



Author Available for Interviews

Carol A. Kivler, author of "Will I Ever Be the Same Again? Transforming the Face of ECT (Shock Therapy)" is available for interviews.

LAWRENCE, NJ, USA, September 15, 2016 /EINPresswire.com/ -- Journalists and broadcasters find Carol A. Kivler compelling, authentic and memorable. She welcomes all media inquiries about [depression](#), mental illness, mental wellness, sustained recovery, stigma, depression in the workplace and Electroconvulsive Therapy ([ECT](#) or Shock Treatment).

Carol's award-winning and best –selling book, "Will I Ever Be the Same Again? Transforming the Face of ECT (Shock Therapy) is now available in audio format via Audible, Amazon and iTunes as well as an e book and in print.

For Carol, depression came out of the blue, to a happy, high-functioning college professor, wife and mother of three with no previous history of mental illness. Carol fell into a severe depression and was hospitalized. Despite a supportive family, caring friends and the best medical care available, clinical depression tightened its grip, completely resistant to psychotherapy and medication. With no alternatives left, Carol agreed to Electroconvulsive Therapy. ECT not only worked, it was her silver bullet out of the pit of depression. Despite three recurrences of clinical depression, Carol continued with ECT, recovering each time.

Will I Ever Be the Same Again? is an inspiring story of hope that reveals depression is not the result of a character flaw or weakness, but a serious illness to which no one is immune. Kivler expertly demystifies and de-stigmatizes electroconvulsive therapy (ECT) as well, which worked for her when medication failed.

Will I Ever Be the Same Again? is separated into two parts. Kivler begins by sharing the life-altering story of her first episode with medication-resistant depression. She vividly describes the time when she began experiencing the illness' first subtle yet baffling symptoms until shortly after her initial exposure to ECT. The second part of the book offers general readers and healthcare providers insightful and informative advice on understanding both depression and ECT, as well as tips for entering and maintaining recovery.

Topics explored in Will I Ever Be the Same Again? include:

- The consumer's perspective on dealing with depression and the stigma associated with mental illness
- The truth about ECT and why it is a viable, life-saving treatment option for those suffering from drug resistant depression
- The four basic needs of all people: Welcome, Important, Understood, and In Control
- The three steps required for a 'Courageous Recovery': Awareness, Acceptance and Commitment
- The reasons why we need to eradicate all stigmas associated with mental health disorders and

treatments

Carol Kivler is a nationally recognized professional speaker, author, international executive coach/consultant, president of Kivler Communications, passionate consumer advocate and the founder of Courageous Recovery, Inc., a 501 (c) (3) non-profit organization.

Visit www.carolkivler.com and www.courageousrecovery.org

“Will I Ever Be the Same Again?” is now available in audio format from www.audible.com, www.amazon.com and www.itunes.com, as well as in print and electronic book versions.

Contact:

Meltzer: karencourageousrecovery@comcast.net or (609) 897-9442

Karen

Karen Meltzer
Kivler Communications
609-897-9442
email us here

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