

# Radio Host Turned Inspirational Figure Breaks Silence on Traumatic Past to Empower Others

*Overcoming Childhood Trauma, Steven Cuoco Transforms Pain into Passion on His International Platform*

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remarkable journey from a challenging childhood to international acclaim, radio host and inspirational figure Steven Cuoco has decided to share his harrowing past in a bid to inspire and empower others. Having faced multiple challenges throughout his childhood, Cuoco's story is a testament to resilience and the transformative power of self-expression.

Cuoco describes his early years as being marked by

dyslexia, a speech impediment and the fear of being murdered for being flamboyant — challenges that were exacerbated by an environment of verbal and emotional abuse within his biological family.

“It all came to a head when my biological mother secretly planned to commit suicide, but before she would take her life, she ordered her husband one evening to go upstairs to kill me,” Cuoco recalled.

Placed in foster care at age 7, Cuoco found solace in connecting with people, hearing their stories, and honing his communication skills to avoid judgment and rejection.

Before being removed from his biological family, Cuoco says his household was plagued by addiction and emotional turmoil. He found escape in movies, TV shows and radio programs.

“However, my flamboyance and biracial identity made me a target for abuse within my family and in the community,” Cuoco said. “Despite daily struggles for basic needs and at times never knowing when I would eat and being beaten almost every day, I clung to my dreams of becoming a successful actor, radio host, model and superstar.”

Adopted at the age of 9, Cuoco underwent counseling and experienced a transformative shift. Embraced by a loving family, he found the freedom to express himself through acting and

discovered his passion for radio journalism. Dreaming of using the media to heal and inspire, he recorded his thoughts privately, fearing judgment and attack.

Seven months before the pandemic, Cuoco launched his radio show, "Live On Air with Steven Cuoco." The show quickly gained international recognition, with celebrity guests like Dan Aykroyd, Jeff Timmons and NFL athlete Alex Bachman, among others. Cuoco's unique approach, focusing on genuine connections rather than achievements, resonated with audiences worldwide.

"I believe that genuine connections are essential for personal growth and overcoming fear," he said. "My show, especially during the pandemic, became a sanctuary for guests seeking reassurance and understanding. I emphasize the power of conversation as the foundation for every great beginning."

Today, Cuoco is not just a successful radio host but also an author, grief counselor and certified NLP (neuro-linguistic programming) coach. Having been invited on multiple occasions to speak at TEDx, he is now ready to share his complete story, free from fear and judgment. His Amazon bestseller, [Guided Transformation: Poems, Quotes, and Inspiration](#), is a testament to his journey from trauma to triumph.

In sharing his story, Cuoco continues to break down barriers to inspire others to overcome their pasts, embrace their true selves and thrive through genuine connections.

Amazon link: <https://www.amazon.com/Guided-Transformation-Poems-Quotes-Inspiration/dp/1938984064/>

Guided Transformation: Poems, Quotes, and Inspiration

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Trish Stevens

Ascot Media Group, Inc.

+1 832-334-2733

[email us here](#)

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