



Waterbury, CT Author Publishes Mental Health Memoir

In This Memoir a Christian Woman Discusses Her Struggles with Mental Health

Resilience, a new book by Ms. Carol Grace Gee, has been released by Dorrance Publishing Co., Inc.

Mental health issues affect many of us and they can be devastating. Ms. Carol Grace Gee knows the struggle all too well. Before she decided to accept medication to alleviate some of her pain, her life was unstable.

Now a firm believer in the benefits of medication, Ms. Gee encourages others to seek help in it and also in our Lord and Savior Jesus Christ. She hopes you also will find your resilience in the battle against mental health issues.

About the Author

Ms. Carol Grace Gee's mental health recovery began in the year 2000, when she started taking medication. In 2002, she became an advocate by graduating from Advocacy Unlimited. In 2005, she graduated from Housatonic Community College with a mental health certificate. Ms. Gee resides in Waterbury, Connecticut.

Resilience is a 30-page paperback with a retail price of \$9.00. The ISBN is 978-1-4809-8684-8. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at www.dorrancepressroom.com or our online bookstore www.bookstore.dorrancepublishing.com.