

Dama Koupa Releases Good Little Greek Girl, A Powerful Memoir of Breaking Silence and Reclaiming Identity

“This is not a story of despair. This is a story of awakening. Of saying, ‘Enough.’”

Good Little GREEK GIRL

A Story of Manipulation,
Control, and Abuse
that Crossed the
Cultural Divide



Dama Koupa

Tomah, Wisconsin May 28, 2026 ([IssueWire.com](https://www.IssueWire.com)) - A Voice No Longer Silenced

In a publishing landscape hungry for authentic storytelling, author Dama Koupa delivers a memoir of striking emotional honesty. *Good Little Greek Girl* is the story of a first-generation Australian-born Greek woman in her 40s who spent a lifetime being obedient, invisible, and endlessly giving until she could no longer afford to.

Raised within the weight of strict cultural traditions and surrounded by emotionally immature, narcissistic, and wounded family members, Dama learned early to bury her voice and her pain. Her Greek heritage was not the problem; it was the unspoken rules, the generational trauma, and the suffocating expectations that left her numb, lost, and secretly wishing each night would be her last.

Written with unflinching vulnerability, this memoir traces a journey from the shackles of survival to the profound liberation of finally choosing to live fully, authentically, and without apology.

About the Book

Good Little Greek Girl is a deeply resonant memoir for anyone who has ever felt trapped in suffocating family dynamics, questioned their own worth, or longed to break free from invisible chains that no one else seems to see.

It is a testament to resilience and courage and to the radical, transformative power of choosing authenticity over approval. For every reader who has ever carried the weight of being “enough” for everyone else while quietly falling apart, this book is both a mirror and a lifeline.

At its heart, *Good Little Greek Girl* speaks to a universal truth that transcends cultural borders: the immense cost of silence, and the extraordinary freedom that arrives when we finally dare to speak.

About the Author

Writing under the pen name Dama Koupa, the author is a first-generation Australian-born Greek woman, speaker, and advocate for empowerment and healing. Her work is driven by a single, unwavering purpose: to help, educate, and empower.

An experienced keynote speaker at domestic violence events and fundraisers across Australia, she brings the same courage to the page that she brings to the stage. She appeared on Channel 31’s Global Women’s Empowerment Program with Rose Rawani, the Pillar of Power podcast with Kazim Andisha, the Spotlight series with Logan Crawford, and most recently delivered a keynote at the iDias Global Congress Women’s Leadership — Women’s Health Conclave in Paris in March 2026.

Her message is as clear as it is compassionate: “You are not a burden. You may have just been surrounded by the wrong people.” She reminds readers that support is always available and that it takes bravery to ask for it, and openness to receive it.

Media Appearances & Promotional Activities

- YouTube — Channel 31 | Global Women’s Empowerment Program with Rose Rawani | Season 01, Episode 17
- YouTube — Pillar of Power with Kazim Andisha | Episode 07
- YouTube — iDias Global Congress | Women’s Leadership — Women’s Health Conclave, Paris | March 2026
- YouTube — The Spotlight Network with Logan Crawford

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

- FM Studios — Podcast Interview
- Keynote Speaker — Domestic Violence Awareness Events & Fundraisers

A Message to Readers

“My purpose is simple: to help, educate, and empower. I want every person to know they are never truly alone. Support is always there — we just have to be brave enough to ask for it, and open enough to receive it when it arrives.”

Availability

Good Little Greek Girl is now available for purchase on Amazon:

<https://www.amazon.com/Good-Little-Greek-Girl-Manipulation-ebook/dp/B0GHZVJB77>

For more information about the author, visit:

<https://eleniunlimited.com/>



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