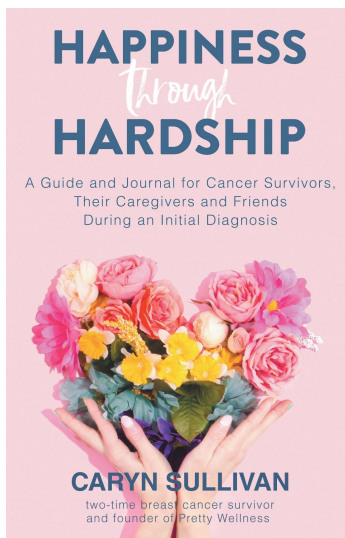


FOR IMMEDIATE RELEASE:

POSITIVITY AND HOPE SHINE IN WELLNESS EXPERT'S DEBUT CANCER GUIDE & JOURNAL

Happiness through Hardship Print Editions Just Released with Added Bonuses



FAIRFIELD, CT - Like a good friend holding your hand, Caryn Sullivan's *Happiness through Hardship* is the support a cancer patient needs during the first weeks after diagnosis. This book empowers and supplies readers with ways to take immediate steps so they are prepared, less stressed and able to find joy in their journey.

Happiness through Hardship reaches to those facing an initial cancer diagnosis with positivity and hope. This book provides readers with thoughtful tips and anecdotes that will provide support from the first few days through the thick of treatments.

As a two-time breast cancer survivor, Caryn knows how challenging those first few weeks can be and she designed this book based on what she wished she had after her initial diagnosis - a short, informative read with easy-to-digest tips alongside a journal for her unfolding thoughts and a place for doctor's visit notes.

In addition to being helpful for the patient, *Happiness through Hardship* also provides caregivers and friends with tips on guidance on how they can support.

Half of the net profits of this book are being donated to metastatic breast cancer research through The Cancer Couch Foundation in honor of the three angels - Ellen, Mary Ann and Meghan - that Caryn had guiding her throughout the early months.

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Caryn Sullivan is a healthy lifestyle expert and two-time cancer survivor who always finds a reason to smile. She found Pretty Wellness, a company focused on inspiring people to take small steps toward better health after her stage IV diagnoses. Caryn loves to motivate people to thrive in their lives by taking small steps toward better health. She has been seen on *The Dr. Oz Show*, *Home & Family* and is a regular wellness contributor to WTNH-TV. A resident of Connecticut with her husband and son, she loves green juices, beach walks and watching Major League Baseball (MLB) games with family and friends.

Happiness through Hardship: A Guide and Journal for Cancer Survivors, Their Caregivers and Friends During an Initial Diagnosis

Caryn Sullivan | June 27, 2019 | Balboa Press
Hardcover ISBN: 978-1-9822-2755-5 (hc) \$30.95
Paperback ISBN: 978-1-9822-2756-2 (sc) \$13.99
Ebook ISBN: 978-1-9822-2757-9 (e)
Self Improvement

#HappinessThroughHardship

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About the Book

Questions about *Happiness through Hardship* by Caryn Sullivan

Why did Caryn write this book?

Caryn was lucky to have three strangers fall into her life, guiding her through the first few weeks of disease. Not everyone has that, so she wanted to share what she learned to eliminate stress and help others touched by cancer.

There are a lot of books out there, but not short ones. When she was diagnosed, she wanted something quick to skim to intake a few nuggets of information. She hopes this book delivers and empowers quick information and inspiration for patients, caregivers and their friends. Some of the stress of the unknown is not having a plan and this book communicates insight to help the patient/caregiver, help themselves.

What is the book about?

Happiness through Hardship is the support a cancer patient, caregiver or friend needs during the first few weeks after diagnosis. This book empowers them and supplies detailed action items to take immediate steps so they are prepared, less-stressed and able to find a little joy within their journey.

Relevant stories:

Caryn was diagnosed at 31, three months after her wedding. It came out of left field and she remembers crying on the day after diagnosis thinking, "I'm supposed to be a newlywed." The nurse told her, even though she had cancer, she could be happy. She then chose to look at life that way. She would have ugly days, but always found a little something to bring her joy and happiness.

How Can You Buy?

Happiness through Hardship is available where all books are sold - Amazon, Barnes & Noble or ask a local bookstore for a copy. For bulk purchase, contact book wholesalers, Balboa Press channel sales department (1-877-407-4847 x5022) or reach out to Caryn@CarynSullivan.com.



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About the Book continued

Questions about *Happiness through Hardship* by Caryn Sullivan

Donation:

In addition to helping those going through hardship with this book, half of the net profits from book sales will be donated to metastatic breast cancer research through The Cancer Couch Foundation. The Cancer Couch Foundation is a privately funded, non-profit organization that has helped put over two-million dollars into metastatic breast cancer. 100% of the donations and event proceeds are matched and go to fund mbc research at Dana Farber Cancer Institute and Memorial Sloan Kettering.

About the Book / Marketing Assets

***Happiness through Hardship* by Caryn Sullivan - Marketing/Promotion Links:**

Book Image:

<https://www.dropbox.com/sh/gdllayp6e3yltm5/AACEtudLwqdPYbu-x9yTB5Kaa?dl=0>

Business website: <http://CarynSullivan.com>

Speaking demo reel: <https://youtu.be/wHHfuCn0C-E>

Media demo reel: <https://youtu.be/VGnOo2rvnV0>

Headshots: https://www.dropbox.com/s/44bppcybvxi5xlm/MG_9994.jpg?dl=0

Logo:

<https://www.dropbox.com/sh/6hyr94ckst6kb4m/AAA4tmRW2eQ64pRSDIXcikoRa?dl=0>

Healthy Living and Cancer Resources: <https://PrettyWellness.com>

Caryn Sullivan Full Bio:

A two-time breast cancer survivor, **Caryn Sullivan**, spent nearly 20-years working in the world of sports and entertainment largely at Disney & ESPN and the Minnesota Timberwolves/Lynx. She performed well in an intense environment fueled by Diet Dr. Peppers and endless bags of baked chips.

It wasn't until her wake-up call with stage IV cancer that she changed her focus from looking good to being well. She launched PrettyWellness.com to chronicle her journey toward wellness by sharing stories and lessons learned through her own hardship. Caryn loves to motivate people to thrive in their lives with her SMALL steps formula.

Caryn has been seen on *The Doctor Oz Show*, Hallmark Channel's *Home & Family*, *The Wendy Williams Show* and is a regular wellness contributor to WTNH-TV. Caryn has inspired thousands to embrace wellness through her motivational speeches throughout the country. Her book, [*Happiness through Hardship*](#), a guide and journal for cancer patients and caregivers, was recently released with proceeds donated to metastatic breast cancer research.

Caryn lives in the Northeast with her husband and 11-year old son. She loves power-walks on the beach, green juices and going to Major League Baseball games with her family.

#HappinessThroughHardship