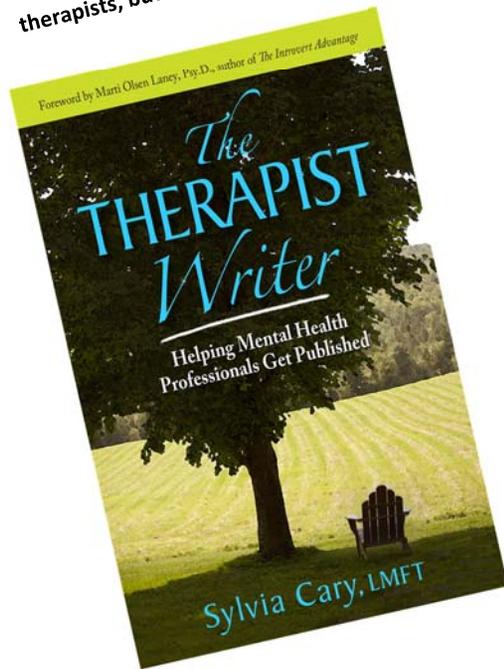




"Excellent resource for not just therapists, but for all writers."



## MEDIA KIT

Reviewers may email [sylvia@sylviacary.com](mailto:sylvia@sylviacary.com) or [sylviacary@gmail.com](mailto:sylviacary@gmail.com) to receive an e-book for review or set up an author interview

### *The Therapist Writer* by Sylvia Cary, LMFT

Winner of the 2015 Irwin Award from the Book Publicists of So. California; Winner in the 2013 Beverly Hills Book Awards, and a winner of the "Gold" in the 2013 Global E-book Awards for the Kindle version.

There are thousands of mental health professionals who have decades of valuable experience and expertise in their various specialties, but, sadly, few of them take the time to write down what they know and help those who need that information in the process. In fact, most are clueless about how to get a book published. They are too busy being therapists to find out. This book will change all that.

*The Therapist Writer* is jam-packed with writing information on how the new world of "indie" publishing and the phenomenon of E-books can benefit the therapist writer. The book helps therapists (and other authors) pick topics to write about, nail down their "niche," decide on which publishing option is best for them, deal with special issues for therapist writers (such as confidentiality), zero in on salable angles, begin to build a therapist's platform and then start marketing their book like mad from A-Z. You don't have to be a therapist to benefit from the advice and tips in this book. It's a book for all writers.

### FACTS ABOUT - *The Therapist Writer*

**Author:** Sylvia Cary, LMFT  
**Publisher:** Timberlake Press, Woodland Hills, CA  
[www.TimberlakePress.com](http://www.TimberlakePress.com)  
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**ISBN 9780982884799. Available on Amazon.com, BN.com and Kindle.**

**"Sylvia's book is wonderful! Her writing is clear -- and you don't even have to be a therapist to get value from it." -- Flo Selfman, President of Independent Writers**

### About the Author



Sylvia Cary, LMFT

*Sylvia Cary (left) outside the Book Nook bookstore in Solvang, California, and her "author headshot" on the right. "Getting published is good for business," she says. "no matter what business"*

Sylvia Cary, LMFT, is a licensed psychotherapist and writer in the Los Angeles area. Until her most recent book, *The Therapist Writer*, she has written mostly on her specialty as a therapist, addiction. She is the author of five books, five produced educational videos and dozens of articles which have appeared in national magazines. She received the Clark Vincent Award from the California Association of Marriage and Family Therapists to honor her literary contributions to the mental health profession. In 2010 she established her own publishing company, Timberlake Press, and has an editorial business, Cary Editorial and Book Consulting, which focuses in part on helping her colleagues in the mental health profession get their books out there. She gives workshops on publishing and sees authors in individually sessions to help them brainstorm their writing projects and get them completed. Her editing website is [www.sylviacary.com](http://www.sylviacary.com)

### What Others Are Saying About *The Therapist Writer*

**"Finally, here's a step-by-step guide for therapists to make their book idea into a completed manuscript." -- Marti Olsen Laney, PsyD, LMFT, author of *The Introvert Advantage***

**"Every therapist trying to express all the nuances of their work needs to follow guidelines from Sylvia Cary to make sure the message gets out clearly and easily." -- Judi Hollis, Ph.D., author of *From Bagels to Buddha: How I Found My Soul and Lost My Fat***

**"Sylvia Cary's book, *The Therapist Writer*, is an invaluable ally in the process of helping writers stick with the challenge and bringing a book to print." -- Stephen J. Johnson, author of *The Sacred Path: The Way of the Spiritual Warrior***