



**FOR IMMEDIATE RELEASE**

Darlene Lekowski: 704-591-9255

[darlene@darlene-lekowski.com](mailto:darlene@darlene-lekowski.com)

## **Sued by Her Own Brother After Revealing Her Childhood Sibling Sexual Abuse. She Fought Back. Countersued. And Won in 2024. Now She Tells Her Story.**

**“*Shattering Silence* shows that silence may protect briefly, but truth sets us free. It’s a compelling memoir that balances clarity with hope, trauma with transformation.”**

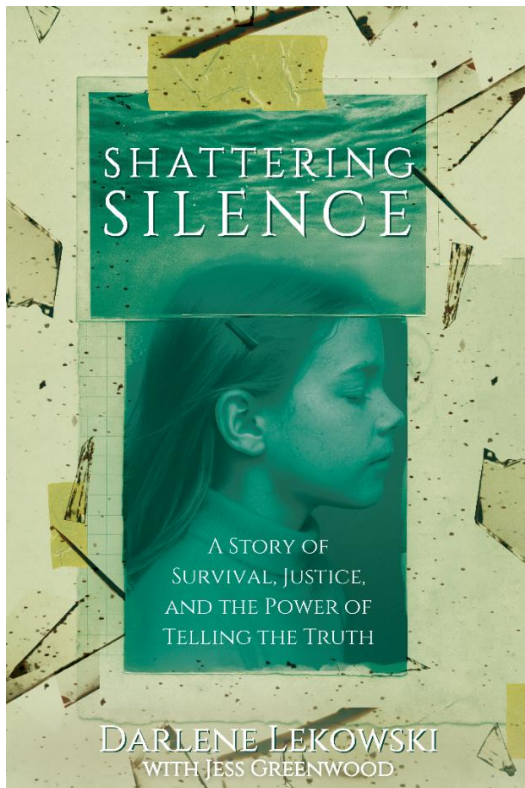
—Jane Epstein, Sibling Sexual Abuse Survivor, Author of *I Feel Real Guilty*, TEDx speaker and founder of 5WAVES.org

# ***Shattering Silence:***

***A Story of Survival, Justice, and The Power of Telling the Truth***

**By Darlene Lekowski**

**with Jess Greenwood**



“*Shattering Silence* is Darlene Lekowski’s unflinching account of the strength, vulnerability, and lasting impact of childhood sibling sexual assault and trauma. With raw honesty and emotional clarity, she reveals how trauma extends far beyond the body, shaping every corner of a survivor’s life. As Lekowski shares the many stages of her survival and recovery, readers are given a rare and powerful glimpse into the complexities of healing and the courage it takes to claim one’s voice.” — **Cindy Hanig, LCSW**

“In *Shattering Silence*, Darlene Lekowski takes an unflinching look at the abuse she experienced from two of her brothers. This powerful and moving memoir takes on sibling sexual abuse in all its complexity, its impact on family relationships, and the struggle to achieve justice. It is the story of Darlene’s strength and her determination not to let her experience ruin her family or her life. You can’t help rooting for little Darlene, who is stronger than any child should have to be.” — **Tanya Rouleau Whitworth, PhD, Sibling Aggression and Abuse Research and Advocacy Initiative at the University of New Hampshire**

“Darlene Lekowski’s story, *Shattering Silence*, is a compelling mix of heartwarming memories and gut-wrenching experiences. She was raw and honest throughout. Her story is an important reminder of the person behind the client who hires us attorneys to guide them through the judicial system. And, the necessity of caring and having compassion for those clients we have the privilege of representing. After all, providing justice for our clients is at the heart of why we became attorneys in the first place.” — **Jeff Kuykendal, Attorney, MGC Law Firm**

“*Shattering Silence* is a brave and unvarnished telling of a life lived under the weight of secrets. Darlene writes to give her younger self a voice, and in doing so offers a hand to others who have carried similar burdens alone. What stays with me is her shift from seeking justice outside herself to finding her inner power. The memoir is raw in places, tender in others, and always honest. A powerful story from a woman reclaiming her own truth.” — **Alice Perle, author of Resolve**

## ***Shattering Silence: A Story of Survival, Justice and The Power of Telling the Truth* (Amazon; April 2, 2026)**

is Darlene Lekowski's unflinching account of the lasting impact of childhood sibling sexual trauma and abuse (SSTA). With raw honesty, she reveals how trauma extends far beyond the body, shaping every corner of a survivor's life.

Unlike traditional memoirs that simply recount past trauma, *Shattering Silence* unfolds as a deeply personal and chronological journey that follows Darlene from childhood into adulthood—revealing not only what happened, but how decades of silence shaped her relationships, choices, and sense of self.

The story begins with a seemingly idyllic childhood before shifting at age seven, when abuse by her two oldest brothers fractures her world. From there, the memoir moves forward through her life—college, career, marriage, and motherhood—while exposing the invisible weight of carrying a secret for fifty years.

This memoir is not a catalog of abuse. It is a story of survival, adaptation, and the long shadow trauma casts over a lifetime. The narrative builds to a pivotal breaking point when the past resurfaces publicly—leading to a high-stakes legal battle that forces Darlene to confront her trauma in court. When one of her brothers files a civil lawsuit in an attempt to silence her again, Darlene faces a defining choice: retreat back into silence or finally speak the truth—fully and publicly. She chooses truth—and fights back.

What unfolds is more than a personal story—it is a real-time collision between past trauma and present-day consequences, ultimately tested in a courtroom.

Her victory becomes more than legal vindication. It becomes a powerful message: your voice matters, and the truth is worth fighting for.

“Shattering Silence embodies the heart of what we believe at Soul Speak Press,” said Jessica Buchanan, Founder at Soul Speak Press. “Darlene’s willingness to speak her truth not only honors her own healing but creates space for others to find their voice as well.”

Published by Soul Speak Press, a boutique publishing company dedicated to amplifying the stories of women who have been through something, now know something, and can teach us something, *Shattering Silence* continues the press's mission of transforming lived experiences into meaningful impact.

### **ABOUT THE AUTHOR**

**Darlene Lekowski** is a speaker, author, business leader, and most importantly, a survivor who transformed her decades of pain into purpose, hope, and healing—for herself and others. After fifty years of silence about the sibling sexual trauma and abuse (SSTA) she endured as a child, she found her voice and courageously stood for truth—ultimately winning the civil lawsuit brought against her by her own brother.

Through her lived experience—and shaped by her long-standing career in banking and sales—Darlene inspires audiences to reclaim their voice, their purpose, and their power. She partners with SSTA and sexual assault organizations worldwide and speaks at leadership conferences, survivor events, and corporate gatherings about resilience, justice, and the freedom of speaking your truth.

Darlene lives in the Charlotte, NC area with her husband, Tom, and is the proud mother of three adult children.

[www.darlene-lekowski.com](http://www.darlene-lekowski.com)

[Instagram](#)

[Facebook](#)

[LinkedIn](#)

## Additional Praise for

### ***Shattering Silence: A Story of Survival, Justice and The Power of Telling the Truth***

“**Darlene Lekowski** is nothing short of a 21st-century heroine who reminds us that when one woman rises, she lifts countless others with her. This is a brave and haunting book that will deeply resonate with anyone whose voice has been silenced but longs to stand tall, proud and loud.” — **Nancy Sharp, author of *Both Sides Now: A True Story of Love, Loss, and Bold Living***

“**Darlene Lekowski** captures so much of the subtleties of being young and the challenges of trying to understand and negotiate the dynamics of a family and the family we are supposed to look up to and follow. *Shattering Silence* gives a perspective and a resolve which proves that with courage and intention, anything is possible, and we do not need to be defined by our past.” — **Rich Nisbet, Above it All 360 counselor and life coach**

“*Shattering Silence* is one of the most powerful books I’ve ever read. There is such innocence in her writing as she recalls stories of making friends, learning to skate and just being a kid in the 70’s. And behind it all was a terrible nightmare that no child should ever endure. What struck me most was the enormous amount of bravery it took to retell this story in such detail. My hope is that this book becomes a light in the dark for other survivors and for anyone who has had anyone try to steal their voice.” — **Molly Purvines, The AHA! Emotional Mastery Life Coach**

“I picked up *Shattering Silence* and couldn’t put it down. This book does more than tell a story of survival. It raises awareness about a painful reality that many people still struggle to talk about; while also reminding readers of the strength it takes to speak the truth when everything is on the line.” — **Natalie Hancock, owner, Hancock Social Media**

“*Shattering Silence*, this incredible true account of Darlene’s Journey, survival and ultimate redemption, brought me to my knees several times. Having suffered myself from childhood abuse I found solace in the pages of this book. Darlene’s book is the coat over the barbed wire, for many adult survivors.” — **Jennie Jones, SSTA Survivor**

***Shattering Silence: A Story of Survival, Justice and The Power of Telling The Truth***

**By Darlene Lekowski with Jess Greenwood**

**Published and distributed by Soul Speak Press**

**An imprint of Merack Publishing**

**Released: April 2, 2026 | \$19.99 | Paperback | ISBN: 978-1-958472-41-5**

**Also Available as an eBook, Hardcover and Audiobook (with Darlene Lekowski narrating)**