

*Sherelle Kitchen is a poet and spoken word artist. As a motivational speaker, she seeks to help others transform their lives through her personal journey. Sherelle has served as the keynote speaker for crisis intervention training with first responders, helping them to improve their understanding of mental health obstacles, challenges and experiences. She also spends her time mentoring at-risk youth and teaches a creative writing workshop to students with the objective of teaching them how to own their feelings and channel their experiences in a positive and healthy way. She discovered her love of writing at the age of 11, and knew immediately that she wanted to share her gift. From a young age into adulthood, Sherelle built her view of the world from a unique and creative set of lenses. Piece-by-piece, she not only reveals intimate parts of herself in her writing, but also challenges others to uncover their true selves through motivation and empowerment. She is a mirror to so many other's truths, and wants nothing more than to help those who are afraid to express themselves authentically. Sherelle finds power in three words "Emancipation," "Strength" and "Transformation." It is these three words that are meaningful to her in that through self-introspection she has been able to free herself from the weight and bondage of fitting into societal boxes, labels and views, realizing that her experiences have not and do not make her a victim but are a reflection of her strength and ability to endure and that every day is an opportunity for her to transform into the woman she is meant to become. She is ever growing and ever changing.*

*For as long as she can remember, spoken word and poetry has sustained her more than any other genre. With her simply complex rhythmic tone, she connects with her audience by sharing relatable experiences and truths ranging from the basic growing pains of life to her experiences with mental health issues, addiction and domestic violence. Spoken word poetry is her true passion, just as the words she speaks are her livelihood; they are her experiences which come from deep in her soul. The expression of pain, joy, sorrow, loneliness, love and confusion are all inspirational and she transforms those feelings into words in a way that encourages her readers to reflect. This book "Salted Wounds, Scars and Tattoos: Bleeding from the Inside Out" describes her journey of becoming a woman and the rawness of how she survived and is still in the process of spreading her wings and becoming all that she is supposed to be in the face of her past and unforeseen future adversities. Sherelle was born and raised in Albany, New York and currently lives in Charlotte, North Carolina.*