

## Local Author Publishes Inspirational Book on How to Grow Resilience and Happier Living

*Facing Mental Health Struggles Amidst the Pandemic*

**Dundee, OR— December 14, 2022** — With the Pandemic becoming a mental health crisis for many, Jill offers her vulnerable personal story along with “growth tools” to help readers stand up to the “bullies in their brain” in order to overcome life’s roadblocks and detours. The resources included in this book help readers discover a path to a more joy-filled and successful life focused on wellness.

Diagnosis or not, this is a valuable read for anyone who wants to identify what is holding them back from thriving in life. There are common areas of life that many struggle with - too often in silence. This book outlines how to focus on decluttering life of the habits, people, things, unhelpful thoughts, experiences, past hurt, and priorities that get in the way of wellness and joy-filled living.

Having experienced the devastation of suicide with close members of her family and seeing others struggle with common mental health issues, Jill understands how important mental wellness is. This newly released book details Jill’s personal story from breakdown to breakthrough after being hospitalized and diagnosed with a mental health condition. It is a story of hope and encouragement.

Juggling everything in life and facing hardships takes a toll on our mental health. This book advocates that we normalize talking about, seeking help, and finding resources for our mental health just as much as our physical health.

### Book Buzz

Readers have already started to give some great [feedback](#) on the benefits of this book in the short 6 months since it was published! Jill has been [spotlighted in the local news](#), her book has been purchased for work teams that span from Alaska to Oklahoma and along the Gulf Coast, she has spoken for regional groups, and will be speaking at a local professional networking meeting in January on the topic of “[How to Plant Seeds for Resilience & Happier Living!](#)”. Her book has been purchased in the United States and the United Kingdom



**Book Availability** - Currently, the book can be [purchased](#) in multiple ways in both ebook and paperback formats and signed copies can be purchased directly from the author at speaking events and author meet and greet events.

### For More Information:

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