

Caroline Bakker Joins Sharjah Reading Festival Panel to Empower Women Writers with Insights on Self-Publishing

Caroline Bakker to speak at Sharjah Reading Festival panel on self-publishing, sharing insights on ADHD, PMDD, and building a wellness author brand.

DUBAI, UNITED ARAB EMIRATES, April 25, 2025 /EINPresswire.com/ -- Author, wellness coach, and mental health advocate [Caroline Bakker](#) will join a panel of thought leaders at the Sharjah Reading Festival on May 3, 2025, in a session sponsored by IngramSpark titled "Beyond the Manuscript: Navigating Self-Publishing Success."



Caroline Bakker creator of Meditations by Amazon Warrior

The panel will feature insights from regional and international voices on writing, publishing, and personal branding for authors. Caroline will present strategies for pre- and post-launch book marketing and share her journey from first-time author to mental health advocate.

“

Your struggles don't define you. Your healing does.”

— Caroline Bakker

“Writing my book helped me transform personal adversity into empowerment for others,” says Bakker. “I’m honored to help other women do the same—especially those

navigating neurodiversity or emotional health challenges.”

The session will be moderated by Christopher Sako of Ingram Content Group (UK) and Hassan Ali of Lightning Source Sharjah. Fellow panelists include:

Yasmen Ahmed – CBT therapist, best-selling author, and founder of Inspire With Yas

Kim A Page – Communication coach and cross-cultural speaker

Dr. Adil Al Zarooni – Entrepreneur and brand strategist

The event will cover topics such as:

Building an author brand and thought leadership platform

Distribution strategies using IngramSpark and regional printers

Creating a compelling book launch strategy

Writing with authenticity across diverse cultures

Caroline's book, [The Healing Journey: Navigating Adult ADHD and PMDD](#), was self-published in 2025 and explores the lesser-known overlap between ADHD and PMDD in women. Her mission is to equip women with holistic tools for healing and personal development.

Event Details:

□ Date: May 3, 2025

□ Time: 5:00 PM – 6:30 PM

□ Venue: Intellectual Hall, Sharjah Expo Center

□ Panel: Beyond the Manuscript: Navigating Self-Publishing Success

About Caroline Bakker

Caroline Bakker is a Dubai-based author, health coach, and meditation teacher. Her work focuses on empowering women through holistic wellness, emotional healing, and spiritual self-leadership. She is the founder of Meditations by Amazon Warrior and an advocate for neurodivergent awareness.

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Caroline Bakker reading her new book *The Healing Journey*



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