

# Author Biography

Ritu Sharma

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

 [www.twitter.com/womenemp0wer](https://www.twitter.com/womenemp0wer)

 [www.facebook.com/calltowomanpower](https://www.facebook.com/calltowomanpower)

 [www.instagram.com/KaushalyaUK](https://www.instagram.com/KaushalyaUK)



## About the Author

Ritu Sharma is a women empowerment ambassador and personal development trainer, professional speaker, educator and author.

She is a multi-award-winning women's coach and speaker and spreads the message of empowerment and upliftment for one and all. In addition, she is the author of Rich Man's Poor Daughter.

She is the founder and CEO of Kaushalya UK, an organisation that is dedicated to empowering women. Ritu Sharma's vision for the future is that of woman leadership. She has personally taken this responsibility on herself and runs projects to create women leaders in their respective fields.

## Book Synopsis

*An empowering anthology featuring 33 women from 5 continents sharing their phenomenal stories of transformation.*

*The stories within this book illustrate how the women became broken and in their journey of repair, they have found golden threads that have made them whole again.*

*As they transform, they are even more beautiful and have learned to know their value, just like the increased beauty and value of the Kintsugi bowls.*

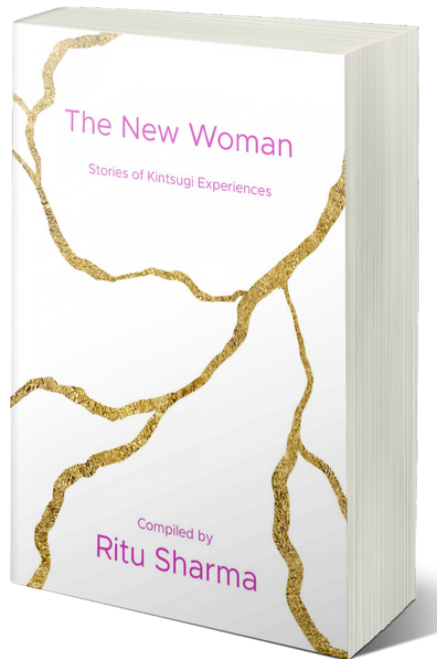
# Advance Information Sheet

From Book Brilliance Publishing

## The New Woman

Stories of Kintsugi Experiences

by Ritu Sharma



An empowering anthology featuring 33 women from 5 continents sharing their phenomenal stories of transformation.

The stories within this book illustrate how the women became broken and in their journey of repair, they have found golden threads that have made them whole again. As they transform, they are even more beautiful and have learned to know their value, just like the increased beauty and value of the Kintsugi bowls.

Featuring: Ritu Sharma, Illa Khagram, Tiffany Henkel, Andrea Malam, Hafiza Khatun, Jenni Harris, Azmina Jiwa, Donna Joseph, Mirabel Ngong, Maureen A Lewis, Nina N, Sangeeta Patel, Ruth Cyster-Stuettgen, Samantha Pearce, Poonam Karwal, Sonal Dave, Jaswinder Challi, Yvette Pearce, Sophie Kemoko, Suman Manghra, Saboohi Gill, Bal Heer, Jemma Rosenthal, Susanne Virtanen, Maxine Palmer-Hunter, Diksha Chakravarti, Delcie Hopley, Rajee S, Shazia Nawaz, Raj Rana, Sandhya, Jayasri Banala and Monika Bammi

**ISBN:**  
978-1-913770-17-4

**Price:** £19.99

**Publication Date:**  
24th June 2021

**Format:** Paperback

**Size:** 216 x 140 x 25 mm  
440 pages

**Category:**  
Collected biographies (BK)  
Assertiveness, motivation & self-esteem (VSPM)  
True stories of heroism, endurance & survival (BTP)

Available on Amazon, online & in all good book shops, and as an eBook

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### Key Sales Points:

- Ritu is the founder and CEO of Kaushalya UK, an organisation that is dedicated to empowering women.
- Featuring 33 phenomenal women from all different backgrounds, dreams, cultures, and five different continents.
- With a foreword from Lady Waynett Peters, Founder of The Extraordinary Achievers.
- Powerful stories of transformation and impact, with the potential to change lives

*"We all have been in the same storm but we are in different boats, inequalities have come to the surface like never before, yet with grit and determination we can still mend with our golden threads just like the Kintsugi bowls."*

Mandy Sanghera, Advisor at UNESCO MGIEP



# PRESS RELEASE – for immediate release

## Ritu Sharma

Charity Founder Unites Cultural differences in the anthology *The New Woman* where women are heard and believed.



Ritu Sharma, Founder of Kaushalya UK, has collaborated with 33 co-authors from different cultures, to create a new breed of women, united through their courageous stories of resilience, transformation and hope.

Originally from Amritsar in Panjaab, but now living in Birmingham, Ritu left a highly respected teaching career and found herself in the UK. With a 6 month old baby no friends or roots she demonstrated great courage to carve out a new life.

Through non-for-profit Kaushalya UK, Ritu is driven to empower, uplift women and enable them to rediscover their own power and true worth and conceived the idea of an anthology as a way to achieve this goal.

The *New Woman* shares no holds barred stories from women from India, Australia, British African and USA. The cultural insights highlight the plight of many women who live in a patriarchal society that perceives women as second class citizens. In common, these women have all been broken and Ritu uses the concept of the Japanese Kintsugi Bowls to express that their learning is like the golden thread that puts it back together even more beautiful and valuable.

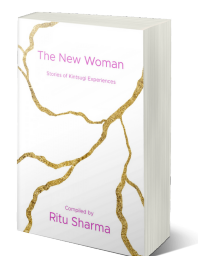
The collaborators were specially chosen to share their experiences of surviving trauma and other stressful situations life has thrown at all of us. Each contributor raises their voice and shares their real-life inspirational story, showing their bouncebackability and resilience.

The *New Woman* will be launched and celebrated online on 24th July 2021.

Ritu says, “Stories are essential building blocks of empathy and human connection. Sharing our stories become of utmost importance if and when these reflect lived experiences and are capable of both bringing healing and changing lives.”

## ENDS

- The *New Woman*, compiled by Ritu Sharma, published by Book Brilliance Publishing, 24th July 2021.
- Launch event, 24th July, 2pm – 5pm free entry:  
<https://www.eventbrite.co.uk/e/book-launch-resilient-voices-brenda-dempsey-tickets-160197857103>
- Ritu is available for interview: 07535 659791 / 020 8641 5090 or [brenda@bookbrilliancepublishing.com](mailto:brenda@bookbrilliancepublishing.com)



+44 (0) 7535659791

[brenda@bookbrilliancepublishing.com](mailto:brenda@bookbrilliancepublishing.com)

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