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**Groping for Truth, a #metoo-inspired memoir, launches  
on day of remembrance**

GUELPH, Ontario—November 6, 2018—*Groping for Truth – My Uphill Struggle for Respect*, a hard-hitting, unapologetic #metoo memoir, by Ontario-based author, Montaha Hidefi, will launch on December 6, 2018, National Day of Remembrance and Action on Violence Against Women.

At the first beat of the #metoo drum, Hidefi knew she had to tell her story. “Riveting, raw and authentic,” according to one reviewer, this memoir shows the transformation of a mistreated young girl and battered woman who refused to succumb to the cycle of violence.

“It has been a roller coaster of all types of emotions,” said Hidefi, who was born and raised in Venezuela to Syrian immigrants, returned to Syria in her teens, and as an adult lived in the United Arab Emirates, the Netherlands and now resides in Canada. “There were times when I could not continue writing or did not even want to remember the details of the events,” she recalls. “There are stories in the book that made me cry while I wrote them and even during the revisions.”

Encouraged by her husband and friends, Hidefi persevered. She felt the movement was long overdue. She had battled against sexual harassment and violence her whole life, no matter where she lived.

“The #metoo movement is one of the most powerful consequences of using social media for a good cause,” said Hidefi. “It has allowed many women and men to come forward and denounce the perpetrators. I now have hope today’s society is ready to hear our stories and believe that abuse, in any form, especially against women, is no longer acceptable.”

Hidefi knows how hard it is for someone who lives in shame, hiding the abuse, to open up and disclose events and emotions that have been buried for so long.

“We fear that people will not believe us, or if they did, we fear that they will say we have brought this upon ourselves,” said Hidefi. “We also fear the ridicule of a society that would say, ‘If that is true, why did you wait so long to disclose this? Why didn’t you speak up and denounce the abuser then and there?’, which we have seen happen recently.”

*Groping for Truth*, published by OC Publishing in Halifax, NS, will be available from online retailers and at select retail book stores. For more information visit [www.ocpublishing.ca/montaha-hidefi.html](http://www.ocpublishing.ca/montaha-hidefi.html)

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Editors’ note: electronic ARCs, high res cover image and author head shot are available upon request.