

SKG Announces Powerful New Memoir, The Monster Within, Exploring Survival, Courage and Resilience



THE MONSTER WITHIN

By Helecia "SKG" Choyce

Los Angeles, California Oct 19, 2026 ([IssueWire.com](https://www.IssueWire.com)) - LOS ANGELES, California Author, rapper, and entrepreneur SKG, also known as Helecia Choyce, announces the release of her deeply personal memoir, *The Monster Within*, a compelling account of survival, adversity, and the courage to reclaim one's voice after life-altering experiences. **The book is available in print and digital editions through Barnes & Noble and Amazon.**

Some stories are difficult to imagine, yet their impact is profoundly real. In *The Monster Within*, SKG shares her account of surviving kidnapping, brutal abuse while pregnant, and alleged extortion involving a powerful Los Angeles music executive. Through candid storytelling, she reflects on the experiences that challenged her physically and emotionally and the determination that helped her begin rebuilding her life.

More than a personal account of hardship, the memoir explores resilience, perseverance, and the difficult journey towards healing. By speaking openly about traumatic experiences, SKG aims to encourage readers who have faced abuse, trauma, or significant adversity to recognize that they are not alone and that recovery remains possible.

“This book represents truth, survival, and the courage to speak even when the odds are against you,” said SKG. “I hope readers who have experienced trauma, abuse, or adversity will know they are not alone and that healing is possible.”

Known for her music career, entrepreneurial work, and advocacy, SKG continues to use creative expression and personal storytelling to connect with audiences. With *The Monster Within*, she brings attention to the importance of speaking out, confronting painful experiences, and finding the strength to move forward.

The memoir is intended for readers interested in true-life stories, personal transformation, resilience, and overcoming adversity. Its central message emphasizes the power of reclaiming one's narrative and turning painful experiences into an opportunity to inspire others.

The Monster Within is available now through Barnes & Noble and Amazon. Readers can explore SKG's story through this new release, which offers an intimate perspective on survival and the courage required to speak one's truth.

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About SKG

SKG (Helecia Choyce) is an author, rapper, entrepreneur, and advocate whose work focuses on truth, perseverance, and empowerment. Through music, writing, and public speaking, she encourages others to overcome adversity and transform pain into purpose. ***The Monster Within is her most personal work to date.***



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