



PUBLIC RELATIONS

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NEWS RELEASE

For Immediate Release

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Author, speaker Sil Lai Abrams to speak at SUNO



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VIEW VIDEO OF SIL
LAI ABRAMS](#)

NEW ORLEANS, LA – Author, speaker and relationship expert Sil Lai (sil-LIE) Abrams will speak at Southern University at New Orleans (SUNO) on Monday, March 30, 2009 at 11 a.m. in The Castle (SUNO’s gym at 6400 Press Dr.). The event is free and open to the public.

Abrams is the author of “No More Drama: Nine Simple Steps to Transforming a Breakdown Into a Breakthrough”. She will talk about how she recovered from dramatic episodes in her life, including sexual assault, drug and alcohol addiction, and an attempted suicide. Her speech will be designed to help students manage crises in their lives so that they can avoid self-destructive behaviors.

A relationship expert for *Men’s Fitness* magazine, Abrams has dotted the national landscape with her story and her perspective on leading an empowered life. Abrams has also appeared on ABC, BET, BETJ and Court TV as an expert on relationships, depression and suicide.

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