

New Book *Elara* By Michael Evans Shares A True Story Of Rescue, Survival, And The Road Back To Self



New York City, New York Aug 25, 2026 ([Issuewire.com](https://www.issuewire.com)) - Michael Evans' *Elara* follows one woman from exploitation and a daring Miami Beach rescue to the difficult work of reclaiming her identity, voice, and life

Elara: Based on True Events: How Losing Herself Became the Road Back Home, a new book by Michael Evans, is now available from AuthorHouse. Published July 1, 2026, the book brings together elements of true crime and self-help in the story of a woman whose physical rescue becomes the beginning of a much longer journey toward freedom.

Based on true events, ***Elara*** centers on Haijin, a woman whose life has been shaped by fear, displacement, family obligation, exploitation, and the belief that her value rests in what she can endure for the people she loves. Her story stretches from North Korea and China to the United States, eventually leading to a Miami Beach hotel room and the coded word that signals her chance to escape: "Sunrise."

The rescue itself unfolds with the urgency of true crime, but ***Elara*** deliberately looks beyond the moment of escape. As Haijin receives medical care and travels toward a safe house in Washington, D.C., pieces of her past begin to surface. The woman who had learned to survive by becoming useful, quiet, and agreeable must confront a far more difficult question: Who is she when she no longer has to be what everyone else needs?

That question becomes the heart of the book. ***Elara*** examines the ways survival lessons can follow a person long after immediate danger has passed and how qualities such as loyalty, sacrifice, obedience, and strength can become destructive when they require someone to surrender her identity. Haijin's return to herself is not presented as a single triumphant moment, but through small acts of autonomy, including reclaiming her real name, asking for what she needs, setting boundaries, and sleeping safely behind a door that she controls.

"*Elara* was one girl. She was also many," the book explains near its conclusion, connecting Haijin's extraordinary circumstances to women who have disappeared into duty, obligation, approval, and the need to be indispensable to others. Its message is especially clear for mothers and daughters: women can love their families deeply without abandoning themselves, and being useful should never become the price of being loved.

Elara was created as part of a larger mother-daughter healing project designed to reach women who recognize themselves in its themes while also helping girls understand identity, boundaries, and self-worth before harmful patterns become deeply established.

The book is accompanied by a 90-minute cinematic story experience combining spoken storytelling, music, voices, and movement. The project features narration by Michael Evans, performances and music from Asian artists including Dia and Seunghye of South Korea, Kim's Note Family of South Korea, and Ruby of Vietnam, along with figure skating by Ukrainian skater Polina Korobova.

The project also includes contributions from Brian Fitzgibbons, a missing-person investigator who has worked alongside Evans through Kingsman, as well as real-world guidance from Eunhee Park, a North Korean defector, human-rights advocate, and author of *The Courage to Die*, and Zhang Miaomiao, a voice artist from China. The book itself describes the cinematic component as a collaboration among investigators, survivors, performing artists, musicians, cultural consultants, and storytellers from around the world.

At its core, the project carries a message that extends beyond the circumstances of trafficking. ***Elara*** asks readers to recognize the quieter forms of self-abandonment that can occur when love becomes obligation, kindness exists without boundaries, or a woman begins measuring her worth by how much she can sacrifice.

For every woman who became what others needed and forgot who she was, *Elara* is the road back home.

ABOUT MICHAEL EVANS

Michael Evans is an author, investigator, and founder of Kingsman, a charitable organization dedicated to investigating and helping rescue missing and trafficked girls. For 21 years, he served as President of USPA Nationwide Security, an international security firm, before increasingly directing his experience and resources toward work involving vulnerable women and girls.

Evans' own experiences with depression, serious medical diagnoses, and his search for meaning beyond professional and financial success eventually led him toward writing and personal-development work. His books include *The REAL Matrix Reloaded: A Map for Escaping the Prison You Can't See* and *Borrowed Theme*, exploring identity, conditioning, healing, and the beliefs that shape people's lives.

His work surrounding *The REAL Matrix Reloaded* has also developed into an international online community with more than three million female subscribers.

With *Elara*, Evans brings his work in rescue together with a broader examination of what happens after someone reaches safety—and why freedom must include the ability to reclaim one's voice, identity, boundaries, and sense of personal worth.

Connect with Michael online

Website: <https://michaelevansspeaks.com>

YouTube: https://www.youtube.com/@michael2460_

Elara is available for purchase from major retailers, including Amazon.

<https://www.amazon.com/ELARA-Events-Losing-Herself-Became-ebook/dp/B0H6S7V97N>

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