



Charly's Story

From Rape Survivor to Savvy Strategist & Author

Engaging, vivacious, compassionate and insightful are just some of the ways those who meet Charly Emery describe her, yet few realize that by age 19, Charly had endured violent forms of prejudice, two incidences of rape and was struggling with an eating disorder.

Consequently it would be another seven years of repressing her traumas and gaining nearly 50 pounds before Charly would begin to emerge from her self imposed prison...

Prejudice: Charly has been highly intuitive since she was a child. The product of an interracial couple, prejudice was amongst Charly's earliest experiences. Her father's family had disowned him after he married her mother, thus her maternal grandmother was the only extended family she

knew growing up. Born in Boston, Massachusetts, they lived in a rough area known as Mission Hill before moving to the nearby suburb of Westford. It was there that the all too common bouts with prejudice turned violent after disapproving neighbors hatefully captured and poisoned her beloved family dog. Shortly after, Charly's family moved to the town of Franklin where once again her family sustained verbal threats and hate crimes that resulted in damage to their personal property. This time, Charly's father fought back by sending a strong message that they were staying and would not tolerate physical attacks on their property.

Eating Disorder, Weight battles & Rape: Charly's father is an extraordinarily gifted guitarist and musician while her mom possesses an equally compelling singing voice. Both found solace in music, which created a natural bridge to the world of dance where Charly found her peace. Her weight battle started the moment she hit puberty at which time her desire to retain her figure gave rise to an eating disorder. By the time she skipped off to college, Charly was a yo-yo dieting pro. Accepted early decision to Clark University, it was during her sophomore year that Charly was first raped. She became incredibly paranoid and depressed after the perpetrator, a fellow student, threatened her not to tell. Hence she took a leave of absence at the end of the semester. However, it was several months later during a night of underage drinking in a Cape Cod nightclub that Charly's world was forever changed after suffering another much more violent rape.

"The shame of being raped and sodomized was just too much to bear. In an effort to have control over my trauma, I gave it control over my whole life. I believed I couldn't be the person I'd intended to be or achieve the goals I'd once dreamed of, so I repressed the trauma along with suppressing my true self, my interests and my dreams." —Charly

Healing & Teaching: Charly repressed her trauma for nearly seven years until her 45 pound weight loss gave rise to post traumatic stress episodes, which released her memories and prompted her to finally live her truth. Relief was coupled with a sense of dread as her re-emergence of self revealed that every aspect of her life was a lie. Determined to rebuild an authentic life as quickly as possible, Charly refused traditional forms of therapy in favor of using her intuitive gifts and innate strategic skills to "own" her experiences, and use them to empower herself from within. She then became the strategic alternative for others that she couldn't find.

Divorce & Empowerment: Now a cutting edge Personal Strategist, Charly is a champion for recycling your challenges into tools that propel your success, as evidenced by her latest book *Thank Goodness You Dumped His Ass—Use Those Mr. Wrongs to Lead You Straight to Mr. Right*. She uses the lessons she learned from love and divorce to provide women with a straightforward business strategy that empowers them to own who they are, and successfully attract the relationships they crave. 'Put You First' is the message she shares, and after transforming virtually every aspect of her life, she teaches directly from personal experience. Charly's story is one of challenge, courage and personal triumph that women everywhere can relate to and benefit from.