

# Mary Moller Achieves Amazon Best-Seller Status with 'Living Truth' Co-Authored with Jack Canfield

ALBANY, NY, UNITED STATES, November 25, 2025 /EINPresswire.com/ -- SuccessBooks® proudly celebrates the outstanding achievement of "Living Truth" co-authored by Mary Moller, alongside Jack Canfield and distinguished professionals worldwide. Launched on November 13th, 2025, the book has reached Amazon Best-Seller status, marking a significant milestone in its journey.

"Living Truth" made an exceptional debut on launch day, securing placement on multiple Amazon Best Seller lists. The book earned spots in both the Marketing and Sales & Selling Best Seller categories, reflecting its powerful impact and strong reader response. In addition, "Living Truth" also charted on five Amazon New Release lists, further highlighting the book's momentum and the excitement surrounding its debut.

Central to the success of "Living Truth" is Mary's chapter, "Disrupting Conventional Wisdom." Mary shares her inspiring journey from poverty and struggle to purpose-driven success. Determined to break generational cycles and create a better life for her son, she challenges society's outdated beliefs about hard work, humility, and success. Through courage, faith, and authenticity, Mary proves that true wisdom comes from listening to your own voice and daring to build the life you were meant to live.

Meet Mary Moller:

Mary Moller is a nationally recognized expert in aging, caregiving, and social work. With over two decades of experience supporting caregivers, older adults, and professional communities, she brings deep compassion, evidence-based insight, and a powerful commitment to improving lives. Mary continues to dedicate her work to supporting older adults and the caregivers who walk



Mary Moller - Best Selling Author

alongside them—whether they're a spouse, parent, partner, relative, or friend. These everyday heroes face complex challenges when memory loss, Alzheimer's disease, or other chronic illnesses appear, and Mary has made it her mission to guide them through the journey.

Drawing on her deep experience with both individuals and large caregiver communities, Mary offers compassionate, practical strategies to help caregivers not just cope, but grow. Her workshops, talks, and discussions are filled with powerful insights, actionable tools, and encouragement for people to care for themselves as they care for an aging loved one.

Mary is the Executive Director of Albany Guardian Society and prior to that she was part of the distinguished team at Albany Med's - Center of Excellence for Alzheimer's Disease. Experts who are dedicated to improving diagnostics and health outcomes for individuals living with cognitive impairment and their caregivers.

Mary is a graduate from the University at Albany completing a BSW, MSW and PhD, where she completed the renowned Internship in Aging Program. She continues to champion the field through education—serving as adjunct faculty at the University at Albany, further deepening her contribution to gerontology and caregiver support.

A passionate advocate for lifelong learning, health equity, and transformational practice, Mary's work informs older adults, caregivers, professionals, students and communities alike. Her practical, empowering approach is reflected in her popular book, *Alzheimer's Through the Stages: A Caregiver's Guide*, which has guided more than 26,000 readers through the challenges of caregiving with clarity and support.

Her upcoming book, *Longevity Shift - 3 Smart Secrets to Living Longer, Stronger & Better*. expands her mission—offering proactive and practical strategies to support living and aging well. Whether leading workshops, speaking at conferences, or partnering with caregiving networks, Mary continues to drive meaningful change across the aging and caregiving landscape.

Through innovation, collaboration, and education, Mary promotes a vision of aging that is empowering and transformative. Her voice is a trusted resource for those caring for loved ones and for those preparing to live and age healthy and well.

You can connect with Mary at: [Agewellworks@gmail.com](mailto:Agewellworks@gmail.com)

To order your copy of "Living Truth" please visit [HERE](#).

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