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Press Release Distribution Report

January 27, 2026

Company Name
Sherry Lou Canino

Email
info@soulfullywild.com

Country
United States

City
New York City

State
New York

Website
<https://soulfullywild.com/>

Distribution Report

Sherry Lou Canino's Memoir The Silent Abuse Becomes Amazon Bestseller, Amplifying Awareness Around Narcissistic Abuse and Healing

Date Submitted: 2026-01-27

Recorded Full Page Placements*

140

Potential Audience Reach

30 M

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Your Submitted Press Release

Author and creative healer Sherry Lou Canino has reached Amazon Bestseller status with her debut memoir, *The Silent Abuse*, a deeply personal account of growing up in a family impacted by narcissistic abuse and the long-term emotional effects that follow survivors into adulthood.

Released on December 8, 2024, *The Silent Abuse* quickly rose to the top of Amazon's Kindle rankings, earning the number one spot in Self-Help for Abuse and Trauma Psychology eBooks. The book also ranked highly in the Dysfunctional Relationships category and holds a five-star customer rating, reflecting strong reader engagement and trust.

In *The Silent Abuse*, Canino shares her experience as the youngest of eight siblings in a home marked by emotional manipulation, fear, and instability. Labeled the "golden child," she navigated a complicated role that came with both protection and emotional pressure. The memoir explores the impact of parental conflict, emotional harm, and the ways her older siblings worked to shield one another from escalating tension.

The book goes beyond recounting trauma and focuses on awareness and recovery. Canino examines how growing up with narcissistic abuse shaped her adult relationships, communication patterns, and sense of self. She also outlines her journey toward healing by identifying and breaking toxic cycles, offering insight and validation for readers facing similar struggles.

"The Silent Abuse is about naming experiences that are often dismissed or minimized," Canino says. "Many survivors do not realize what they endured until adulthood. This book is meant to bring clarity, validation, and hope."

About Sherry Lou Canino

Sherry Lou Canino is a writer, creative healer, and advocate for emotional recovery. A native of Baldwinsville in Central New York, she is the youngest of eight siblings, an upbringing that deeply influenced her resilience and perspective. She holds a degree in accounting and spent more than two decades in a successful professional career, known for her analytical skill and dedication.

Alongside her corporate work, Canino built a thriving art business that earned her recognition, including a feature in *Syracuse Women's Magazine*. She later facilitated art therapy groups for individuals recovering from eating disorders, combining creativity with emotional healing. Today, she channels her lived experience, creativity, and compassion into writing and healing work that supports individuals navigating trauma, toxic family systems, and personal growth.

Instagram: <https://www.instagram.com/soulfullywildhealing>

Logo	Link	Type	Industry	Top 3 Visiting Countries	Potential Audience
PressRelease	View Release	News Portal	Media & Information	US, UK, MX	100k visit/month
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Logo	Link	Type	Industry	Top 3 Visiting Countries	Potential Audience
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