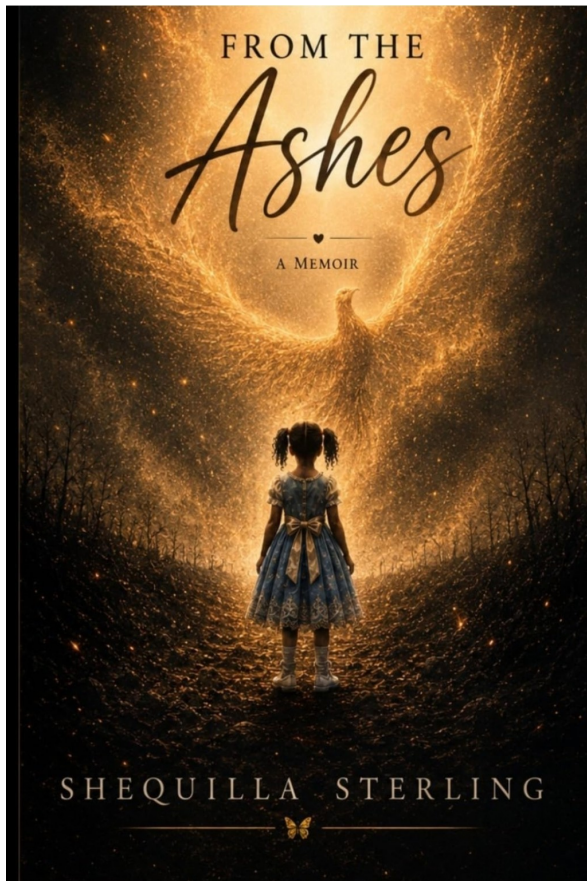




SHEQUILLA STERLING

Author | Registered Nurse | Trauma-Informed Care Certified | Founder of Finally Free



Author of *From the Ashes: A Memoir*

A deeply personal memoir about surviving childhood adversity, carrying the effects of trauma into adulthood, and beginning the difficult work of moving from survival toward healing.

MEDIA & INTERVIEW AVAILABILITY

Available for television, radio, podcast, print, book-club, community, and speaking interviews.

MEDIA CONTACT

Shequilla Sterling
hello.finallyfree@gmail.com
www.hellofinallyfree.com
Book available on Amazon

ABOUT THE AUTHOR

Shequilla Sterling is a registered nurse, author, founder of Finally Free, and is certified in trauma-informed care. Her work centers on the space between surviving difficult experiences and learning how to truly live beyond them. Drawing from lived experience, reflection, formal trauma-informed care education, and a career spent caring for others, she writes with candor about childhood adversity, family dynamics, resilience, boundaries, healing, and the long-term imprint of survival.

In *From the Ashes: A Memoir*, Sterling tells the beginning of that story through the eyes and experiences of a child growing up amid instability and trauma. Rather than presenting survival as the end of the story, her broader work explores what happens afterward: how people learn safety, identity, rest, self-trust, and a life that is more than simply enduring.

Sterling is also the creator of *From Surviving to Living*, a companion-style healing workbook developed through her Finally Free brand. Her writing and public conversations are intended to make difficult experiences easier to name and to help readers feel less alone in the work of rebuilding.

ABOUT THE BOOK

From the Ashes: A Memoir is the first installment in Shequilla Sterling's memoir journey. It looks back at childhood through a lens that is honest about fear, instability, family wounds, and the ways children learn to survive what they cannot control. At its center is the question of what survives the fire - and what it takes, years later, to understand the child who made it through.

The memoir is written for readers drawn to true stories of adversity, resilience, complicated family relationships, generational patterns, and the often nonlinear path from survival toward healing.

QUICK FACTS

- **Title:** *From the Ashes: A Memoir*
- **Author:** Shequilla Sterling
- **Professional background:** Registered Nurse; certified in trauma-informed care
- **Format:** Paperback and Kindle
- **Paperback list price:** \$17.99
- **Availability:** Amazon
- **Related work:** *From Surviving to Living* workbook / Finally Free

MEDIA & INTERVIEW ANGLES

From survival to authorship

How a Southwest Louisiana registered nurse turned painful lived experiences into a published memoir.

What childhood survival looks like in adulthood

A conversation about the habits, protective responses, and patterns people may carry long after the original danger is gone.

Breaking generational patterns

What it means to recognize inherited family dynamics and consciously choose something different.

The caregiver who also needed healing

How years of caring for other people can coexist with the need to finally tend to one's own story.

Writing the story you once survived

The emotional process of revisiting childhood memories and deciding what belongs on the page.

Beyond resilience

Why simply being called 'strong' can feel incomplete - and why healing can include rest, boundaries, safety, and joy.

Building Finally Free

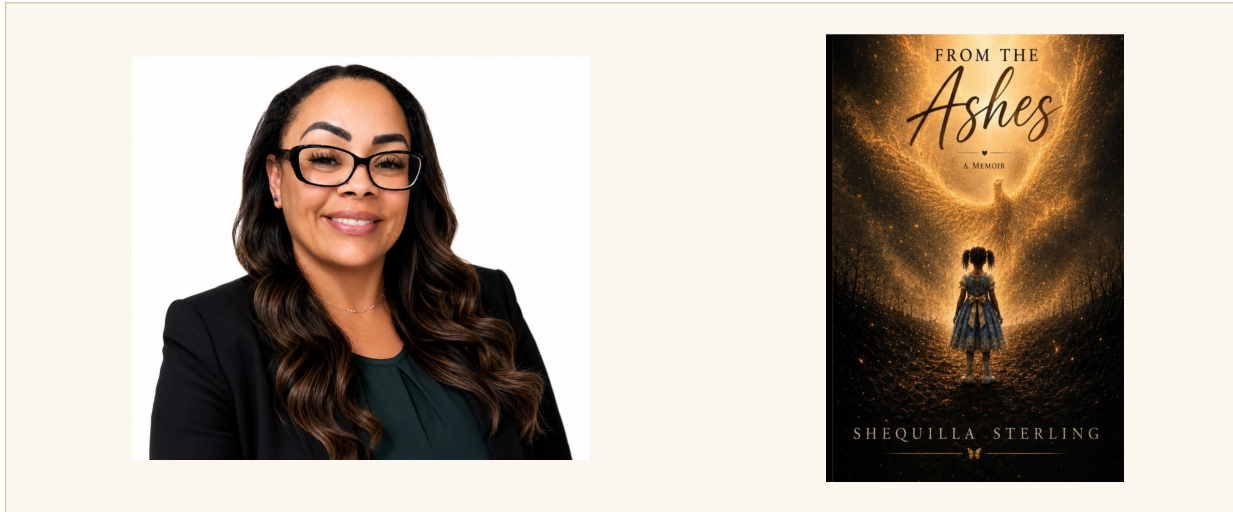
How the memoir, healing workbook, and broader Finally Free mission grew from a desire to move from surviving to living.

SUGGESTED INTERVIEW QUESTIONS

- What made you decide that now was the time to tell this story?
- Why did you choose the title *From the Ashes*?
- What do you hope readers understand about children who grow up in survival mode?
- How did becoming a nurse and spending years caring for others shape the way you understand your own story?
- How has your trauma-informed care education influenced the way you talk about survival and healing?
- Was there a point when you realized surviving and living were not the same thing?
- What was the hardest part of putting these memories into words?
- How do boundaries fit into your understanding of healing?
- What would you say to someone who recognizes pieces of their own childhood in your book?
- What comes next in your writing journey?

BOOK SHEQUILLA FOR AN INTERVIEW

Shequilla is available to discuss *From the Ashes*, the experience of writing memoir, childhood adversity, resilience, family patterns, caregiving, trauma-informed perspectives, boundaries, and the difference between surviving and learning to live.



AVAILABLE MEDIA ASSETS

- High-resolution author headshot
- Final book-cover image
- Short and extended author biography
- Book overview and interview angles
- Suggested interview questions

MEDIA CONTACT

Shequilla Sterling
Author of *From the Ashes: A Memoir*
Founder, Finally Free

Email: hello.finallyfree@gmail.com

Website: www.hellofinallyfree.com

Purchase: Available on Amazon