

Author: Jamila Battle, MD  
Category: Self-Help Inner Child  
Print ISBN: 978-099744830x  
Publisher: Battle Publishing

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# Author Bio

Dr. Battle, board certified in family medicine, sleep and addiction is the creator of Reboot Repair Rebirth ®. This innovative model helps victims (mostly women and their families who have suffered trauma) truly forgive themselves, so that they can become fully integrated and capable of self-love.

The ability of the body, mind and spirit to repair is underutilized. Furthermore, uninterrupted sleep is at the foundation of repair and restoration.

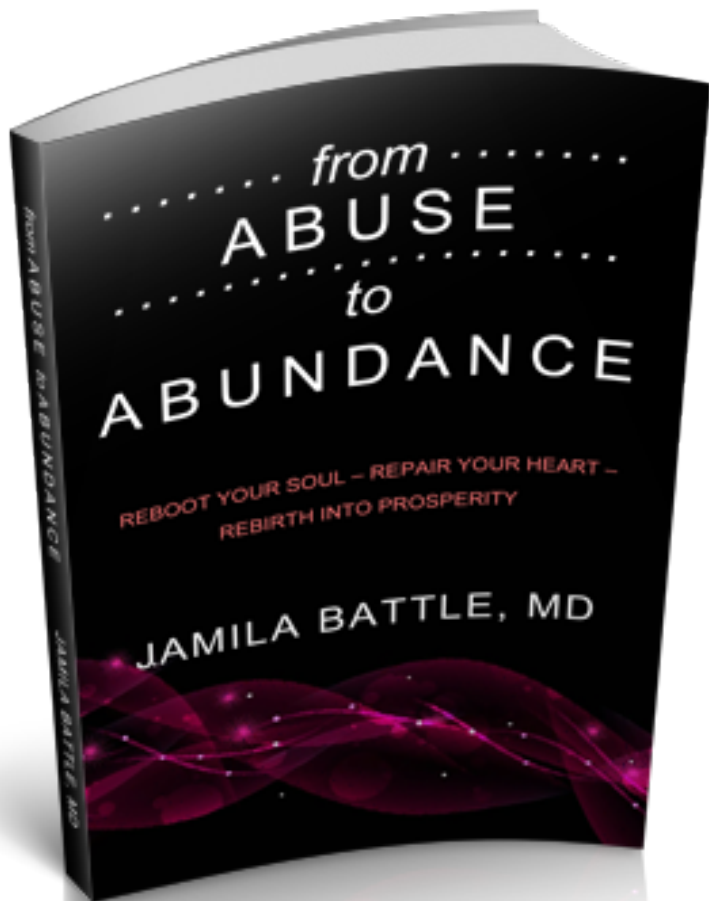
Her passion is to not only serve the emotional, physical, and spiritual needs of her clients and audience but also motivate others to identify unique talents they possess and succeed despite adversity and struggle.

She volunteers with at risk families and enjoys not only health and fitness but also spending time with her husband and three children.

She is a consultant physician for Dr. Jamila Battle & Associates, PA. In her work, she uses an individualized approach, which focuses on YOU.



Jamila Battle, MD



## #1 Best Seller 5 Categories

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# About the Book

Does it sometimes seem like your life is unreal? Perhaps it seems that your existence is more nightmare than dream. That's what it was for me as a child of abuse, but I learned how to overcome it by pushing the reboot button, working to repair the damage in my life, and rebirthing myself into a happier, more successful future.

My dad was a recognized and renowned jazz musician, He played and made records with great musicians. But behind his mask of success and notoriety lurked a monster. His own insecurity, fear, addictions, lies and bad choices led him to be a violent abuser and my family to live in poverty. Bars on the windows, secretes behind locked doors, terrors beneath the mask of normalcy. I lived in a nightmare world. What I didn't know was that while I was able to escape the abusive situation, the abuse itself followed me. It sapped my joy and creativity. It wasn't until I fell into a hole of depression despite being a doctor, wife to a loving husband and mother of three children that I finally realized there was a purpose to my pain. It was a key element of my Reboot. Let me help you understand some of the difficult intricacies of what it takes to escape abuse whether for yourself or for a loved one. Join me as I take you on a journey of Reboot, Repair, Rebirth ®.

# TESTIMONIALS



"Jamila Battle has done the work and now we can use her life course as a part of our own lesson plan in life to be better today than we were yesterday." **Cyrus Webb**



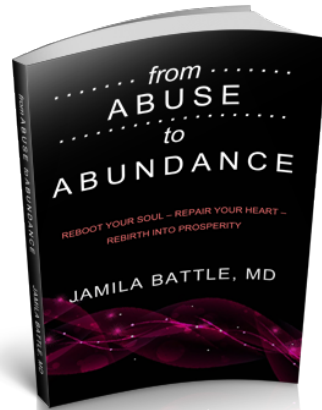
"In this book, Dr. Jamila offers her readers: coping mechanisms, real resources and solutions for all who read her book- victim or not. Impressive indeed.  
#RebootRepairRebirth"

**Deanna Hunt**



"I have been inspired and moved to tears by this book. You must read it and be the change you wish to see in the world. This is a sure fire bestseller and will change the world. I can't wait for the movie"

**Seth Greene**

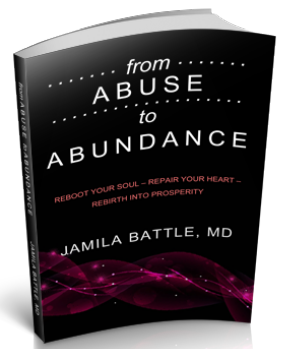


"Dr. Jamila Battle MD. This is strength in a good name. She has lived up to her name as well. We overcome life's difficulties by having the mindset of a warrior, one aware he or she must be engaged in a battle to overcome self and others. This book vividly portrays how a family experiences mental illness, substance use and violence and how the author battled to escape and triumph in spite of the many abuses she and those around her endured.... As a psychiatrist, many of my patients struggle to articulate and paint the picture of what past memories are embed in their hearts awaiting the balm of healing through confession, understanding, love and forgiveness. Dr. Battle gives voice to those individuals. Reading this book can help give further emotional intelligence and insight to anyone who works with children or adults who have or are currently living in a home where substance use and mental illness coexist. "

**Dr. Dionne Harrison MD**



# Target Audience



## WHO SHOULD READ



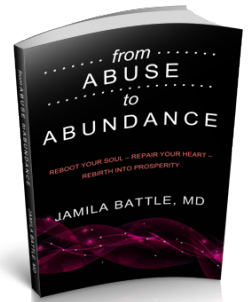
- Educators
- Parents
- Physicians
- Mental health and addiction professionals
- Domestic violence advocates
- Those who are suffering or victims
- Human services professionals
- Community outreach professionals

## BENEFITS

- Improving self-esteem
- Learn secrets of healing
- Personal growth
- Trauma and addiction recovery
- Healing power of sleep
- Repair dysfunctional relationships



# Excerpt



## Prologue: Monopoly

It's the dog days of summer; the year is 1991. I am fourteen and having fun sitting at a table getting ready to play the game of Monopoly with my mother and two younger siblings. Taking a welcome break from reading my dictionary. Our family dog, my inseparable companion Jamal, lies at my side. The house smells of Mama's salmon eggs and grits, and Daddy's music plays in the background, competing with the whir of the fan, a poor substitute for the broken air conditioner. The vibe is lazy because we are starting the day free from fear and pain.

"I have the car!" I exclaim, sweat beading on my face, as I hold up the small silver token. "Let's play the long version," my brother says. Sure, why not? All we have right now is time and space, and everyone is safe for now. For that, I am grateful.

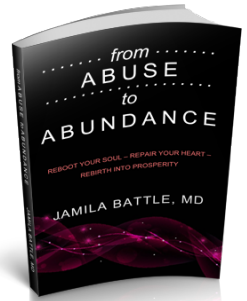
The sound of tires rolling onto the unpaved driveway interrupts our bliss. Oh no, Daddy's here! Instantly my thoughts turn to fear, and I can see the same reaction on my mom's and siblings' faces. "Hurry," Mama says. "Turn the music off! Put the game away!" The keys rattle, and the door opens. "I smell salmon eggs and grits! Where's mine?" Daddy shouts, heading toward the kitchen. "There's nothing left for me?"

"You're a day early," Mama nervously replies. "I can cook more." Instead, Daddy orders me to make him a sandwich. I frantically search the fridge. There is only bread, mustard, and cheese.

I hurry to make the best sandwich I can with those few ingredients. I hand it to my daddy. Smack! The slap echoes across the room. With a pounding heart and stinging cheek, I try to explain. "There is no more meat, Daddy!" "You should've thought about that when you ate all the salmon eggs and grits, leaving none for me," he shouts.

To emphasize his frustration, he grabs my dictionary and throws it so hard, it goes into the wall. Daddy snatches Mama and drags her—flailing, kicking, and crying for help—down the hallway to their bedroom. He orders us to retrieve some wires and extension cords from his music room. These are his favorite weapons.

# Excerpt



## Prologue: Monopoly

Jamal is hiding under the dining room table. Daddy begins to hit Mama with the wires. She yells out in pain with each blow. Shivering with fear, I try to keep my brother and sister calm. We huddle in a corner in the living room, and I hold them as tightly as I can as both cry into my shoulders. But Mama needs me, too, so I cautiously make my way down the hall toward their bedroom.” Stop, Daddy! Pick on someone your own size,” I scream, but terror overtakes me and I scurry back to the corner, hoping he didn’t hear me. Daddy stomps back down the hallway and grabs me by the neck, pinning me against the wall and nearly choking me to death. “You want to be brave, huh?” He steps on a Monopoly piece and roars. “What the hell is this? Y’all want to play games while I’m working hard to feed the family? You should be reading your dictionary!”

“I can’t now, Daddy! You threw it in the wall!” “Oh, you’re trying to be funny. Well, let me show you funny,” he says, yanking me down the hallway. He drags me into the torture chamber. Limp and beaten to a pulp, I see my mama bound with duct tape around her wrists, ankles, and mouth. My tears roll faster. He ties me up in the same way and lets the wires and extension cords fly. My mouth covered in tape, I let out a breathless scream of pain. The welts spread and begin to crack open and bleed.

Tortuous minutes later, barely able to think, I hear my father ask my brother and sister to find the scissors so he can let us go. What they didn’t know and I found out later was that he hid the scissors. This was part of his game. Convincing them it was their fault he could not release us.

Seconds turn to minutes and minutes to what feels like hours. Finally, the tape is cut.

Welcome to hell. I did not pass go or collect \$200.

# Interview Questions

1 What problems does your book solve?

2 Who is your book for?

3 Why did you write the book and what makes it unique?

4 What has the feedback on the book been thus far?

5 What message do you hope readers take away?

6 If you could change one thing with the book what would it be?

7 What's your biggest challenge?

8 What are 3 books you have read that made the most impact?

9 What's one piece of advice you offer?

10 Tell us about your self? What makes you unique?

11 Are you available for interviews? Speaking?

12 Do you work with non-profits or community organizations?

13 Any resources you recommend on the topic?

14 What's next?

15 How can we stay connected?



# Dr. Battle's Most Popular Topics

## RAVE REVIEWS

"After hearing her story, I was moved to talk with my doctor for help with my grief" – S. Mullen

"Awesome talk and I'm looking forward for more from her" – K. McDonald

"Even before she spoke, I loved this lady instantly! After spending a couple of minutes with her— wow she is a shining light" – T. Chipps

"Very powerful talk and presentation" – T. Newsome

"Dr. Battle did a phenomenal job speaking at the New Year New You Conference" – Dr. Nicole Swiner, Author and Speaker

"Speaks with such passion and conviction. I can't wait to start working with her"- Kerr



Board Certified Physician in Family, Sleep and Addiction Medicine. She is the creator of Reboot, Repair, Rebirth® Method of Personal Transformation and Abundance.

Coping with the challenges of life or trauma and achieving abundance in our fast-paced world requires new skill.

Finding and applying rapid and effective methods for recovery and growth is critical to turn those who are struggling to productivity and happiness.

As a personal survivor or terrifying child abuse and ultimately as a successful practicing doctor with specialties that provide an amazing nexus of sensitivity and wisdom necessary to create healing, there is no better resource.

Dr. Battle has developed unique and powerful systems that give sufferers and survivors of abuse, addiction and mental health a ray of hope and structured path to follow as they personally search for growth and meaning to rebuild what could have destroyed their lives.

She is now on a mission to expand far beyond her clinical practice and through speaking, on air and print media, writing books and creating courses, making a huge difference in the treatment, recovery and societal acceptance of the serious problems that still plague our otherwise civilized society.

As a keynote speaker, conference lecturer, teacher of small groups or expert panel, her wisdom and presentations are not to be missed and will make a difference in any program or individual who needs such help.

Click [Here](http://www.drjbattle.com) for Speaking Topics or go to [www.drjbattle.com](http://www.drjbattle.com)

# Reboot Repair Rebirth®



Over 80% of us struggle with an addiction which is often fueled by self-sabotage and the residual effects of abuse or trauma. Once we are out of the abuse, it follows you. It saps your creativity and joy.

As you remove each layer of pain, abundance floods into your life. This online course is for healing and transformation! As you progress through the process of Reboot Repair Rebirth, you will find that you have more and more space and time in your life to actually LIVE.

The course consists of nine modules that walk through the Reboot, Repair, and Rebirth process. Each module consists of a video and a companion worksheet. As you move through the modules, you will learn how to reboot your soul, repair your heart and create rebirth.

The program will help you identify your small thinking that is causing negative emotions and feelings that cause blocks. These blocks create conflict disrupting your relationships and health, keeping you broken and foggy. Speak your truth, which lifts isolation and leads to your reboot. Repair your heart, mind, and soul with these pillars of health: nutrition, exercise, meditation/mindfulness and mental health. With this power, you will learn how to make promises to yourself and keep them. This creates intention and integrity with your word.

As you heal, your thinking will then expand and your heart will release your higher self, your inner light and resilience. Your inner light will nurture, protect and help you explore old hurt and change those hurts into new scripts that will serve you and lead you onto the path of love, abundance and purpose. You are now capable of self-love. You have mastered your inner world. After this happens you will want to renew the practices of rebirth regularly in order to maintain healthy connections. site

The serenity prayer says “God give me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.”

This is your chance to “be the change,” do something different, turn your pain of abuse into promise of abundance and discover your inner light and resilience. You can make the changes that you want in your life.

Live Intentionally. Take Your Life Back and Create Abundance.

# DOWNLOADABLE

I appreciate requests for photographs for press use. Email and let us know where you post your article so we can link to it.

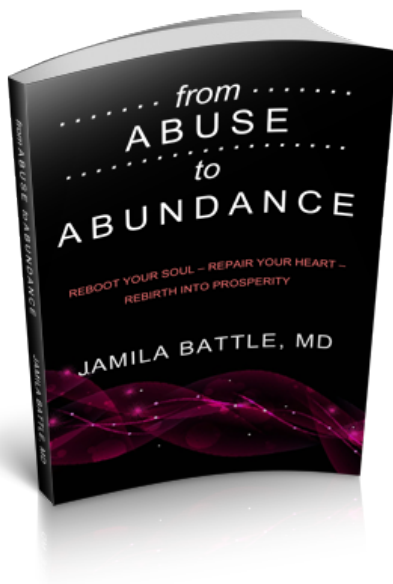
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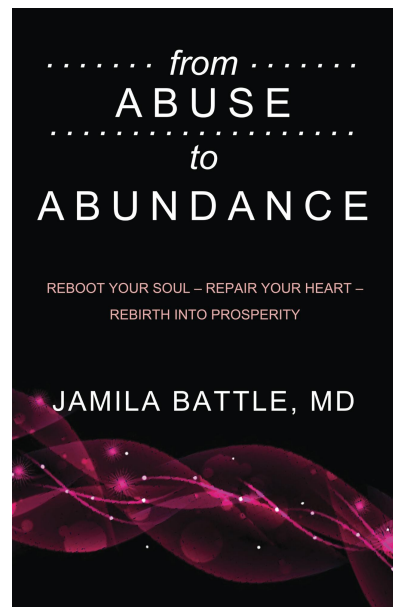
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