

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, international speaker, and filmmaker. A former social worker turned educator and international coach, she has reinvented herself across careers, countries, and seasons of life. Drawing on her international experiences and diverse professional background, she inspires audiences through powerful storytelling, meaningful conversations, and a celebration of the human experience.

She is the author of *Born To Rise*, an inspirational memoir that has earned multiple literary awards, including the BookFest Award, Book Excellence Award, and International Impact Book Award. She was also named a finalist for the 2026 International Impact Book Awards Author of the Year.

In October 2026, Lorna expanded her storytelling from the page to the screen with her first animated short film, *Miss Lyn & The Poisoned Beans*. It brings the opening story of *Born To Rise* to life. Based on her mother's childhood in rural Jamaica, the film recounts how eight-year-old Lyn's intuition and courage to speak up ultimately saved her family's lives. Through this remarkable family story, Lorna celebrates the wisdom of children, the importance of listening to their voices, and the preservation of family and cultural heritage.



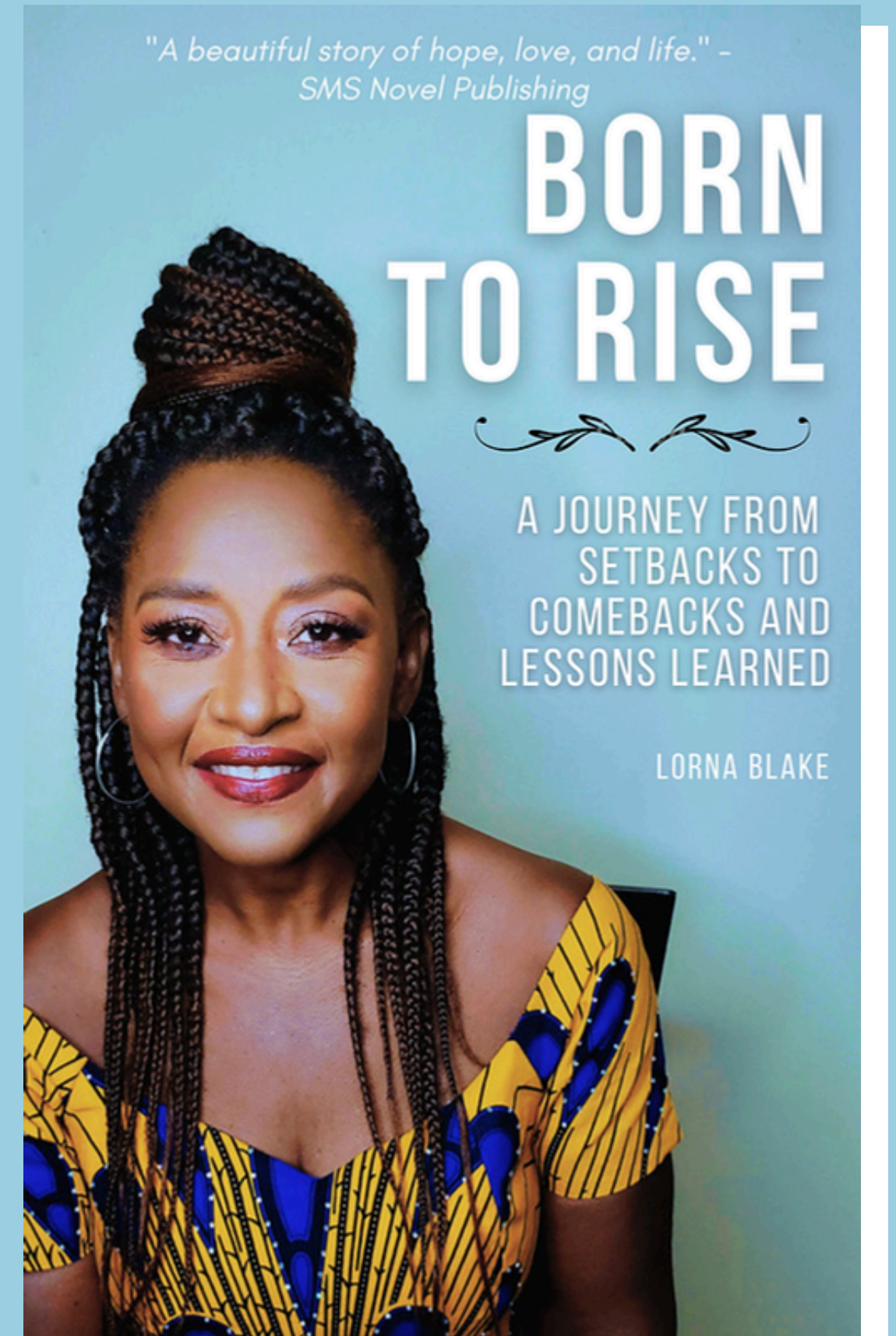
About the Book

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

**MULTIPLE
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

MEDIA CONTACT

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 mpowerurself.com

 Based in Taiwan | Available Internationally

PROFESSIONAL PROFILES

 [Lorna Blake](#)

 [The Reinvented Life with Lorna](#)



Speaking & Media Topics

Lorna is available for speaking engagements, podcast interviews, panel discussions, and media features on topics including:

1. **Resilience, Reinvention & New Beginnings** – Rising above adversity, embracing change, and creating a fulfilling life at any age.
2. **The Power of Storytelling** – How personal experiences, family histories, and untold stories can inspire, connect, and transform lives.
3. **From Author to Filmmaker** – Bringing the opening story of Born To Rise to the screen through Miss Lyn & The Poisoned Beans, and exploring new possibilities for creative expression.
4. **Culture, Identity & Global Perspectives** – Lessons from living and working across countries, cultures, and continents, and the importance of preserving cultural heritage.
5. **When a Child's Voice Saves Lives: The Remarkable True Story Behind Miss Lyn & The Poisoned Beans** – How an eight-year-old Jamaican girl's intuition saved her family's lives, inspiring her daughter decades later to bring this extraordinary story to the screen and highlight the importance of listening to children.

Suggested Interview Questions

1. What inspired you to write *Born To Rise*, and what do you hope readers will take away from your story?
2. What does the concept of “rising” mean to you today, and how has its meaning evolved throughout your life?
3. Having lived and worked across several countries and cultures, how have your international experiences shaped your identity, worldview, and approach to life?
4. What advice would you offer someone who is ready to embrace change, pursue a new dream, or create a more fulfilling chapter of life?
5. Your creative journey has evolved from writing and speaking to filmmaking. What excites you most about this new chapter, and what do you envision for the future?
6. Your first animated film, *Miss Lyn & The Poisoned Beans*, brings the opening story of *Born To Rise* to the screen. What inspired you to transform your mother's extraordinary childhood experience into an animated film?
7. One of the film's central messages is the importance of listening to children's voices. What do you hope parents, families, and audiences will take away from your mother's experience?