

About Author/Inspirational Speaker Sara Im & Her Book – *How I Survived the Killing Fields: A Story of Hope, Love and Determination*

It was one of the worst massacres of humankind in world history, and a horrific chapter in the history of Cambodia, which the people of this small Southeast Asian country will never forget; nor the rest of the world. In 1975, the Khmer Rouge, a communist group took over Cambodia's capital city of Phnom Penh, ending civil war in the country. But rather than this being a moment for rejoice and celebration, within hours a reign of terror began causing unbelievable human suffering. Millions of people were taken from their homes, tortured for information and forced to work in labor camps, where workers often died of starvation, disease, exhaustion or murder. Many of those brutally killed lost their lives and were buried in mass graves in what is known as "The Killing Fields."



The result of this mass genocide was the loss of one-fourth of the Cambodian population. That's more than two million people who died under the tyranny of the Khmer Rouge in the 1970s, before a Vietnamese invasion forced the hideous regime to give up control of the central government in 1979. Remarkably, some people survived this horrific oppression and have lived to tell their stories of how they managed to do so, despite almost impossible odds. *One of those people is Sara Im.*

Sara shares the remarkable challenges she faced and how she found her way to freedom in her book, "How I Survived the Killing Fields: A Story of Hope, Love and Determination." Readers find it to be a remarkable story. Beyond the physical and psychological demands of life in a forced labor camp for four years, Sara battled multiple serious diseases simultaneously. With no access to medical care, nutrition, proper rest or adequate sleep, she was near death several times. However, with hope, love and determination, along with her strong religious faith and love for her family, she somehow managed to regain her health and escape the horrific oppression plaguing her homeland.

Now in an effort to reach more people with her inspirational story of survival, Sara, as a public service, is giving talks to clubs and organizations as well as interviews to the news media. Sara, who speaks with audiences on many different aspects in her journey for survival, has proven to inspire people to realize they can overcome incredible odds in life when necessary to survive.

More About Author

Following her escape to Thailand in 1980, Sara a year later immigrated to the U.S., starting a new life in Connecticut. In 1987, she became a U.S. citizen and graduated from Western Connecticut State University. In 1989, her mother and three brothers were able to reunite with her in the U.S. Beginning in 1999, she says she was fortunate to serve as her mother's caregiver for the last 13 years of her life. In 2005, she moved to Tampa Bay with her mother and husband. Today, she runs her own business, "Smart Healthy Living," in which she works to enhance people's lives through the use of effective natural nutrition and safe personal care products. Sara is co-founder and a director for the Christian Professionals Network of Tampa Bay and a long-time member of the Real Talkers Toastmasters Club 7306 in Clearwater, Florida.

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