

Award-Winning Author of Born To Rise

A JOURNEY FROM SETBACKS
TO COMEBACKS AND
LESSONS LEARNED

Lorna Blake



About Lorna Blake

Lorna Blake is a Jamaican-born, Canadian-American award-winning author, speaker, and reinvention strategist. A former social worker turned educator and international coach, she has reinvented herself across careers, countries, and seasons. She is the author of *Born to Rise*, an inspirational memoir recognized with a BookFest Award, Book Excellence Award, and International Impact Book Award.

She is also a finalist for Author of the Year 2026. Lorna speaks globally on resilience, reinvention, and empowered living. Through her YouTube channel, *The Reinvented Life with Lorna*, she shares inspiring conversations for women navigating change and new beginnings.

At the heart of her message: ***our circumstances do not have to define our future. We are born to rise.***



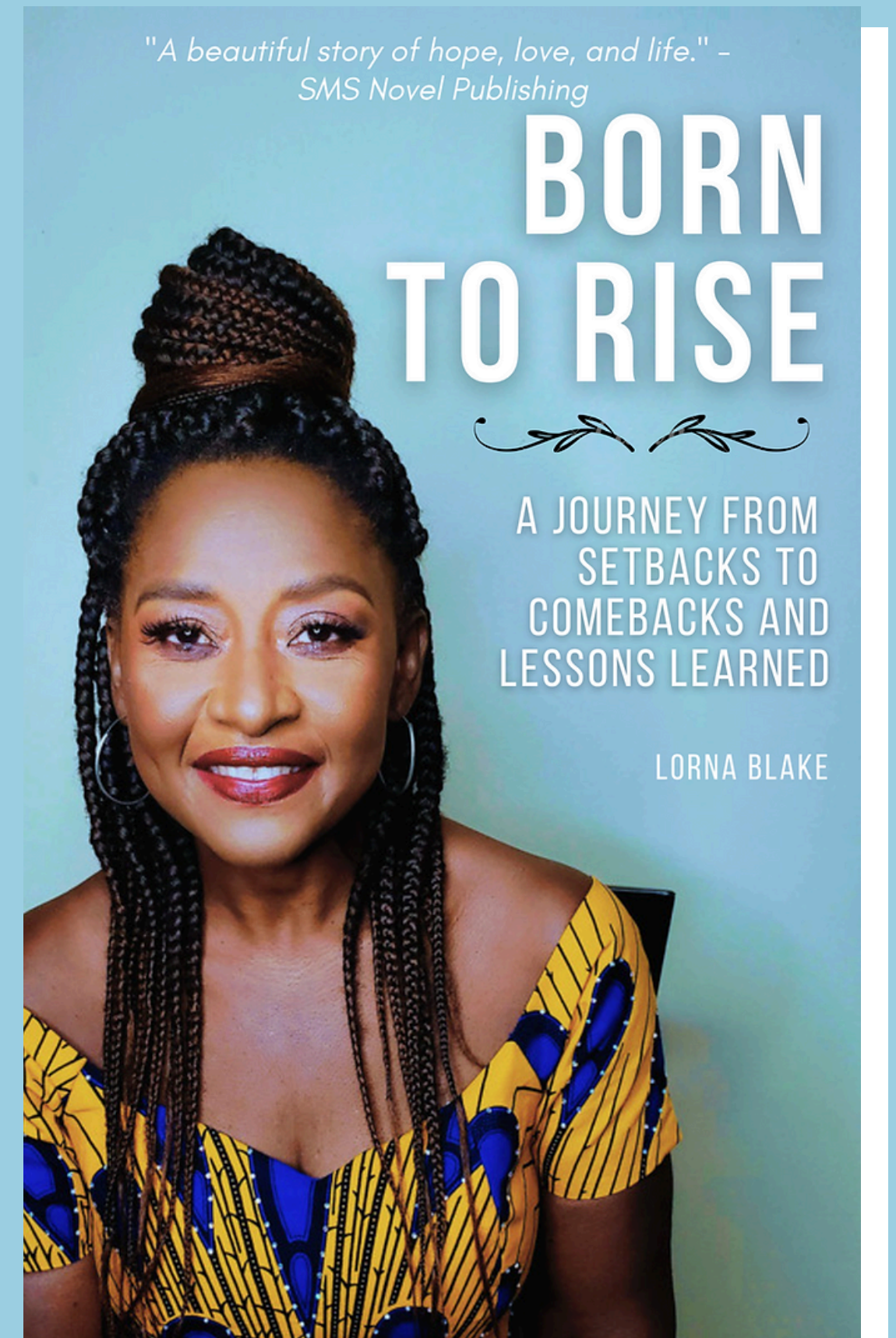
About the Book

Born To Rise: A Journey From Setbacks To Comebacks and Lessons Learned

Born To Rise is an inspirational memoir that chronicles Lorna Blake's extraordinary journey from abandonment, abuse, and loss to empowerment, success, and purpose. With unflinching honesty and warmth, she shares how a young girl from rural Jamaica found the courage to rise above her circumstances and create a life of meaning and impact.

This book speaks to:

- Anyone who has ever felt counted out or knocked down
- Women navigating life transitions and starting over
- Readers seeking proof that resilience is possible
- Those searching for hope after hardship



BookTrib Recognition

**ONE OF FIVE
UNFORGETTABLE MEMOIRS
SURE TO INSPIRE EVERY READER
— BookTrib**

“An inspirational story full of promise and hope...”

— JIM ALKON, BOOKTRIB

Book Awards & Recognitions

**3× AWARD-
WINNING
BOOK**

BookFest

Book Excellence

International Impact
Book Award

**180 BOOKS
SOLD IN ONE
DAY**

**#1 AMAZON
BEST SELLER**

Jamaica & History of
Jamaica

**AUTHOR OF
THE YEAR
FINALIST —
2026**

Selected Media & Features



G-WOMAN MEDIA

Podcast Interview
August 15, 2026



G-WOMAN TV

144 Voices Global
Marathon March 2026



ONLINEBOOK CLUB

Book of the Day
Feature August 6, 2026



BOOK MOVEMENT NEWS

Book Feature 2026

Connect with Lorna

 [The Reinvented Life with Lorna](#)

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MEDIA CONTACT

 [mpowerurself.com](#)

 LornaBC1@gmail.com

 Global (currently based in Taiwan)



Speaking & Media Topics

Lorna is available for speaking engagements, podcast interviews, and media features on the following topics:

- 1. Resilience & Reinvention** – How to rise after setbacks and create a life you love
- 2. Women's Empowerment** – Discovering the courage and resilience within
- 3. Starting Over at Any Age** – Practical strategies for navigating life transitions
- 4. Global Perspectives** – Reinventing across cultures, careers, and continents
- 5. From Setbacks to Comebacks** – The power of resilience and the human spirit

Suggested Interview Questions

1. What inspired you to write “*Born to Rise*” and share your story with the world?
2. How did you find the courage to rise after experiencing abandonment, abuse, and loss?
3. What does "rising" mean to you, and how can readers apply it to their own lives?
4. How have your experiences across Jamaica, Canada, Asia, and the Caribbean shaped your perspective on resilience?
5. What message would you give to someone who feels counted out or knocked down today?
6. How do you balance vulnerability and strength in your storytelling?
7. What does the future hold for you, and what is next in your journey?