



## **Author, Consultant, and Disability Advocate, Announces the Pending Release of Her New Book, “Battling the Basement – The Trials and Triumphs of Marilyn A. Martinez”**

*Marilyn A. Martinez, the Original Advo Grrl, an Albuquerque, New Mexico-based author, consultant, and disability advocate, announces the pending release date of her new book, “Battling the Basement -- The Trials and Triumphs of Marilyn A. Martinez.” The book’s primary subject matter is Marilyn A. Martinez’s life story and how she became the “Original Advo Grrl,” which in layman’s terms means a disability advocate of epic proportions.*

Albuquerque, NM (Vocus) August 18, 2010 -- Marilyn A. Martinez, an Albuquerque, New Mexico-based author, consultant, and disability advocate, announces the release date of her book, “Battling the Basement -- The Trials and Triumphs of Marilyn A. Martinez.”

Achieving accomplishments in life is an ongoing endeavor we all strive toward in the United States. Imagine going through life seeking the same things we all want but with roadblocks in the way at every turn. We all want our own home, our own job, our own car, our own things, and more often than not, a family we can call our own. Imagine wanting all those things and trying to achieve them but having the ongoing challenge of being a person with developmental disabilities and everyone, including your parents, telling you no at almost every turn. That description is the real-life circumstance of author, TV talk show host, [disability advocate](#), and public speaker Marilyn A. Martinez. The beauty about Marilyn A. Martinez is that for the most part, she has achieved all those things and more in life. The book she has written is the story of how and when all those things happened and where Marilyn’s life as a [disability advocate](#) is headed to in the future.

Marilyn A. Martinez’s ongoing goal and mission is to break down the barriers that people with developmental disabilities and other types of disabilities encounter, while providing a level playing field for them in life, work, and family. She wants people with disabilities of any kind to be able to have the best opportunity to achieve all their goals.

### **An Advocate's World -- What's It All About, Who's Who, and What's What**

Being a person with a developmental disability herself gives Marilyn perspective and first-hand experience in being an advocate and a self-advocate at the same time. The bottom line for a person with a developmental disability is that if you want to have independence, freedom, flexibility, and some of the better things life has to offer, you have to be willing to step up and get involved with a variety of helpers, agencies, and organizations, in addition to sometimes having a family member or friend at your side helping you navigate the various steps and agencies that will help gain your own independence.

### **About the author Marilyn A. Martinez**

To a large degree, Marilyn is her own pioneer in the area of being a disability advocate as well as a person with a disability. Talk about being an extraordinary self-advocate, Marilyn is definitely her own best coach and supporter. During her lifetime, she has developed a great group of supporters, a thorough knowledge of the organizations and agencies that exist to help her, and a tremendous set of skills that help her lead a happy productive life. Marilyn A. Martinez is definitely the disability advocate extraordinaire.



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