

AVAILABLE FOR INTERVIEWS

**Contact: Karen Meltzer
609-897-9442
mktg@bep.org**

***The ABCs of Recovery from Mental Illness*
by Carol A. Kivler, MS, CSP**

**POCKET GUIDE PROVIDES 26 STRATEGIES FOR SUSTAINING THE
JOURNEY OF MENTAL ILLNESS RECOVERY**

Did you know that 1 in 4 Americans suffers from a mental disorder? It's easy to think that mental illness will not impact your life but based on these numbers, it's more than likely it will. Whether it's a family member, a friend or even yourself, finding the right strategies to face a mental illness and embark on a journey toward recovery can be quite challenging.

Enter *The ABCs of Recovery from Mental Illness* by Carol A. Kivler, MS, CSP. Including 26 strategies using the alphabet as a framework, this handy pocket guide provides strategies for facing and maintaining recovery, for both those with mental illness and their loved ones. In the book, Kivler, a mental health advocate, speaker and founder of Courageous Recovery — an organization combating stigma regarding mental illness, — shares the simple but powerful strategies that have helped her sustain her own recovery.

“At 40, I was brought to my knees with depression and anxiety,” says Kivler. “After over 10 years of suffering and finding the right treatments, I was then faced with the struggle of sustaining recovery for a long period of time. I began experimenting with different non-medical strategies and found a select few that, used in conjunction with my treatment plan, have sustained my recovery for more than 12 years. It is my sincere hope that others will find the tools they need on their own recovery journey in this guide.”

From A to Z, Kivler's 26 strategies, accompanied by short essays, include:

- Accept your illness - it's not your fault
- Believe you can remain productive
- Commit to your treatment plan
- Develop a partnership with your treatment team
- Exercise on a regular basis
- Find positive ways to relieve your stressors

- And more!

Kivler was a member of the NAMI (National Alliance on Mental Illness)-Mercer Board for ten years and will donate 15% of all proceeds from The ABCs of Recovery from Mental Illness to the organization.

Carol Kivler is a passionate consumer advocate, mental health speaker, author and the founder of Courageous Recovery, Inc., a 501 (c) 3 non-profit organization. She speaks to consumers, their loved ones and healthcare professionals to raise awareness, instill hope and combat stigmas surrounding mental health diagnoses and treatments. Carol shares her journey of recovery from four bouts of medication-resistant depression and her positive experience with the life-saving treatment ECT through keynotes, breakouts and Grand Rounds. In addition to her most recent book, *The ABCs of Recovery from Mental Illness*, Carol is the author of *Will I Ever Be the Same Again? Transforming the Face of ECT (Shock Therapy)*, *Mental Health Recovery Boosters* and *Blessings: My Journal of Gratitude*.

Carol is also the president of Kivler Communications, a corporate training and international executive coaching firm. She is a member of the National Speakers Association (NSA), the Advisory Board of the American Psychiatric Nurses Association, and the Mercer County Community College Advisory Commission. In addition, Carol writes a weekly blog for *Esperanza Magazine* at www.hopetocope.com.

Carol lives in Lawrence Township, NJ and is the proud mother of three grown children and seven grandchildren. For more information please visit www.CarolKivler.com.

The ABCs of Recovery from Mental Illness is available for purchase at www.CarolKivler.com, www.amazon.com and all major online booksellers.

###