
PRESS RELEASE

FOR IMMEDIATE RELEASE

Date: August 17, 2020

Contact: John Andrade
Marketing Director, Harper Horizon
John.Andrade@harperhorizon.com

Essential Resource for COVID-19 PTSD Offered to Heroes and Frontline Workers; WHY COPE WHEN YOU CAN HEAL? in Stores December 1, 2020 from Harper Horizon

(NASHVILLE, Tenn., August 17, 2020) Harper Horizon has secured the rights to publish and distribute ***Why Cope When You Can Heal? How Healthcare Heroes of COVID-19 Can Recover from PTSD*** by bestselling author and PTSD expert Mark Goulston, MD, and former hospital CEO Diana Hendel, PharmD. The book was acquired by Amanda Bauch, senior editor for Harper Horizon, and arrives in stores December 1, 2020.

For millions of healthcare workers and first responders across the world, COVID-19 exacerbated normal stress levels and brought truly horrifying and traumatizing experiences. *Why Cope When You Can Heal?* will be an essential resource for doctors, nurses, paramedics, first responders and all healthcare professionals deeply impacted by COVID-19—as well as families seeking guidance to help their loved ones suffering from PTSD, anxiety and depression due to the pandemic outbreak.

“We are living in an unprecedented time when everyone is affected by the stresses of COVID-19. No group has been more impacted than frontline healthcare workers and their families, so we are grateful to be able to publish this resource from Mark Goulston and Diana Hendel. We believe it will offer true relief, education, and healing to millions of healthcare professionals suffering from the fallouts of this health crisis,” said Andrea Fleck-Nisbet, publisher for Harper Horizon.

Filled with helpful tips, tactics and tools, as well as real-world accounts from frontline workers, *Why Cope When You Can Heal?* is a must-read for every healthcare professional. COVID-19 is powerful, but so is the spirit of the healthcare worker. In this book, the authors present an empathetic, informed approach that will help people heal from the inside out and find guidance to reconnect with joy and rediscover the rewards of both career and life.

Dr. Mark Goulston is a board-certified psychiatrist, fellow of the American Psychiatric Association, former assistant clinical professor of psychiatry at UCLA NPI and a former FBI and police hostage negotiation trainer. He is the creator of Theory Y Executive Coaching, which caters to CEOs, presidents, founders and entrepreneurs and also is a TEDx and international keynote speaker. He is the author or principal author of seven prior books, including PTSD for Dummies and Just Listen: Discover the Secret to Getting Through to Absolutely Anyone. He hosts the My Wakeup Call podcast, where he speaks with influencers about their purpose in life and the wakeup calls that led

them there and is the cocreator and moderator of the multi-honored documentary, Stay Alive: An Intimate Conversation about Suicide Prevention. Learn more at www.markgoulston.com.

Dr. Diana Hendel is an executive coach and leadership consultant, former hospital CEO, and the author of the book Responsible: A Memoir, a riveting and deeply personal account of leading during and through the aftermath of a deadly workplace trauma. As the CEO of Long Beach Memorial Medical Center and Miller Children's and Women's Hospital, Hendel led one of the largest acute care, trauma, and teaching hospital complexes on the West Coast. She has served in leadership roles in numerous community organizations and professional associations, including chair of the California Children's Hospital Association, executive committee member of the Hospital Association of Southern California, vice chair of the Southern California Leadership Council, chair of the Greater Long Beach Chamber of Commerce, board member of the California Society of Healthsystem Pharmacists, and leader-in-residence of the Ukleja Center for Ethical Leadership at California State University Long Beach.

Harper Horizon is a Nashville-based imprint within HarperCollins Focus, publishing nonfiction literature across a number of categories including self-help, memoir, health and wellness, cooking, and other inspirational topics that reflect the values and cultural diversity of America's Heartland. Harper Horizon exists to empower the minds of readers to all things possible, whether that is learning a new skill, building community, improving the environment, or having the courage to embody their beliefs. Learn more at www.harper-horizon.com