

AUTHOR
SPEAKER
THERAPIST

PRESENTER

drgailjames.com

Dr. Gail
JAMES

"In my new book, I aim to light a path of resilience, intertwining my journey with empowering solutions. My story becomes a guiding light for those who have endured childhood abuse. Through shared experiences and observations, I offer solace and a roadmap to renewed strength and unbreakable spirit."



Amazon Best Sellers

Our most popular products based on sales. Updated frequently.



Best Sellers in Christian Counseling

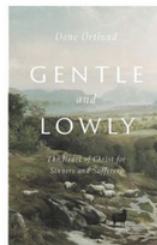
Top 100 Paid Top 100 Free

#1



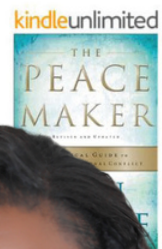
From The Pit To The Palace: My Rise From Pa...
Dr. Gail James
★★★★★ 6
Kindle Edition

#2



Gentle and Lowly: The Heart of Christ fo...
> Dane C. Ortland
★★★★★ 11,196
Kindle Edition

#3



Review



Dr. Kishma George

Editor-in-Chief, Kish Magazine

Dr. Gail James is a beacon of transformative healing and empowering wisdom, and her latest book, 'From the Pit to the Palace: My Rise from Pain to Purpose,' unequivocally reflects that. With a style that is at once compassionate and intellectually rigorous, Dr. Gail takes her readers on a transformative journey from suffering to resilience.

This book is groundbreaking indeed. It sets a new paradigm in how we address and overcome trauma. It is a must-read for anyone navigating the complexities of life's challenges as it serves as an uplifting guide to actualizing one's full potential. If you're seeking a resource that is both emotionally enriching and practically effective, look no further. This book is a clarion call to empowerment.



From the Pit to the Palace

You must have the wisdom to understand, acknowledge, accept, and view situations objectively. In this book, Dr. James shows how courage is necessary to keep moving forward despite the pain and trauma of your past and how to get from the pit to the palace.



Published By
Strive International Publishing
www.StriveIPG.com



Review



Ambassador

Dr. Nepheta Serrano

*The Marriage CEO,
Covenant Rescue 911*

Wow, 'From the Pit to the Palace' is a compelling transformation journey. Dr. Gail James' story reminds us of the power of resilience.

It will lift you, inspire you, and encourage you to RISE UP from the ashes of whatever has you bound and move forward.



Excerpt

For anyone who has experienced trauma, the memory recall from these violent experiences will remain unless professional help is received. We must realize that we are not designed to manage the weight of rape and molestation after being abused and used on our own. We need help to break free from our past and must not be afraid to ask for it or receive it when it comes.

Trauma from past relationships and even our childhood threatens to hold us hostage and restrict us from being free. It can delimit us as we build walls to protect us, and then we become prisoners of our thoughts. Our lives are not fulfilled, and we need to walk out our purpose. This can cause us to behave in a way that is not particularly in line with who we are. We can react disproportionately to the context of a situation because we are not operating in logic but in fear.

There are moments in our lives that are surreal. It's as though you're having an out-of-body experience. Your senses are elevated, and everything seems to move in slow motion. You may notice and even remember the little details from prior encounters. I experienced these things and more during one of the most frightening moments of my life.

Our behaviors can be passive-aggressive by responding in pessimistic and unproductive ways. We can become toxic, spewing venom and not even realizing it is happening until we are made aware of it. Sometimes, we may be caught up in a strength paradox and somehow forget two powerful tools to help us navigate life and relationships: wisdom and courage.

~Dr. Gail K. James~

Endorsements

Dr. Telishia Berry

Editor-in-Chief, Courageous Woman Magazine

"From the Pit to the Palace: My Rise from Pain to Purpose" is a poignant memoir that beautifully illustrates the resilience of the human spirit. Through compelling storytelling, it conveys a powerful message of hope, inspiring readers to transform their own adversity into purpose-driven success.

Vanessa I. Farrell MPH, MCES

*Best Selling Author, CEO & Founder
VI Health & Wellness Coaching, LLC.*

From The Pit To The Palace is a riveting journey of courage and triumph against insurmountable odds. Dr. Gail James's story is a testament to the amazing works and promises of God. He has truly given her beauty for ashes.



In this book, Dr. James shows how courage is necessary to keep moving forward despite the pain and trauma of your past and how to get from the pit to the palace.



A JOURNEY OF PAIN TO PURPOSE

**DR. GAIL JAMES LAUNCHES BOOK,
'FROM THE PIT TO THE PALACE'**

Experience the surreal as Dr. Gail James, licensed Clinical Christian Therapist and Motivational Speaker recounts a life-altering moment, inviting readers into her world of triumph over trauma and sexual abuse, her extraordinary journey of transformation with her upcoming book release, "From the Pit to the Palace: My Rise from Pain to Purpose," arriving on September 15, 2023.

"I've emerged from darkness to empower you," Dr. Gail James shares. "Together, we'll navigate shadows and rediscover strength."

Discover the resilience of the human spirit and gain a roadmap for life's complexities. "From the Pit to the Palace" isn't just a book; it's a lifeline for healing and growth, uncovering how courage propels individuals from pain to purpose. Mark your calendars for the book launch on September 15th, where the pages come alive.

Available on Amazon and at leading bookstores nationwide, this is your chance to learn more about Dr. Gail James, her strength and bravery, transforming challenges into triumphs. Don't miss it – be a part of this life-changing experience.

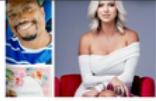
Follow her on IG at:

<https://www.instagram.com/therealdrjames>

Facebook: Gail K. James

You can connect with Dr. Gail James, founder of Sanctuary of Change at www.drgailjames.com

SPEAKERS



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15 AMAZING FEMALE FOUNDERS
CHANGING THE WORLDINTROVERTED ENTREPRENEUR SUCCESS
STORIES: EPISODE 1HEART TO HEART WITH WHITLEY: EPISODE
111 POSITIVELY BRILLIANT MINI RECIPE
VIDEOS

LOCAL STORIES OCTOBER 5, 2023

Inspiring Conversations with Dr. Gail James of Heavenly Home Sweet Home / Dr. James Counseling & Consulting Services



LOCAL STORIES



Today we'd like to introduce you to Dr. Gail James.

Hi Dr. Gail, can you start by introducing yourself? We'd love to learn more about how you got to where you are today.

I was born and raised in St. Thomas, U.S. Virgin Islands. I am the wife of Ricky James Jr. and the mother of Abigail Jarvis, Kelvin Samuel II, and Khristjan Samuel. I am a survivor of childhood sexual abuse by three of my male siblings. I am a survivor of severe domestic violence. Due to these traumatic experiences, I attempted suicide twice, once by overdosing on Tylenol and one other time by drinking bleach. I took these events that should've broken me and used them to build me. I remember being rejected by my mother and my entire family because I reported my 21-year-old brother for sexual abuse at the age of 10, and he was 21 then. He admitted to the abuse and was convicted. My family still doesn't speak to me today because they said I told the family secret. I was determined to become something because everyone, including my mother, said I would never be anything. I was living in my apartment at 14 and attending high school, working two jobs daily after school to pay my \$250.00 monthly rent and all my other utilities. I became pregnant with my first child in my senior year of high school. My daughter was born while I was 6 months pregnant and was only 2 lbs. at birth. The doctors in the US Virgin Islands said she won't live past 1 year old. Though difficult, I kept my faith in God like I'd always done, and my daughter is still alive today. She was diagnosed with cerebral palsy at 1 and is severely developmentally delayed. She has never walked and is in a wheelchair and still in diapers, but she is still here. she is my reason for all that I do; she is 33 years old and my pride and joy. I had two grown boys after her, who worked alongside me in the business. I now have a 33-year-old, a 27-year-old and a 25-year-old.

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THE TRAILBLAZERS:
REWRITING THE NARRATIVE15 AMAZING FEMALE
FOUNDERS CHANGING THE
WORLDINTROVERTED ENTREPRENEUR
SUCCESS STORIES: EPISODE 1

VoyageJacksonville

VoyageJacksonville is part of the LA-based Voyage Group of Magazines. Our mission is to promote mom and pops, artists, creatives, makers and small businesses by providing a platform for these hidden gems to tell their stories in their own words.



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THE US TIMES



From the Pit

NEWS

Reshaping Destinies: Dr. Gail James' Trauma Coaching and Mentoring

NEWS

Breaking Chains: Dr. Gail James' Fight Against Domestic Violence



By Perry Published September 1, 2023

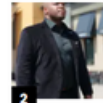


TRENDING



1

France's Exit From Niger: Unmasking The Junta's True Colors



2

David Reed III: The Empowering Visionary Shaping Lives And Building Dreams



3

Author & Nonprofit Founder, Kenya Lee: Helping Women Discover Emotional Greatness

NEWS

From Victim To Victor: How Dr. Gail James Overcame Adversity



By Perry Published September 1, 2023



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- 2 David Reed III: A Visionary Pastor Empowering Generations With Creative Solutions
- 3 Crafting Destiny: Ann Hargreaves' Path To Network Marketing Mastery
- 4 France's Exit From Niger: Unmasking The Junta's True Colors

NEWS

👊????Empowerment Through Faith ??????????: Dr. Gail James' Story Of Transformation



By Perry Published September 1, 2023



Trending

- 1 Building A Legacy: The Ascent Of Independent Artist Yungg Rose
- 2 Dipannyta Chatterjee: The Confluence Of Artistry And Entrepreneurship
- 3 Darlene Thorne's Path To Discovering True Identity
- 4 Meet Regina G. Mixon - A Woman Of Faith And Wisdom
- 5 Luisette Mullin Pioneers A \$180 Billion Dollar Network Marketing Industry In South Africa

BUSINESS SHARKS



NEWS

RESILIENCE UNLEASHED: DR. GAIL JAMES' PATH TO HEALING AND SUCCESS

NEWS

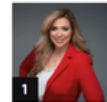
Dr. Gail James: Author Of “From The Pit To The Palace”



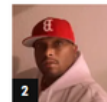
By Hustle Weekly Staff Published September 1, 2023



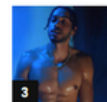
TRENDING



1 **María Antonia Chapa:**
Crafting A Legacy In PR
And Marketing



2 **Evolve Or Evaporate:** The
Resilient Journey Of
Entrepreneur Charles
Smith



3 **Fly Nai:** The One-Man
Powerhouse Shaping
Modern Hip-Hop



4 **David Reed III:** The
Solutionist, Pioneer, And
Pastor Leading The Way
To Success



Press Release

**Dr. Gail James Crowned
Mrs. International Woman of Achievement
Representing the U.S. Virgin Islands.**

Long Beach, CA, September 25, 2023 - Dr. Gail James a native of St Thomas Virgin Islands, and esteemed Clinical Christian Therapist, Inspirational Speaker, and visionary behind Sanctuary of Change, has recently achieved remarkable milestones that have garnered worldwide attention.

Dr. James, known for her unwavering commitment to empowering individuals to overcome adversity, has been crowned Mrs. International Woman of Achievement, representing The US. Virgin Islands.

The mission of Woman of Achievement is to recognize & develop women leaders in their communities. The pageant took place on September 22-24, 2023 in Long Beach, California aboard the Historic Queen Mary. Women from around the world competed for the prestigious titles. The categories included, Public speaking, Platform, Interviews, and cultural wear.

Additionally, Dr. Gail James is one of the 21 Women to Watch from the US Virgin Islands presented by Courageous Woman Magazine and her newly released book, "From the Pit to The Palace," has soared to the #1 spot on the Amazon Bestsellers list.

...

"I aim to light a path of resilience intertwining my journey with empowering solutions," says Dr. Gail James. "My story becomes a guiding light for those who've endured childhood abuse. Through shared experiences and observations, I offer solace and a roadmap to renewed strength and unbreakable spirit." ~Dr. Gail James



Home ▾ Arts-Entertainment ▾ Events ▾ Dr. Gail James Crowned 'Mrs. International Woman of Achievement' Representing USVI

Events

Dr. Gail James Crowned 'Mrs. International Woman of Achievement' Representing USVI

Mrs. International Woman of Achievement September 29, 2023



Dr. Gail James Crowned 'Mrs. International Woman of Achievement' (Submitted photo)

James a native of St. Thomas Virgin Islands, and esteemed clinical Christian therapist, inspirational speaker and visionary behind Sanctuary of Change, has recently achieved remarkable milestones that have garnered worldwide attention. Dr. James, known for her unwavering commitment to empowering individuals to overcome adversity, has been crowned "Mrs. International Woman of Achievement," representing The U.S. Virgin Islands. The mission of Woman of Achievement is to recognize and develop women leaders.

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Additionally, Dr. Gail James is one of the 21 Women to Watch from the U.S. Virgin Islands presented by Courageous Woman Magazine, and her newly released book, "From the Pit to The Palace," has soared to the No. 1 spot on the Amazon Bestsellers list.

In her latest book, "From the Pit to The Palace: My Rise from Pain to Purpose," Dr. James takes readers on a poignant journey, revealing how courage can propel individuals from the depths of despair to a life filled with purpose and fulfillment. This compelling book tells a heartfelt story of triumph over trauma and childhood sexual abuse. Dr. James weaves an enthralling narrative that shares invaluable lessons from the perspective of a survivor. Through her words, readers will gain insights into conquering challenges, cultivating objective viewpoints, and forging ahead amidst the lingering echoes of pain and trauma.

The book launched on Sept. 15, 2023, on Amazon and will be available at bookstores across the nation.

"My story becomes a guiding light for those who've endured childhood abuse," said Dr. James

More About Dr. Gail James: Dr. Gail James is a licensed clinical Christian therapist, motivational speaker, and CEO of Xtraordinary Services 4 Xtraordinary People Agency. With a Ph.D. in Christian Counseling, she excels in trauma, mental health, substance abuse and family therapy. As the founder of Sanctuary of Change, her mission is dedicated to aiding abuse victims.



Trauma to Triumph Coaching Package

Dr. Gail James

COURAGEOUS

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Woman

SEPTEMBER 2023

*Free Your
Mind From*
**LIMITED
BELIEFS**

**TURN UP
YOUR
BUSINESS
POWER**

**BEST
SELLING
AUTHOR**

**DR. GAIL
JAMES**

LICENSED CLINICAL CHRISTIAN THERAPIST

Healing
from
Childhood
Trauma





SEPTEMBER 2023

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James**

**TRAUMA TO
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**THE PURPOSE
PUSHER**

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HEAVENLY
HOME SWEET HOME, INC**

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CONSULTING SERVICES**

SEPTEMBER ISSUE 2023
ISSN 2640-5458



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K.I.S.H. MAGAZINE



Biography

Dr. Gail James is a licensed clinical Christian therapist and motivational speaker. She owns a counseling and consulting service where she primarily handles those in need of trauma, mental health, and substance abuse counseling in addition to family therapy.

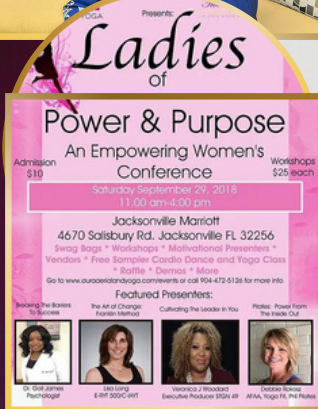
Dr. James is also the founder of Sanctuary of Change, a nonprofit organization that works to bring solutions to survivors of childhood sexual abuse and domestic violence. In addition to this, she is the CEO of the Xtraordinary Services 4 Xtraordinary People Agency.

Dr. James earned her bachelor's degree in psychology from Palm Beach State College in 2002. She continued her education and earned her master's degree in biblical studies in 2014 and her Ph.D. in Christian counseling in 2015 from St. Thomas Christian University.



Dr. Gail's Books

Talk Show & Conference Guest Speaker



Featured Talks & Seminars

Dr. James recognizes the importance of ensuring that participants at conferences, seminars, and retreats not only leave motivated but also equipped with practical problem-solving skills. She combines sound business principles, real-life examples, and compelling narratives in her motivational speeches to empower individuals with the creative inspiration needed to develop effective solutions. Her approach ensures that audiences are not only motivated but also better prepared to make significant contributions to both their personal lives and organizations.

Dr. Gail James speaks on the following platforms:

*Forgiveness
Domestic Violence
Childhood Sexual Abuse
Trauma
Self-Love
Entrepreneurship
Overcoming Obstacles
Women's Empowerment
Ministry*



Speaking Topics

- *How to Forgive Without Expectation*
- *Navigating Life's Transitions*
- *Healing The Inner You*
- *Identify and Explore Your Self-Worth*
- *Navigating New Beginnings*
- *Ending Destructive Relationships and Behaviors*
- *Harmonizing Heart and Hustle*
- *Nurturing Relationships and Self*
- *Resilience in Womanhood*
- *How to Maximize your Potential for Entrepreneurial Success*
- *Legacy and Leadership*
- *Purpose and Vision*
- *Flourishing in the Fullness of Purpose and Destiny*
- *How to Heal from Pain and Trauma*
- *How to Lead from Purpose*
- *How to Move from Trauma to Triumph*
- *Lead in Ministry from Purpose*
- *Overcoming Abandonment and Rejection from Childhood Sexual Abuse*
- *How to Grow Gracefully*





Interview Questions

What is the central theme of your book, “From the Pit to the Palace: My Rise from Pain to Purpose?”

The theme of my book is that your pain is instrumental in getting you to your purpose.



Can you provide insights into the significance of the title “From the Pit to the Palace” and its relation to your personal story?

I would describe my childhood and young adulthood as the pit because it was when I felt I was at my lowest. My pit brought me pain and suffering, but it also propelled me to my purpose. I feel like I literally went from the pit to the palace because the very things I’m doing and living now are a direct result of the character, determination, motivation, and perseverance I needed to survive during my pit experience and now I can say I’m in my palace experience.

How has your background in trauma, mental health, and family therapy influenced the insights you share in your book?

My background as a therapist is highly influential in the advice that I provide in this book to assist survivors on their healing journey.

I use some of the very tools I was taught during my education and my own personal experiences in an effort to assist others in healing from the pain, hurt, and abuse that they’ve experienced.

Can you elaborate on the role of “Sanctuary of Change” in your mission to aid abuse victims, and how it ties into your work as a Clinical Christian Therapist?

Sanctuary of Change is a non-profit that I founded to assist survivors of sexual abuse and domestic violence with free counseling, free housing to escape an abusive home, and financial assistance for assistance in a safe exit plan.

My work as a clinical Christian therapist is directly tied to this non-profit because I counsel some of the survivors who request services from our agency. My primary goal is to help these survivors see themselves the way God and I see them as beautiful and marvelous.

Interview Questions

Continued



Could you share some of the key lessons and empowering solutions that you offer to survivors of childhood abuse in your book?

- 1. Identify your trauma. What is it that caused you the pain and despair that you feel?*
- 2. Acknowledge your feelings. I am feeling sad, depressed, abandoned, rejected, abused and unloved.*
- 3. Give yourself the okay to feel these emotions. It is okay to feel abandoned, refused, rejected, unloved, and abused but just don't stay there.*
- 4. Get up and start to work on your healing journey. Whether it's therapy, meditation, prayer, worship, exercise, or reading, start working on your healing.*
- 5. Liberate yourself from the guilt and shame that tends to linger with you because you have all the reasons why this shouldn't have happened to you. There is no way you could have prevented it because you only have control over your behaviors.*
- 6. Learn to forgive yourself and the person who hurt you without receiving an apology. Forgiveness is not necessary for the other person it's necessary for you so you can go on and be a better version of yourself and not a bitter version of yourself.*

What's next for you?

I will be launching my trauma coaching program. My entrepreneur coaching program is also soon to come. I am now mentoring others in trauma and entrepreneurship. You can also go to my website to sign up for workshops, book me for speaking events, and purchase books at drgailjames.com.



AUTHOR
SPEAKER
THERAPIST

CONTACT

**Dr. Gail
JAMES**

*To learn more about Dr. Gail James or to
arrange an interview, please contact us.*

Info and Bookings

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