



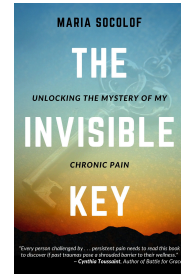
PRESS RELEASE

FOR IMMEDIATE RELEASE

April 18, 2020

Contact: Brenda Sonneveldt
healingfromchronicpain@gmail.com

Find hope and healing in newly released raw, gripping memoir—*The Invisible Key*



[Port Washington, NY, USA]— Chronic pain survivor, Maria Socolof, has released her memoir, *THE INVISIBLE KEY: Unlocking the Mystery of My Chronic Pain* (ISBN: 978-1-7345189-0-0). When life looked bleak for this former competitive athlete whose pain persisted for years in spite of doctors' efforts, she finally found hope and healing through mindbody approaches. In the vein of other inspiring memoirs, such as *Battle for Grace* by Cynthia Toussaint, *A Body Broken* by Lynne Greenberg, and *Waking* by Matthew Sanford, this memoir reminds us that healing is possible and inspires us to never give up.

About *THE INVISIBLE KEY*

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.

Advance 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. Then suddenly chronic pain hijacked her life. She searched for relief, and in that quest, 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. She practices qigong and tai chi and enjoys visits from her children, walking the dog through her neighborhood, and hiking in the woods.

THE INVISIBLE KEY is available in [paperback](#) and [eBook](#) at Amazon.com.

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

###