



Author: Michael Peterson
Category: Self-Help
Print ISBN:
Publisher:

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Author Bio

Michael embarked on a transformative journey when he began to grapple with bipolar disorder and depression in his late twenties. Initially, he brushed aside these feelings, unsure of what they truly meant. However, it wasn't until he faced a life-threatening health scare and an extended hospitalization that he recognized the intertwined relationship between his physical and mental health.

In 2009, he decided to confront his deteriorating mental well-being head-on. Seeking professional help, he underwent various treatment regimens, consulting with psychiatric experts and counselors. As the years unfolded, he couldn't shake the feeling that something crucial was missing from his treatment plan.

The prescribed medications seemed to address the surface symptoms, but the underlying issues remained untouched. It felt as if the solution was to add more pills to the mix, rather than digging deeper into the root causes.

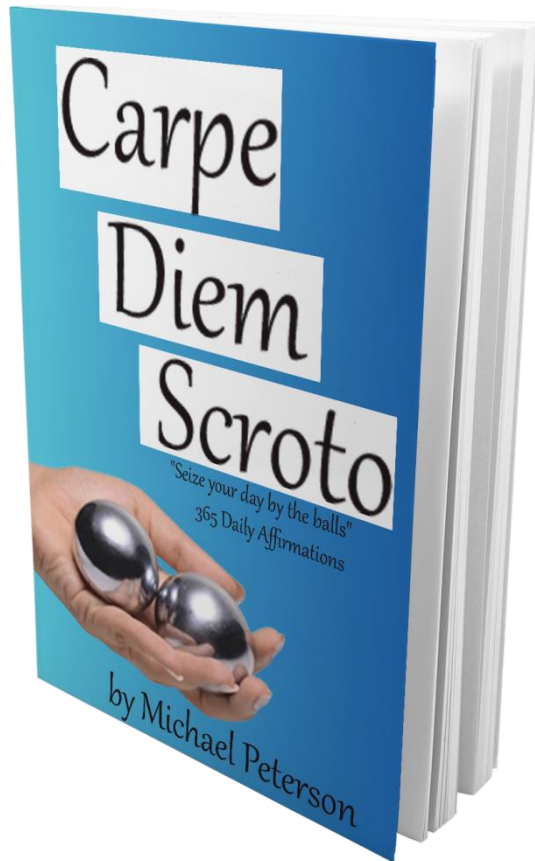
Dealing with a complex web of mental health challenges including PTSD, Clinical Depression, Suicidal Ideation, Seasonal Affective Disorder, Bipolar 2, and Male Irritable Syndrome, he decided to take matters into his own hands. Amid the global pandemic and lockdown, he embarked on a journey of self-study and research into mental health. Through online courses and relentless determination, he started to identify and address his own symptoms.

This dedication led him to become a state Certified Peer Counselor in Washington, where he could leverage his lived experiences to assist others on their own paths to recovery.

Shortly after achieving this certification, he initiated a daily journal of inspiration and hope, flavored with the unique insights and humor that come from facing mental health challenges head-on journeys.



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Book Bio

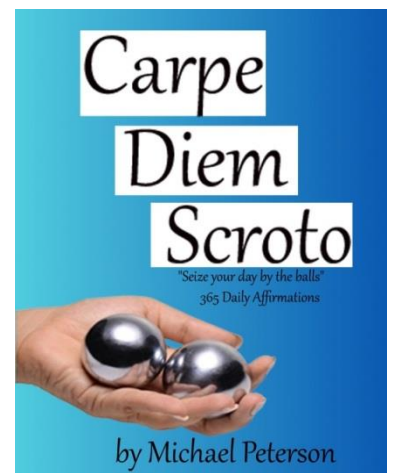
Are you struggling to navigate through life while dealing with depression? Do you find it challenging to stay motivated and positive on a daily basis? In "**Carpe Diem Scroto**," author Michael Peterson offers a unique perspective on overcoming the hurdles of depression and finding hope and strength in the face of adversity.

Drawing from personal experience, Michael shares daily inspirational quotes, thought-provoking writing prompts, and interactive journaling sections designed to help you explore your emotions and cultivate a positive mindset. Each day presents a new opportunity to seize the moment and embrace life's challenges with courage and resilience.

With its focus on self-help and mental health, "**Carpe Diem Scroto**" serves as a companion for anyone navigating the complexities of depression and mental health. Whether you're looking for daily motivation or a space to reflect on your journey, this book offers guidance and support to help you find peace and fulfillment in your life.

Join Michael on a transformative journey towards hope and healing. Seize the day and embrace the power within you to overcome depression and live life to the fullest.

Target Audience



WHO SHOULD READ

- individuals dealing with mental health
- those in need of daily motivation
- people looking to become more mindful
- caregivers and support providers
- general readers interested in self-help
- those seeking mental health support
- individuals dealing with depression

BOOK BENEFITS

- long-term impact
- holistic wellness
- empowerment
- practical guidance
- emotional well-being
- self-reflection
- positive mindset



STORY IDEAS FOR REPORTERS:

Interview with the Author: A feature story exploring the author's personal journey with depression and how it led to the creation of the book. Highlight the impact of daily affirmations on mental health.

Reader Testimonials: Collect and showcase testimonials from readers who have benefited from using the daily affirmations in the book. Share their stories of personal growth and resilience.

Expert Opinion Piece: Invite mental health experts to discuss the importance of positive affirmations in managing depression and promoting overall well-being. Provide practical tips for readers.

Impact on Youth: Investigate how young adults and teenagers are using the affirmations in the book to cope with mental health challenges and navigate daily stressors.

Affirmations in Workplace Wellness: Explore how businesses and organizations are incorporating daily affirmations from the book into their workplace wellness programs to support employee mental health.

Community Book Club Feature: Highlight a local book club that has chosen "Carpe Diem Scroto" as their reading selection. Discuss group discussions, insights gained, and collective experiences.

School Curriculum Integration: Report on schools or educational institutions that are integrating affirmations from the book into their curriculum to promote emotional resilience and positive mindset among students.

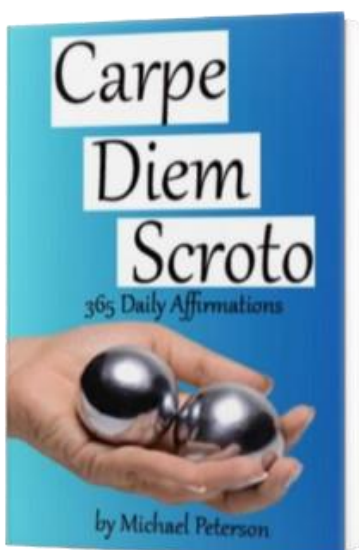
Social Media Challenge: Create a social media challenge based on the book's affirmations, encouraging followers to share their daily affirmations and experiences using a specific hashtag.

Therapist's Perspective: Interview a mental health therapist or counselor who uses the book's affirmations in therapy sessions. Discuss the effectiveness of affirmations as a therapeutic tool.

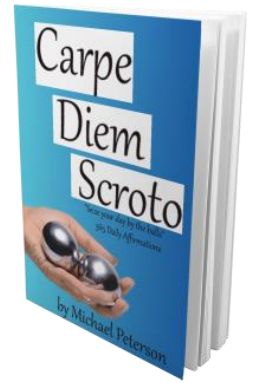
Personal Transformation Stories: Feature stories of individuals who have experienced significant personal transformations using the affirmations from "Carpe Diem Scroto." Highlight their journeys to mental wellness.

Interactive Workshop Coverage: Cover an interactive workshop or seminar based on the book's themes, where participants engage in activities related to self-reflection, positivity, and goal setting.

Global Impact: Explore how the book's affirmations are resonating with readers worldwide. Interview international readers or organizations using the book in diverse cultural contexts.



Book Excerpt



Growing stronger in times of doubt

Even though the soil is heavy, the little sprout of hope still fights through darkness to reach the surface to bloom.

And once it does, it is strong and better for the journey through the dark and heavy times.

The fact that you are here today is proof that no matter what life has thrown at you. No matter how unhealthy the conditions for your growth may have been. You grew from your adversity and are now the most desired tree in the park.

And though your mighty tree may only have a few roots, they make you stronger and give you the support that you need to weather any storm that comes along the way.

Your family and your closest friends are those roots. Be strong and know that even the most violent storms have a day after.

So keep growing. Let your leaves come and go. Prune your branches of dead and non-beneficial limbs. And keep being magnificent!

Everyday something new comes along that you can grow from. Find the positive in the negative, and you'll be a mighty force that can withstand any storm.

Today is a new day. It's your day

Now go grab your day by the balls and fuck it up!

Interview Questions

1

What inspired you to write "Carpe Diem Scroto: 365 Daily Affirmations"?

2

What sets your book apart from other daily affirmation books?

3

How do you believe daily affirmations can impact mental health?

4

What benefits can readers expect from engaging with your book daily?

5

How did your personal experiences shape the content of the book?

6

What message do you hope readers take away from "Carpe Diem Scroto"?

7

Can you share a specific affirmation or prompt from the book and its significance?

8

How does the book address the importance of self-care and mental wellness?

9

What advice would you give to someone struggling with depression or low motivation?

10

How can readers integrate the book's affirmations into their daily routine effectively?

11

What role do you believe gratitude plays in mental health and overall well-being?

12

How does "Carpe Diem Scroto" promote resilience and inner strength?

13

Can you share a personal anecdote related to the creation of the book?

14

How do you hope the book will contribute to the broader conversation about mental health awareness?

15

What strategies or techniques do you recommend for maintaining a positive mindset in challenging times?

16

How can individuals support friends or loved ones who may be struggling with mental health challenges?

17

What role do affirmations play in building self-esteem and self-confidence?

18

How do you recommend readers customize affirmations to suit their personal journeys?

19

What feedback have you received from early readers or reviewers about the book?

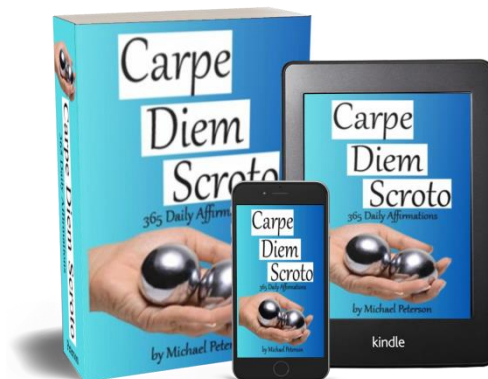
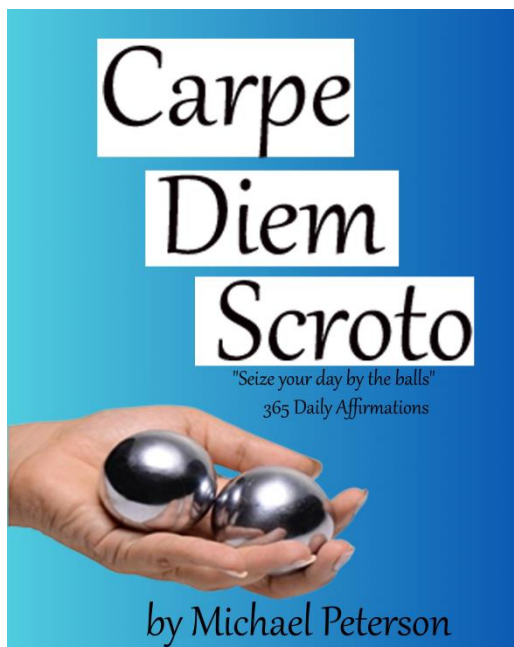
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What future projects or initiatives do you have in mind related to mental health advocacy or support?

DOWNLOADABLE PHOTOS

I appreciate requests for photographs for press use. Email and let us know where you post your article so we can link to it.

-Thank you.





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