

“As an author myself, I frequently connect with other authors to read their work. I didn’t expect to be so riveted with her personal story of tragedy and triumph over her dire circumstances. As I kept reading her story, I became distraught with the pain she went through time and time again. I had great empathy for her, and I hoped by the time I finished her book, I would see her triumph. I was not disappointed. I would recommend this book for anyone, but more particularly for those who have suffered verbal, physical and sexual abuse. I have read many great books in my life, but Toni’s book has vaulted near the top of my list.”

“I read your book yesterday. Wow. I am struggling to put into words how it affected me. I finished your book and I have no words - except I do 😊. I am even more in awe of your resilience and having the capacity within yourself to overcome such horrendous events in your life, put them in a place where you can deal with them and go on to lead such, what I am imagining is a brand new beginning. My heart goes out to you, your daughter and your family. Many would have succumbed to a downward spiral of self-destruction.”

About the author

Toni Lontis has worked as a nurse, nurse unit manager, academic, consultant and writer. She is the author of Resilience. Toni lives in the pristine hinterland of the Gold Coast on a small acreage property with her husband and a menagerie of llamas, goats, chickens, some recalcitrant ducks and two beloved pet pooches.

Resilience is available now from all good bookshops and online retailers and retailers in paperback (\$34.95) and ebook (\$9.99) Audio book will be available soon.

Toni is available for interviews and appearances. For booking presentations, media appearances, interviews, and/or book-signings contact tonilontisauthor@gmail.com