



# Roma Flood

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# Bio

*Everyone has a deep desire to be loved, happy and whole. My passion and purpose is to be an advocate and inspiration to others to achieve this deep-rooted, innate need within each person.*

Roma Flood



Roma Flood is an inspiration to many. An infectious smile masks a life full of tragedy, trauma and grief that have shaped the woman she is today.

Formerly a Teacher of Fashion, she has not only worn the title of mother but grand-mother raising her grand-children, widow, single mum, business owner and manager, teacher, artist and author. She has also worked with Lifeline in telephone counselling for a number of years, unknowingly putting her in good stead for the traumas that were to follow.

Her empathy and understanding comes from a path well-worn, which gives hope to those she helps on their journey. She discovered that the power of love, unfaltering relationships and immovable faith can overcome the most gut-wrenching experiences imaginable.

# Introduction

On meeting her at a restaurant a friend described her as follows: a well-groomed lady of Chinese descent; tall, thin and poised, perhaps even serene. What she could not see or even guess at, was the suffering and loss she has endured. Too much for any one lifetime.



Her suffering began with her precious mother's illness and death in her teenage years. It continued with the shocking murder of her daughter and grandchildren's kidnapping, then the untimely death of her grand-daughter and husband who were killed in a freak plane crash.

Her speaking engagements expose the rawness and grief that has ravaged her, pointing hearers in the direction of healing and wholeness. She has lived everyone's worst nightmares, their greatest fears, but has survived each and every one.

Although it has been hard putting pen to paper, so to speak, she says the purpose and outcome of her book has been rewarding and enriching because she sees hope restored in the people who read it. Despite the odds, she is a survivor and shares the tangible, every-day keys she used to overcome loss, grief and hardship to encourage and empower others to walk free of the restraints and live life to the full.

# Book Bio

"Roma Flood's writing is quite heart touching and stunningly motivational. This book is undisputedly one of those books to read and meditate with, during our darkest days."

Liam Neeson

BAFTA, Golden Globe and Academy Award Nominee



## DESPITE THE ODDS

A story of resilience,  
recovery and restoration

ROMA FLOOD

Roma brings authenticity and refreshing keys that guide you out of despair, pain and grief to a place where you can smile again.

A life filled with one trauma after another; her mother dying when she was sixteen years old, her daughter brutally murdered and her husband and grand-daughter killed in a light plane crash.

Roma has stepped out of the prison of grief and become a prisoner of hope and wholeness.

*Despite The Odds*, she is flying high.

Author: Roma Flood

Category: Non-Fiction -  
Autobiography, Self-help

Print ISBN: 978-1-925833-79-9

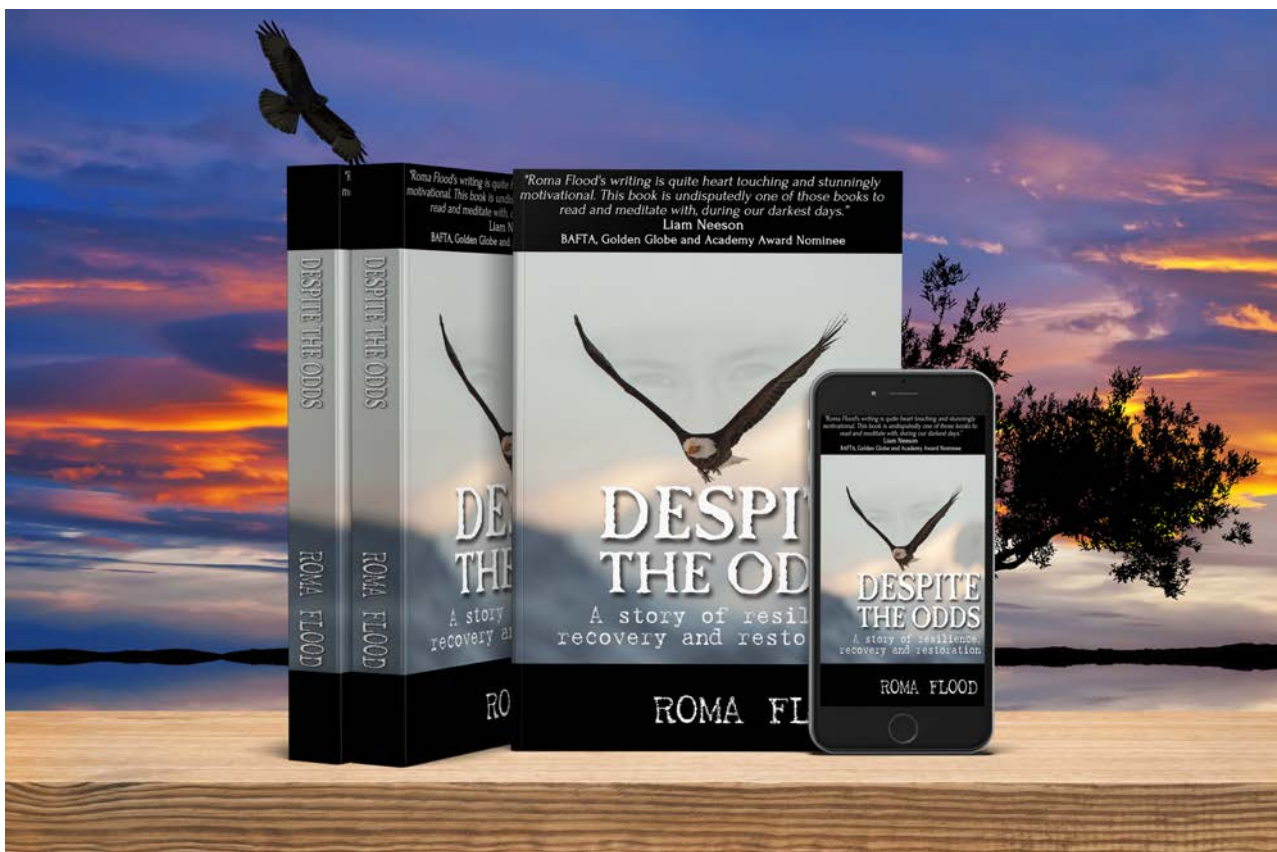
R.R.P: \$24.99

# Book Excerpt

My mind was screaming as I walked up the steep driveway towards my front door. I knew what was happening. I heard myself yelling at the policeman that stood there, 'No, not this again.'

I wasn't ready to hear what he had to say; all I wanted to do was escape but escape was not an option. I'd been through this before; I understood the meaning of the policeman at my door. I knew what he had to say would change the course of my life—again.

His words drove into my being with the force of a sledgehammer. The feeling was all too familiar. But this time not one, but two more of my family had been ripped from my life.



# Testimonials



*Roma Flood's writing is quite heart touching but stunningly motivational. This book is undisputedly one of those books to read and meditate with, during our darkest days."*

Liam Neeson

BAFTA, Oscar and Academy Award Nominated Actor

*It has been a privilege to be Roma's doctor for over 20 years and share in this journey. Roma's book will lead you on a roller coaster of emotions - anguish, despair and finally acceptance and hope for the future. Her true story of resilience and recovery from tragic loss will give hope to those who are struggling with their own losses. Look no further than this book to find an example of how one person can rise above the darkness of grief to emerge with humble strength.*

Dr Dianna Minuskin  
General Practitioner



*This is a story of great loss, but also great hope. It is the true story of a woman who has been handed the most shocking tragedies imaginable and yet has gone on to live a rich and joy-filled life, a life of triumph and genuine purpose. Roma's story takes the reader to the very depths of her despair and loss; and then, step by step, through her transformation to wholeness. It is full of practical wisdom; real-life strategies for resilience and healing. It is Roma's life-story and she emerges as a living miracle, proof that faith and the tenacity of the human spirit can carry us through. This is a must-read for anyone who is experiencing (or has experienced) grief. It is medicine for heavy souls, it is a shining light for those living through their own dark hours. It carries the power of proof – that we, just like Roma, can make it to the other side and find life's goodness again.*

*This book carries healing in its pages.*

Tracey Grace Heers  
Author



# Testimonials

*The contents of this book hold within the pages, a capacity to heal the soul.*

*It's raw, it's truth and it's beautiful...How can something so tragic be described as beautiful you may ask? Well, I have known Roma for more years than I can recount, but enough to say with confidence, Roma has shown more courage than anyone I have ever known. Standing on the other side of pain of this magnitude with a motivation to help others through their story is a heart that carries pure love. This book is both compelling and inspiring. A must read!*

Carol Budge



*It has been a privilege to be Roma's friend and pastel tutor over the past several years and I know her story well. By putting pen to paper Roma has revealed the deep emotional roller coaster that is her life. I am ever amazed at how Roma has dealt with every blow from this tragic set of events and come out stronger, braver and more composed than anyone I have met, with pure joy in her soul. Truly an incredible story, Roma has a special gift of writing that cuts deep into your heart. You will not want to put this book down.*

Tricia Taylor

Friend and pastel tutor



*I met Roma about 7 years ago; when she told me her story I was incredulous that this person standing in front of me was composed and full of joy. This traumatic story did not match the smiling, generous and compassionate person. How could she be so whole and at peace in her life? I guarantee after you read this book you will find keys and answers to facing even the most extreme of events life can throw at you and like Roma you too can have peace and joy despite the odds!*

Sharon Jones



# Target Market

- Counsellors
- Social workers
- Grief support groups
- Victim support groups
- Widow support groups
- Churches
- Funeral Parlours
- Crematoriums

# Interview Questions

1. When did you decide to write the book?
2. Why did you write the book?
3. Who is your audience for the book?
4. Are the keys in the book for anyone?
5. Was it difficult writing the book?
6. What will the reader gain by reading the book?



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