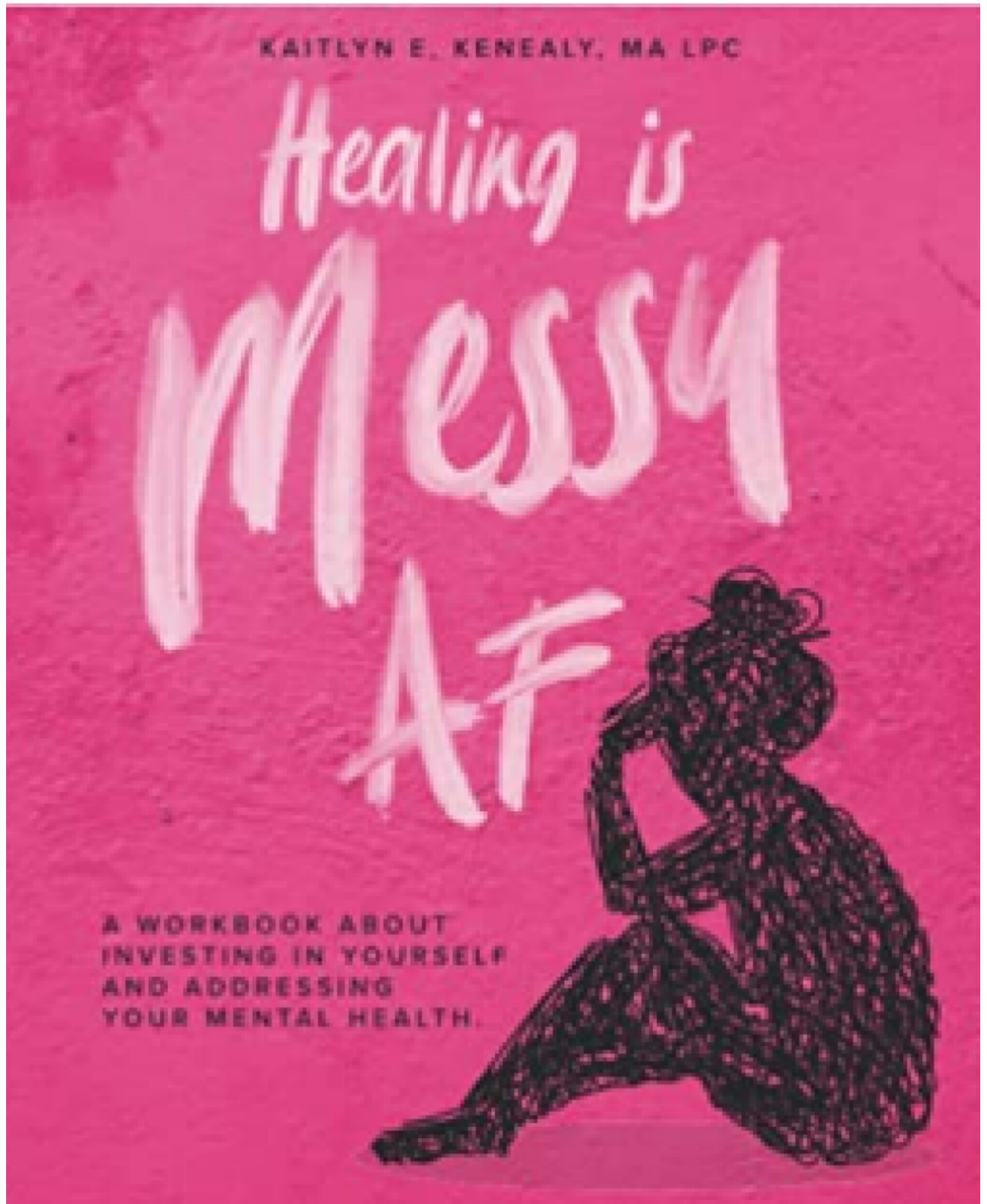


Licensed Professional Counselor Kaitlyn E. Kenealy Empowers and Helps Readers Heal in the Launch of Her Book

Article



Fond du Lac, Wisconsin Jun 7, 2023 ([Issuewire.com](https://www.issuewire.com)) - Recovering from emotional or physical pain is often a challenging and arduous journey. It can feel like we are trapped in a dark abyss, unable to see the light at the end of the tunnel. Sometimes, we may think we have made progress, only to realize we are still at the beginning of the road. It can discourage us and may cause us to lose motivation. Healing is so hard because it requires us to be vulnerable. We need to confront our pain, acknowledge it, and work through it, which can be uncomfortable and emotionally draining.

Healing is hard, but it is essential for our well-being, and we can make it through with patience, perseverance, and support from loved ones and sometimes professionals.

However, will you believe a professional who prescribes a book over pills? Kaitlyn E. Kenealy, MA LPC, launches her one-of-a-kind, get-well book for readers who needs to deal with pain and healing.

The book "Healing is Messy AF: A Workbook about Investing in Yourself and Addressing Your Mental Health" offers readers a guide to help them find their way to recovery. The author has combined mental health topics with their personal experiences to create a relatable and connected narrative. The book was inspired by the author's desire to help people beyond the confines of a clinical setting and offers practical techniques, statistics, and patient stories. This workbook is designed to empower readers to take control of their mental health and future by exploring themselves and discovering their autonomy. It encourages readers to take an active role in their healing process.

The book is a testament to the author's passion for helping people and the power of therapy. It's a reminder that healing is not always easy, but with the right tools, support, and self-exploration, it is possible. The author's approach is contemporary and timely and acknowledges the importance of empowering people to take control of their mental health. This is a crucial step towards breaking down the stigma around mental health and seeking help when needed.

This book is an excellent resource for anyone looking for lasting remedies against the bruises of the heart.

Hear more from the author as she talks about her book with Emmy-Award-winning author Kate Delaney on her radio show, America Tonight.

Tune in here: YouTube: https://youtu.be/ubtwMzXV_C8

Soundcloud:

https://soundcloud.com/kated-294710598/kaitlyn-kenealy/s-3Wyal6L5IML?si=7f40ca44734e467b8ddd3587b44888f0&utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing

Get your copy today through leading online platforms. *Grab a copy today!*

Buy the book at: [Healing is Messy AF: A Workbook about Investing in Yourself and Addressing Your Mental Health: Kenealy MA LPC, Kaitlyn E.: Books](#)

ASIN: B09WQ4SJ34

Book Title: Healing is Messy AF: A Workbook about Investing in Yourself and Addressing Your Mental

Health

Author: Kaitlyn E. Kenealy MA LPC

Publisher: Tea Time with the Psychos

Represented by: Great Writers Media

Published Date: March 31, 2022

Book Genre: Self-development, Depression, Post-Traumatic Stress Disorder, Popular Psychology Pathologies

About the Author

Winner of numerous awards, including Woman of Achievement 2022, Young Professional of the Year 2021, Brainz Magazine 500 Global List 2021, SHEro 2021, and Woman of Vision and Courage 2012–2013, Kaitlyn Kenealy is a Licensed Professional Counselor (LPC) and holds degrees in History and Women's Studies, Gender and Women's Studies, and Counseling (Community and Mental Health). As a psychotherapist, she specializes in trauma and PTSD, domestic violence, sexual abuse, anxiety, depression, and self-esteem. Kaitlyn is direct, solution-focused, and passionate about removing barriers to getting individuals and families the services they need. In addition to her private practice, Kaitlyn is proactively involved with many mental health services and outreach programs. Her podcast, Teatime with the Psychos, aims to break the stigma surrounding mental illness. Kaitlyn has also written her first book titled, "Healing is Messy AF". Kaitlyn is also the co-chair of CSI element four which is the suicide prevention and mental health access committee.

Media Contact

Great Writers Media LLC

hlopez@greatwritersmedia.com

3024402694

16192 Coastal Highway

Source : Great Writers Media LLC

[See on IssueWire](#)