

**FOR IMMEDIATE RELEASE**

**\*\*\*AUTHOR AVAILABLE FOR INTERVIEWS\*\*\***

**\*\*\*REVIEW COPIES UPON REQUEST\*\*\***

**Contact: Karen Meltzer**  
**609-897-9442**  
**karen\_carolkivler@comcast.net**

**MENTAL HEALTH RECOVERY BOOSTERS**  
**How to Sustain Your Mental Wellness**  
**by**  
**Carol A. Kivler, MS, CSP**

*Mental Health Recovery Boosters* is a book of inspiration and reflection designed to move readers from mental illness to mental wellness. The 68 short but powerful essays stand alone with messages of encouragement and personal accountability. Based on lessons the author learned during her journey out of mental illness, the essays encourage readers to reflect on daily choices and mental habits that affect their mental wellness. The author discovered during her own journey that what she needed was an attitude shift - a shift from illness to wellness in order to sustain her recovery.

*“What I have learned over the years is the power of one's beliefs. We have all heard of the self-fulfilling prophecy - if you think you can or you think you can't, you prove yourself right on either side. Why? You build your reality upon thoughts you agree are true. Also, you have it within your power to tap into two universal laws: The Laws of Intention and Attraction. Once you set your intention to mental wellness, providence takes over and you attract experiences and opportunities to live the life you created with your intentions.”*

- Carol A. Kivler, Author

Readers are encouraged to thumb through the book until they feel the urge to stop and read. Each thought-provoking essay is accompanied by a question that encourages readers to look more deeply into patterns that may be affecting their recovery from mental illness. Space is provided to jot down important insights. Attention to wellness can make a big difference in dealing with a mental illness, and answering the questions helps transfer the commitment of wellness into one's own life.

This powerful book will inspire you to hold yourself accountable for your own mental wellness. When you take the time to reflect on the essays and questions, you will be setting your wellness intentions out into the universe to manifest the life you were meant to live.

Carol Kivler is a passionate consumer advocate, professional mental health speaker, international executive coach/consultant, 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 through keynotes, breakouts and Grand Rounds. In addition to her most recent book, Carol is the author of *The ABCs of Recovery from Mental Illness*, *Will I Ever Be the Same Again? Transforming the Face of ECT (Shock Therapy)*, and *Blessings: My Journal of Gratitude*.

Carol is also the founder and president of Kivler Communications, a corporate training and international executive coaching firm. Carol was a member of the Board of Directors of the National Alliance on Mental Illness (NAMI) – Mercer, NJ for ten years and an In Our Own Voice (IOOV) presenter. She is also a member of the National Speakers Association (NSA), a member of the Consumer Advisory Panel of the American Psychiatric Nurses Association, and a member of the International Society for ECT and Neurostimulation Patient Advisory Committee. In addition, Carol writes a weekly blog for *Esperanza Magazine* at [www.hopetocope.com](http://www.hopetocope.com).

Carol lives in Lawrence Township, NJ and is the proud mother of three grown children and seven grandchildren.

Carol is available for print, radio and television interviews. Her story is compelling, substantive and authentic.

*Mental Health Recovery Boosters* is available for purchase at [www.CarolKivler.com](http://www.CarolKivler.com), [www.amazon.com](http://www.amazon.com), and all major online booksellers. 15% of the proceeds from this new book will be donated to NAMI Mercer NJ.

**\*\*\*REVIEW COPIES AVAILABLE UPON REQUEST\*\*\***