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New Book Offers Hope To Those Suffering From “Post-Pandemic Syndrome” and Other Mental Health Struggles

Numerous studies have indicated that mental health has taken a dive during the pandemic, including a [Gallup poll](#) which says that Americans say that they can continue following social distancing guidelines for as long as is necessary" before their physical health suffers (68%) or they experience significant financial hardship (54%). But fewer than 48% say their mental health will hold out as long.

A new book, *Make Your Mess Your Message*, by *New York Times* bestselling author Anna David, offers help by suggesting that the best way to heal is to write about those struggles and feelings.

David’s new book not only claims that this is THE time to be writing a memoir but also that writing a book is the best way to heal from crisis. “I watched countless people lose their motivation during the pandemic,” she said. “Their mental health clearly suffered. But I saw as many, if not more, find new creative inspiration and get going on writing goals they’d had for years.”

Since March 14th, David’s company has been hosting daily writing sessions on Zoom. The result? At least 20 new memoirs have been launched, on topics as diverse as surviving a rare form of cancer, parenting an alcoholic and going from a career as an athlete to one as a truck driver.

“Gwyneth Paltrow may have been mocked for telling people that they should have spent quarantine time trying to write a book or learn a new language but I was right there with her,” David says. “The groups we gathered gave people something to focus on—a place to channel their feelings. And it made them find gratitude in what was otherwise a very grim time.”

David stresses that writing isn’t a solution to major mental health concerns but an adjunct treatment. “I know that right now I need therapy, online 12-step meetings an anti-depressant in addition to my writing practice to maintain my own mental health,” she says. “I also know that writing is what allows me to release the feelings that come up as a result of that other work.”

But really...should everyone be writing a book? Doesn't that mean there will be a lot of, er, less-than-quality books out there?

According to David, everyone has a story to tell. And with publishing as democratized as it's become in the Bezos Era, they all have the freedom to actually publish it. But still...should they?

"I can't guarantee that everyone who writes a book will create a great work of art," David admits. "But I can guarantee that anyone who shares a story of overcoming a struggle will begin to heal." David adds that she speaks from experience. "Nothing has helped me heal more than writing about those issues that have brought me the most shame and seeing other people relate," she says. "And that's saying a lot, seeing as I've been in therapy for literally three decades!"