

Dr. Crystal Nelson Joins with SuccessBooks® and Lisa Nichols to Co-Author a Groundbreaking Book, “Against All Odds”

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[/EINPresswire.com/](https://EINPresswire.com/) -- SuccessBooks® proudly announces a collaboration with Dr. Crystal Nelson, who joins as a co-author for the highly anticipated book, "Against All Odds." This pioneering venture brings together Dr. Nelson and a stellar lineup of authors alongside the renowned motivational speaker, Lisa Nichols.

Slated for release in the Summer of 2024, "Against All Odds" pledges to serve as a beacon of hope, interweaving narratives of courage and resilience that will resonate deeply with readers worldwide.

As a Board Certified and Licensed Psychiatrist, Dr. Crystal Nelson stands as a beacon of expertise and innovation in the field of mental health. Serving as the CEO and founder of two Georgia-based enterprises, Blueprint Psychiatry and Blueprint TMS and Wellness Centers of America, Dr. Nelson has transformed the landscape of behavioral health treatment with her patient-centered approach. In less than five years, she has impacted over 4000 clients, garnering hundreds of five-star reviews and leaving a trail of satisfied individuals in her wake.

Dr. Nelson's methodology is a fusion of genetics, cutting-edge technology, and nutritional coaching, tailored to produce exceptional outcomes in clients battling treatment-resistant depression and other mental illnesses. With a remarkable ability to demystify complex psychological concepts, she empowers her clients to reclaim their mental wellness, setting a new standard of care in the process.

A nationally recognized figure, Dr. Nelson has graced the screens of Headline News with CNN and Fox, while also being featured in publications such as Working Mother, Voyage ATL, Canvas Rebel, and Atlanta Magazine. Her accolades include the prestigious title of Top Doc Atlanta 2023



Dr. Crystal Nelson

in psychiatry, a testament to her exemplary contributions to the healthcare community.

Beyond her clinical practice, Dr. Nelson is a sought-after speaker, captivating audiences with her insights on entrepreneurship, self-care, pharmacogenomics, and a myriad of mental health topics. Her recent publication, "A Blueprint to Better Mental Health," further solidifies her position as a thought leader in the field.

A graduate of Spelman College and Morehouse School of Medicine, Dr. Nelson completed her psychiatry residency at Virginia Commonwealth University, with additional training in Geriatric Psychiatry from Emory University. She currently serves as an Adjunct Faculty Professor at Morehouse School of Medicine, where she imparts her knowledge to the next generation of medical professionals.

Beyond her professional pursuits, Dr. Nelson finds joy in dance, travel, and above all, spending cherished moments with her husband Kenny and their three children, Kenny Jr, Jordyn, and Kenton.

For more information about Blueprint Psychiatry or to inquire about Dr. Nelson's speaking engagements or consultancy services, please visit: Website: www.BlueprintPsychiatry.com
Instagram: @drcrystalnelson Facebook: Blueprint Psychiatry, LLC

SuccessBooks® extends a heartfelt welcome to Dr. Crystal Nelson as a co-author of "Against All Odds". Stay tuned for the release of this touching book, poised to captivate and empower audiences with the collective stories of Dr. Crystal Nelson, Lisa Nichols, and their exceptional co-authors.

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