



PRESS RELEASE

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Gripping memoir, *The Invisible Key*, now available in Long Island, NY libraries

[Port Washington, NY, USA]— *THE INVISIBLE KEY: Unlocking the Mystery of My Chronic Pain* (ISBN: 978-1-7345189-0-0), written by Long Island resident, health scientist, former collegiate athlete, and chronic pain survivor Maria Socolof, is now available in the following Long Island libraries:

- Port Washington Public Library,
- Locust Valley Library,
- Plainview-Old Bethpage Public Library,
- Oyster Bay-East Norwich Public Library, and
- Levittown Public Library.



Ms. Socolof's memoir was also accepted into the Indie New York network, a collection of books from local indie authors available on the [BiblioBoard Library](#) mobile and web platform to patrons of participating libraries all across New York.

About *THE INVISIBLE KEY*

—Competitive athlete turned scientist discovers the key to healing her chronic pain in this raw and gripping memoir—

An acute injury. Chronic pain. A shocking discovery. Maria Socolof, a former collegiate athlete, at age forty, ruptured a disc in her neck when she rolled over in bed. After weeks in acute pain, followed by neck surgery, she spent the next two years living with initially undiagnosed and debilitating chronic myofascial pain. Time and conventional medicine failed to heal her. She sincerely questioned whether life in such pain was worth living.

Then through intensive mindbody therapy, she learned that her pain was driven by both physical and emotional traumas. As she faced a shocking revelation and deeply hidden emotions in treatment, her pain began melting away. Her raw telling of these events chronicles how trauma can directly affect chronic pain. In spite of a car accident a year later, she continued to heal her mind and body and never gave up hope. She went from being unable to stand for more than fifteen minutes to hiking in Alaska five years after injuring her neck. This is an honest and riveting tale of how much one can heal even when hope is lost.

Praise for *THE INVISIBLE KEY*

“Maria . . . displays commendable courage and determination to share her dance with personal darkness to ultimately break through the shackles of debilitating chronic myofascial pain.”

—**Cynthia Toussaint**, Author, *Battle for Grace: A Memoir of Pain, Redemption and Impossible Love*

Maria Socolof, former competitive gymnast, wife, mother of two, and professional scientist, was still dabbling in her sport at age forty until chronic pain hijacked her life. She searched for relief and discovered she had a story to tell. Through twelve years of perseverance, she has authored her first memoir about her healing journey. She holds a Master of Science degree in Environmental Health Sciences from the Harvard School of Public Health and lives on Long Island with her husband and dog.

THE INVISIBLE KEY is available in paperback and eBook at [Amazon.com](https://www.amazon.com).

Learn more at <https://healingfromchronicpain.com>.

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