

# Predator or Prince

## By Dilys Sillah

### PRESS RELEASE

*Identify the warning signs of dangerous, and controlling, behaviours before you enter into serious romantic relationships, with this sensitive guide from experienced female life coach.*

After a rewarding period of working with women, to help inspire fitness and health, Dilys discovered that all too often these women were experiencing more deep-rooted problems as a result of emotionally damaging relationships. However, it wasn't until Dilys came across a case of a young girl being blamed for her own rape that she was motivated to start working directly with those who had experienced some form of emotional, sexual or physical abuse. As a result, Dilys founded the charity Who Will Hear My Cry in 2015 and has since gone on to work with hundreds of women of all ages, and young families, from around the world. Her mission is to empower them with information to; challenge, change and correct ways of thinking that assist in aiding and abetting emotional, mental and physical abuse. The vast numbers of women still seeking her counsel, and the alarming statistics continually quoted on domestic violence —Office for National Statistics quoted two women in England and Wales are killed every week by a partner or ex-partner— has prompted Dilys to share her valuable insights in a new guide **Predator or Prince** with one goal —to enable women to identify the warning signs and behaviours in a man BEFORE entering into a relationship, as well as to keep their children safe as they can also suffer if the wrong man enters the home.

Divided into chronological chapters, Dilys introduces the background as to why women can sometimes be more susceptible to an abusive relationship. She explores the psychology of our childhood relationships, and the dynamics of our parents relationships, and how these can act as a blueprint for our own future romantic relationships. Dilys then moves on to a woman's first love and presents her 'Chameleon Syndrome'. This, she explains, is the idea that women, to avoid rejection, 'change our colour' to meet the emotional needs of our mate instead of determining what we want and who we are in any relationship. As a consequence women can often lose their identity and self-esteem instead becoming overwhelmed by the needs of her partner and therefore more susceptible to subjugation. After systematically identifying and explaining these behavioural traits, Dilys concludes her guide with four real-life testimonials from very different women. Brutally honest, each one shares their profound stories of abuse —from how it started, to what they experienced and where they are today — in order to highlight the key lessons espoused by Dilys. Although keen to recognise that men and boys are victims too, Dilys explains her focus for now remains on women as, statistically, they are still more likely to enter into emotionally and psychologically damaging liaisons.

Insightful, informative and deeply personal **Predator or Prince** offers important guidance to women, and young girls, from all walks of life in the hope that it will prevent them from entering into abusive relationships.

**About the author:** Based in Enfield, London Dilys Sillah is the Founder of a charity called 'Who Will Hear My Cry' (WWHMC), a charity that raises awareness on rape, child abuse and domestic violence in both England and in Ghana. Dilys also works as a transformational life coach and public speaker offering support and guidance to women of all ages in the areas of self-confidence and relationships. **Predator or Prince** by Dilys Sillah (published by Clink Street Publishing 27th March 2017 in paperback and ebook) is available to purchase from online retailers including [amazon.co.uk](http://amazon.co.uk) and to order from all good bookstores. For more information please visit: [www.dilyssillah.com](http://www.dilyssillah.com)

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