

## MEDIA PAGE

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### **Intro: Are you suffering from a broken heart?**

Or, do you feel like a prisoner of the past, still hurting from a relationship that ended long ago? If so, it is time to set yourself free.

Our next guest, **Georgia Roulo**, author of ***Wisdom to Heal and Love Again*** reveals her do-it-yourself heart healing process. Stay tuned and learn how to face loss, end heartache, and heal a broken heart. This author proves it is possible to bounce back from emotional devastation — and become stronger and better than ever before.

Welcome Georgia.

1. What made you write the book *Wisdom to Heal and Love Again*, and how is it different from other books on this subject?
2. How do you define a prisoner of the past, and what does it take to set yourself free?
3. What are the first things to do when your heart is breaking?
4. Why is it nearly impossible for some people to accept the fact that their relationship is over?
5. What is the best way to avoid falling into a depression? Or, if you are already in one, how can you get out of it?
6. When makes the pain and heartache end?
7. What sentence can I memorize to overcome my fears?

8. How and why should I forgive someone who betrayed me?
9. What 2 things must I do before my heart will heal?
10. What is the biggest benefit of learning how to master a do-it-yourself heart healing process?
11. What should I do if I cannot even imagine what it would feel like to be over this pain and set free?

#### OTHER POINTS OF DISCUSSION (for possible follow up interviews)

- How is it possible for someone to have a broken heart and not be consciously aware of it?
- What are some of the natural pain-killers that can give you emotional relief?
- How can someone's non-verbal communication have an effect on their healing process?
- What changes can I make in my house to help me heal my heart?
- How does clearing clutter, organizing drawers, and washing windows, help one find solutions to their problems?
- Why is healing the heart of your home as essential as healing the heart in your body?
- What are the most important changes to make in the house when your relationship ends, and your ex has moved out?
- When and how does Feng Shui play a part in your healing process?
- What's the best way to pursue a new life, and plan out your future?

For broken heart-support, or to purchase her award-winning e-book, *Wisdom to Heal and Love Again* visit

[www.TheHeartHealer.com](http://www.TheHeartHealer.com).

## **BIOGRAPHY**

Georgia Roulo is a photographer, award-winning writer and interior designer, whose work was featured in the *Chicago Sun-Times*, *Chicago Tribune*, *Better Homes and Gardens*, *Interior Design*, and *American Home* magazines. While building a successful design career she experienced a broken heart, and searched everywhere for a book that would help her get through the heart healing process. Georgia wanted to find a book that would focus on the feelings that surround this whole experience. She wanted a glimpse into the future.

Unable to find a book that specifically addresses the feelings of this experience, and demonstrates how someone can stop the pain and heal themselves – she became determined to master the heart healing process, and then write the book herself.

While working on this project, Georgia created a line of greeting cards titled *Feeling Sensitive™* “For those with the feelings in search of the words.” She excerpted some verses from her book, and created a unique greeting card line to help people express the feelings that were most difficult to communicate. This card line became very successful. She hired a distributor to sell and service the line nationally so she could concentrate on publishing her book. Millions of *Feeling Sensitive™* cards were sold.

## ***Wisdom to Heal and Love Again***

Learn to face loss, end heartache and heal a broken heart.

This e-book of Georgia’s photography and heart healing prose was published and selected Winner of the 2009 National Indie Excellence Book Awards, and it also became a Benjamin Franklin Book Award nominee.

Special Interests:

### **Theater and Performance Art**

Georgia Studied Improvisation at Second City in Chicago and at Ted Liss Studios. She was also a member of a non-verbal theater troupe under the direction of John Starrs. Later she assisted John Starrs in giving non-verbal workshops for corporate employees to help them sharpen their senses, exercise spontaneity, become more energized, agile, alert, and confident.

### **Photography**

Georgia Roulo has exhibited her work in a one-woman photography show in Chicago, and an Invitation Exhibit titled *Women Viewing Men* in Columbus, Ohio. Her portrait studies of Chicago's former Mayor Jayne Byrne, Judge Abraham Lincoln Marovitz, and former Cook County Commissioner George Dunne were featured in *Avenue M* Magazine.

Her photographs have also been published in the juried OLLI Journal at Northwestern University in 2007/08, 2008/09, 2009/10.

Georgia published a collection of 34 Heart Healing Photographs in her award-winning e-book titled *Wisdom to Heal and Love Again* and the companion book titled: *Broken Heart Healing Hints*.

### **Workshops and Seminars**

Georgia gives workshops on Developing Your Creativity, and is a Heart Healing Mentor who lives in Chicago.

Currently, Georgia is working on a new book of Fine Art Photography and doing photography assignments for clients.

### **Memberships**

**President's Council** at the University of Illinois

**Board member** of the Illinois Eye Fund

Member of **ASMP** American Society of Media Photographers

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