

Deb Maybury Bio

Short version:

Deb Maybury is an author, singer song-writer, self-defense teacher, entrepreneur and a Harmony Integration coach. Her main focus is to help people work through their feelings about being sexually abused. She was violated by four different people by the time she was eleven years old. She facilitates groups and is an advocate speaking out for those who have yet to find their voice. Her mission is to remove the stigma and the taboo that surround sexual abuse so individuals can experience a healing journey in the absence of shame. She is the author of *Unlock The Door-Beyond Sexual Abuse* and *What Is Your Teenage Daughter Afraid Of?* and contributed chapters in three compilation books: *Ready Aim Inspire*, *Wealth Garden* and *Thriving Loss*.

Longer version:

Deb Maybury was adopted at birth and lived in a small northern town in Ontario, Canada. At six years old her mother awoke her and her eight year old brother, and told them they were going on a holiday. They never returned and her parents were divorced a few years later.

Shortly after the move, Deb began to experience sexual violations. It was very confusing to her and she never spoke a word about it until she mentioned it to two different friends at the age of twenty-one. The conversations both ended quickly and she once again remained silent for years.

At the age of twenty-two, Deb found her birth family and feels blessed to have them in her life.

Throughout her life, Deb found solace in creativity: athletics, writing, music and drawing. She was the first female to referee in a Women's World Championship- 1990. Between 1993 and 2008, she achieved two black belts and studied eight styles of martial arts as well she created Realistic Self Defense for Women. In 2010, in nine months, she went from a non-cyclist to being accepted and cycling across Canada in the Sears National Kids Cancer Ride.

After years of procrastinating she wrote her first book in 2008, *What Is Your Teenage Daughter Afraid Of?* and followed up with an eighteen month marathon effort to write her compilation book, *Unlock The Door-Beyond Sexual Abuse*. She has also contributed chapters to three other books and now holds workshops and assists others in writing their own book.

Deb has an honours degree in Psychology and has co-owned a printing business since 1989-where she trained herself to be a graphic artist. She wears several hats as a serial entrepreneur.

Recently she released her first music video on YouTube, (Little Girl, Young Boy) a childhood dream of writing/playing/singing her own music. She is also the host of Reveal, Connect and Heal-a series of interviews that focus on healing post sexual abuse.

Deb continually strives to achieve, become, create and serve. Her mission is to remove the stigma and taboo that surround sexual abuse so individuals can experience their healing journey in the absence of shame.

