

Select Bestselling Authors from The Gifts of Pain Celebrate Mental Health Awareness Month with New Spanish Version

Dr. Elayna Fernandez and 31 co-authors from The Gifts of Pain series announce Los Dones del Dolor, Volumen 2 in commemoration of Mental Health Awareness Month

FORT WORTH, TX, TX, UNITED STATES, May 24, 2026 /EINPresswire.com/ -- [Dr. Elayna Fernandez](#), curator and coach for The Gifts of Pain book series, announced the book launch for "[Los Dones del Dolor](#): Historias Diarias y Estrategias para encontrar Claridad, Inspiración y Paz Interior en medio de la Adversidad." This new book features translated chapters by 31 select authors from different volumes in the English-language series who agreed to share their message and story with Spanish-speaking audiences.



Los Dones del Dolor: Historias Diarias y Estrategias para encontrar Claridad, Inspiración y Paz Interior en medio de la Adversidad

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These stories provide the inspiration to make needed changes to solve problems.”

Todd Krause

Dr. Elayna and these global-minded bestselling authors in Los Dones del Dolor ('The Gifts of Pain'), are launching the book in May to commemorate Mental Health Awareness Month. Since 1949, Mental Health Awareness Month has been celebrated in the United States from May 1 to May 31.

"Mental Health Awareness Month is an important time to raise awareness so we can end the stigma, silence, and shame associated with mental illness," says Dr. Elayna Fernandez, who openly shares her struggles with depression, anxiety, suicidal thoughts, and Complex Post-Traumatic Stress Disorder (CPTSD) online and through her books and speeches.

"According to the National Institute of Mental Health (NIMH), "it is estimated that more than one in five US adults lives with a mental illness. The authors who chose to participate in Los Dones del Dolor recognize how essential it is to also celebrate recovery from mental illness, sharing their powerfully inspiring stories, along with the tools they used to transform their lives," she continues.

Dr. Elayna Fernandez, an immigrant from the Dominican Republic, has been leading an initiative to not only reach Spanish-speaking people in the United States but also around the world.

According to a study by the Pan American Health Organization (PAHO), the Americas is the only WHO Region where the rate is rising.

"With these select chapters of The Gifts of Pain series being available both in English and Spanish in both volumes of Los Dones del Dolor, we are reaching the Americas and people around the world who speak Spanish. They will feel seen, safe, and supported because someone made an effort to bring these stories and information in their mother tongue and first language," assured Dr. Elayna Fernandez.

There are 21 countries that state their official language as Spanish: Spain, Mexico, Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, Panama, Cuba, Dominican Republic, Puerto Rico, Argentina, Bolivia, Chile, Colombia, Ecuador, Paraguay, Peru, Uruguay, Venezuela, and Equatorial Guinea.

The chapters featured in Los Dones del Dolor are:

Introducción: De Dolor a Don, por Elayna Fernández

Capítulo 1: Del Silencio a la Voz, por Melissa Ellen

Capítulo 2: De No Ser Aceptada a Empoderarse, por Lynda Sloan Allen

En
ESPAÑOL

Dr. Elayna Fernández and Select Authors
in *The Gifts of Pain* series
celebrate **Mental Health Awareness Month** in the USA
with
LOS DONES DEL DOLOR
Available on Amazon.com



Melissa Ellen

Douglas Posey

Eliana Fernández

Lynda Sloan Allen

Daisy Valentin

Traci Shannon

Todd A. Krause

J. Lynn Sherman

Dawn Richard

Lorena P. Frey

Sabrina Lindner

Shannon Wright Stocks

Lauren Scott

Lora Dene King

Madison Wood

Kaleigh J. Urbanek

Debra Montalvo

Linda Dee Smith

Mia Neal

Alejandra Valenzuela

Arijit Deshmukh

Brooke Roman

Sangeeta Vaddadi

Kailana Urbanek

Tony Jones

Annalise Oatman Taylor

Kimberly Urbanek

Elyssa Fernández

Rob Gatis

Tiffani Patlan

Judy Mott-Butler

By 31 diverse authors who courageously share their pain and the tools they used to turn it into a gift.

Compiled by Dr. Elayna Fernández ~ @thepositivemom
Founder of Transformational Storytelling University

To become a featured author on the Award-Winning #1 Bestselling Series, visit thegiftsofpain.com



mental
health
awareness
month.



May is Mental Health Awareness Month

Capítulo 3: Del Muelle a la Bata Blanca, por Douglas Posey
Capítulo 4: Del Dolor al Poder, por Eliana Fernández
Capítulo 5: De la Oveja Negra al Éxito, por Daisy Valentin
Capítulo 6: De Perderme a Encontrar la Fe, por J. Lynn Sherman
Capítulo 7: De Rechazada a Revelada, por Traci Shannon
Capítulo 8: Del Fracaso a la Plenitud, por Dawn Richard
Capítulo 9: De la Pérdida al Amor, por Lorena P. Frey
Capítulo 10: De Reprimida a Centrada, por Mia Neal
Capítulo 11: Del Yo Perdido al Verdadero Yo, por Sabrina Lindner
Capítulo 12: De la Presión a la Serenidad, por Shannon Wright Stocks
Capítulo 13: De la Violencia a la Armonía, por Lora Dene King
Capítulo 14: De Perdido a Encontrado, por Todd A. Krause
Capítulo 15: De la Ansiedad a la Conciencia, por Madison Wood
Capítulo 16: De Enferma y Moribunda a Sana y Próspera, por Linda Dee Smith
Capítulo 17: De Temerosa a Intrépida, por Lauren Scott
Capítulo 18: De las Citas Superficiales a la Sanación Real, por Rob Gatis
Capítulo 19: Del Odio Propio a la Autoaceptación, por Debra Montalvo
Capítulo 20: De la Ansiedad a la Alegría, por Sangeeta Vaddadi
Capítulo 21: De la Devastación a la Gracia, por Alejandra Valenzuela
Capítulo 22: Del Caos a la Calma, por Brooke Roman
Capítulo 23: De la Vergüenza al Empoderamiento, por Arjit Deshmukh
Capítulo 24: De la Desolación a la Expresión, por Annalise Oatman Taylor
Capítulo 25: De la Culpa Propia a la Autoafirmación, por Kimberly Urbanek
Capítulo 26: De la Comparación a la Compasión, por Elyssa Fernández
Capítulo 27: De una Condena de por Vida al Empoderamiento Legal, por Tony Jones
Capítulo 28: De Resistirse a Existir a Vivir Plenamente, por Kaleigh J. Urbanek
Capítulo 29: De las Cadenas del Trauma a un Legado Sanado, por Tiffani Patlan
Capítulo 30: De la Duda Personal a la Confianza, por Kailana Urbanek
Capítulo 31: Del Estrés a la Bendición, por Judy Mott-Butler
Conclusión: Del Dolor a la Presencia, por Elayna Fernández

"These authors understand the importance of both leading a Mental Health Awareness Month conversation and reaching Spanish-speaking readers with their chapter. There is one simple reason why they decided to include their chapter in Los Dones del Dolor: They care. This is probably the most impactful message to receive when you're suffering in silence," says Dr. Elayna Fernandez.

May is a month to recognize the ways mental health illnesses impact our lives. The Gifts of Pain series and the translations of Los Dones del Dolor aim to remind people they are not alone in their struggles and encourage them to seek help and find a support network.

You can get a copy of Los Dones del Dolor Volumen 2 on Amazon and connect with the Authors on Instagram on the @thegiftsofpain account and #TheGiftsOfPain and #LosDonesDelDolor.

To learn how to share your own transformational story in the next volume of The Gifts of Pain series and Los Dones del Dolor, visit thegiftsofpain.com.

About The Gifts of Pain Series

The Gifts of Pain series shares powerful true stories, reflections, and daily exercises from 31 diverse authors who turned hardship into healing. Guided by Elayna Fernández's S.T.O.R.Y. system, this book offers tools for resilience, growth, and finding light in life's darkest moments. The Gifts of Pain is a transformative guide that provides practical tools, action steps, and interactive activities for self-reflection, introspection, and self-discovery to help you cultivate emotional resilience and personal growth.

Each book in the series has been #1 on the Amazon bestseller list in several categories internationally.

To become a featured author, visit thegiftsofpain.com

About Los Dones del Dolor

Los Dones del Dolor is a book series curated by Dr. Elayna Fernandez and featuring translated chapters from The Gifts of Pain.

To learn more, visit <https://www.thepositivemom.com/los-dones-del-dolor>

About The S.T.O.R.Y. System for Transformational Storytelling

STORY is a 5-step storytelling framework created by Dr. Elayna Fernandez, which has been tested by hundreds of speakers over the past 2 decades, and that she has used to become a sought-after paid speaker, award-winning storyteller, 5x TEDx speaker, TEDx organizer, and speaker coach.

To learn more, visit transformationalstorytellinguniversity.com

About Dr. Elayna Fernandez

Bestselling and Award-winning author and poet, trauma researcher, Dr. Elayna Fernández is an award-winning, globally acclaimed Latina keynote speaker, storyteller, corporate trainer, and media personality. She received the Lifetime Presidential Achievement medal for her contribution to organizations supporting at-risk families, children, and trauma survivors to prevent, buffer, and help people heal from ACEs.

She is the founder of the Transformational Storytelling University, where she teaches impact-centered, trauma-informed, culturally competent storytelling and storylistening to equip professionals and organizations and those they love, lead, and serve to break cycles, find peace, and feel whole.

As a multiple-time trauma survivor, she's spoken on prestigious stages worldwide, including 5x at TEDx, the United Nations, and to millions of people worldwide. Dr. Elayna has been interviewed on FORBES, WSJ, MSN, Entrepreneur, Inc., KTLA, NBC, ABC, CBS, FOX, Yahoo!, CNN, Real Leaders, Good Morning America, and more! She's also been named one of the Top 125 Impactful Leaders and a Woman of Influence by SUCCESS Magazine. To learn more about Dr. Elayna, visit

thepositivemom.com/ef and follow her @thepositivemom.

Dr. Elayna Fernandez

Transformational Storytelling University

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