

Gina Economopoulos



Bestselling Author . Inspirational Speaker



GINA ECON
author. speaker. advocate.

Meet Gina

*Jesus looked at them and said,
“With man this is impossible,
but with God all things are possible.”
~ Matthew 19:26*



Born and raised in the vibrant community of Syosset, New York, Gina Economopoulos emerged as the seventh child in a family of eight whose roots were deeply intertwined in an Italian and Greek-loving family. She grew up in a Catholic traditional upbringing with unconditional love from her parents.

Despite facing numerous surgeries from a young age, each shaped her into the resilient individual she is today. With a degree in social science from Eastern CT State University, she ventured to Harrisburg in 1989, where she seamlessly blended her social work background with bartending, embodying the essence of hospitality.

Following the loss of her mother to cancer in 1992, she embarked on a spiritual journey that led her to the convent for twelve years before caring for adults with disabilities. Settling on the tranquil shores of the Jersey Shore in 2010, she encountered love and loss, finding solace in sobriety through Alcoholics Anonymous.

Today, as an End of Life Doula, she extends her compassionate heart to those in their final chapter, grounded in faith and guided by the wisdom of the scriptures. She is also very much involved in the rooms of AA in service and reaching out to other alcoholics. Whether enjoying simple pleasures like playing golf, shooting pool, traveling, or going to the beach, she navigates life's journey with gratitude and grace, forever grateful for the blessings that adorn her path.

Why Interview Gina



"I live an ordinary, extraordinary life today that is filled with faith, hope, love, and God. I do have a purpose to share. My journey and my hope is to help you find peace and hope in yours."

~ Gina Economopoulos

SUGGESTED DISCUSSION TOPICS

- **From Darkness to Light: Finding Hope and Purpose Amidst Life's Struggles**

In this talk, Gina shares her personal journey through loss, addiction, and a crisis of faith. She explores how to navigate feelings of hopelessness and despair, offering practical advice on finding hope and a sense of purpose. Audiences will be inspired by her resilience and guided by her insights on embracing faith and perseverance to overcome life's darkest moments.

- **The Power of Faith: Rediscovering Spirituality After Personal Trauma**

Drawing from her experiences as a former nun and her struggles with alcoholism, Gina discusses the profound impact of faith on healing and personal growth. She addresses the challenges of maintaining spirituality during times of crisis and provides strategies for reconnecting with a Higher Power. This talk is ideal for those seeking spiritual renewal and guidance in their personal and professional lives.

- **Healing Through Service: The Role of Compassion and Empathy in Overcoming Grief**

As an End-of-Life Doula and a dedicated member of Alcoholics Anonymous, Gina speaks on the transformative power of helping others. She highlights how acts of service and empathy can aid in personal healing and foster a deeper sense of community. This presentation is perfect for audiences interested in the intersection of personal healing, community service, and the therapeutic benefits of compassion.

SUGGESTED DISCUSSION QUESTIONS

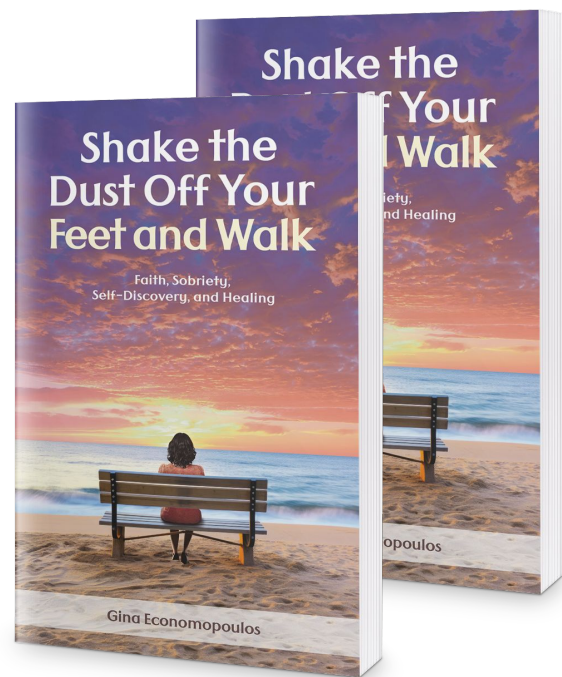
- Growing up in a large family with supportive parents, how did your relationships with your siblings and parents influence your journey through adversity?
- You faced significant physical challenges from birth. How did these early health issues impact your sense of self and your interactions with your family and peers? What drove you to seek inclusion, and how did these experiences influence your self-esteem?
- Losing your mother was a defining moment for you. How did this loss affect your life? Your transition from a lifestyle of partying and bartending to considering a religious vocation was drastic. Was it your mom's death that motivated this change, and how did you come to understand and discern your vocation?
- Your book *Shake The Dust Off Your Feet and Walk* speaks to those feeling hopeless and trapped. What inspired you to write it, and who do you hope it will reach?
- The trauma of losing your fiancé and the profound grief that followed is a pivotal moment in your story in 2013 when you felt devoid of purpose. How did you navigate through such a devastating experience? Can you elaborate on how you began to find meaning and purpose in your life again? How did your involvement with Alcoholic Anonymous contribute to your healing personal growth?
- You faced significant trauma, including the murder of your employer. How did these events shape your outlook on life and influence your path to healing?
- You had various role models and influences, from your family to religious figures. Who were some key people that influenced your journey, and in what ways?
- Prayer and faith practices played a vital role in your healing journey. Can you describe how specific practices, such as the rosary, helped you during difficult times? Also you spoke about forgiveness, what does that mean to you?
- Today, you are a Certified End of Life Doula. What made you become one?
- Looking back on your journey, what are some of the key lessons you've learned that you feel are most important to share with others? As you continue your journey, what are your hopes and goals for the future, both personally and in terms of helping others?



Shake the Dust Off Your Feet and Walk

Faith, Sobriety,
Self-Discovery, and Healing

From bartending to the nunnery and back again.



Embark on a transformative journey with *Shake The Dust Off Your Feet and Walk*, a stirring memoir tracing Gina Economopoulos's path from despair to redemption. From her humble beginning as a bartender to the sacred halls of the convent and through the trials of tumultuous relationships and alcoholism, she grapples with loss, grief, and the pursuit of self-discovery. With honesty, she invites readers to witness her quest to reclaim her life amidst chaos.

As the author navigates the labyrinth of her own emotions, readers are drawn into the landscape of her struggles. From the agonizing decision to leave the convent behind to the numbing embrace of alcoholism, every step of her journey is fraught with uncertainty and pain. Yet, through sheer resilience and unwavering determination, she begins the arduous process of healing, learning to let go of the past and forge new connections in the present.

Her unwavering faith serves as a guiding light through the darkest of nights, illuminating a path toward self-acceptance and forgiveness. Through her words, she offers a profound insight into the human condition, reminding readers of the power of resilience and the transformative nature of love.

Shake The Dust Off Your Feet and Walk is more than just a memoir—it is a testament to the power of the human spirit to find healing in faith, time, and self-discovery. By the journey's end, readers are left with a profound sense of admiration for Gina's courage and perseverance. Her story serves as a reminder that no matter how daunting the road ahead may seem, there is always hope waiting to be discovered in the most unlikely of places.

Join the author on a journey of self-discovery and redemption in *Shake The Dust Off Your Feet and Walk*. Let her words inspire you to confront your own struggles with grace and resilience and emerge stronger on the other side. This memoir is a testament to the enduring power of faith to rise above adversity and find peace amidst the chaos.

Shake the Dust Off Your Feet and Walk



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SUBTITLE – Faith, Sobriety, Self-Discovery, and Healing

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