

Bestselling Author Kevin Hughes Releases Powerful Memoir SOCIOMOM: My Story of Terror, Truth, and Triumph



Tomah, Wisconsin Oct 15, 2025 ([IssueWire.com](https://www.issuewire.com)) - *SOCIOMOM: My Story of Terror, Truth, and Triumph*. Sociomom is a #1 best seller, a gripping and unfiltered account of Kevin Hughes, his lifelong battle with trauma and his ultimate journey toward healing and redemption.

This harrowing **194-page true crime memoir** delves into Hughes' early life in Lynchburg, Virginia, where he was born into poverty and subjected to years of abuse by his sociopathic mother, an experience that caused him to dissociate from reality at the age of four. Decades later, in his late forties, Hughes began to recover these suppressed memories, confronting the painful truth while caring for his mother until her passing.

"SOCIOMOM is a testament to resilience and the enduring human spirit," says Hughes, an **award-winning consultant, U.S. Navy veteran, and mental health advocate**. "I wrote this book to give a voice to those who've been silenced and to prove that healing and thriving after trauma is truly possible."

Raw, honest, and deeply inspiring, *SOCIOMOM* explores powerful themes of **identity, survival, and redemption**. Through vivid storytelling and emotional reflection, Hughes invites readers to see beyond pain and recognize the strength that lies within. His memoir stands as both a personal triumph and a beacon of hope for others seeking to overcome adversity.

About the Author

Kevin Hughes is a #1 bestselling author, award-winning consultant with a Fortune 500 company, and a dedicated mental health advocate. A U.S. Navy veteran and graduate of Lynchburg University, Hughes was born into poverty and abuse in Lynchburg, Virginia. His journey from trauma to triumph inspired *SOCIOMOM*, a deeply personal account of survival and healing.

When not writing or mentoring at-risk youth, Kevin enjoys running, hiking, playing drums, and spending time outdoors with his chocolate lab, Winston. He currently resides in Edenton, North Carolina, with his wife and two adult daughters.

Previous Promotional Activities

Kevin Hughes has been actively engaging audiences through various media and speaking platforms, sharing his powerful story of resilience and recovery featured in *SOCIOMOM: My Story of Terror, Truth, and Triumph*. His recent promotional appearances include:

- **Podcast Interview with Temitope Adegoke** on *The School of Heritage* — where Hughes discussed his journey through trauma, healing, and the message behind
- **Feature on GMAP Broadcast Network** — an in-depth conversation highlighting his advocacy for mental health awareness and the power of overcoming adversity.
<https://www.youtube.com/watch?v=PN5DPxH22x4>
- **Speaking Engagement at Hopewell Church, Virginia** — where Hughes delivered an inspirational message about forgiveness, survival, and spiritual renewal.
<https://hopewellcmc.org/podcasts/media/2025-08-31-sociomom-kevin-hughes>
- **The Spotlight Network Logan Crawford TV Interview:**

<https://www.youtube.com/watch?v=meaijPSz5zg>

Through these platforms, Hughes continues to connect with readers, survivors, and mental health advocates, amplifying his mission to inspire healing and hope worldwide.

Author's Website

For more information about *SOCIOMOM: My Story of Terror, Truth, and Triumph*, upcoming events, speaking engagements, and mental health advocacy efforts, please visit Kevin Hughes' official website at <https://mysociomom.com/>.

You can visit his book on Amazon: <https://www.amazon.com/SOCIOMOM-story-Terror-Truth-Triumph-ebook/dp/B0FDLFFLH8/ref>



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